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FOOD

For Families With School Children





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The Moore Family

“An old-fashioned family” is the way the neighbors often describe the Moores with their four fine children—Tom, 16 years old; Kay, 14; Joan, 11; Peter, 8.

Though the Moores have to count their pennies, it is fun bringing up their lively and healthy children. Everybody helps out at home, even to making plans. Tom and Kay help with the household chores and often earn extra “spending money” by working for neighbors in their spare time. Joan and Peter run errands and do small jobs around the house.

“That’s how we’ve been able to get along,” Mrs. Moore says. “If we hadn’t all worked together, one woman’s time and energy wouldn’t have been enough to do all the cooking and housekeeping, and Dad’s income wouldn’t have been enough to feed, house, and clothe the six of us.

The Moores used to live in a big city, but recently they moved to the suburbs. Since rents are cheaper in the suburbs they can rent a house for what they used to pay for a small apartment, and Mr. Moore can still easily get to work at the factory. The children have a better place for outdoor play, and the whole family can enjoy more outdoor activities. Picnic meals are popular with all—and a timesaver for Mrs. Moore.

There are a few fruit trees in the back yard and space for a small garden, too. Mr. Moore hopes that next year he can get still more space nearby. They then can have a large garden with a greater variety of vegetables to can and store, as well as plenty to use in season.

FOOD TO FIT THE FAMILY

To have attractive, wholesome meals on the money Mrs. Moore has to spend for food is not easy. But, by planning carefully and watching the pennies, she manages to keep her family well fed.

Providing for the nutritional needs of her family comes first with Mrs. Moore when she plans meals. All the Moores need the same kinds of

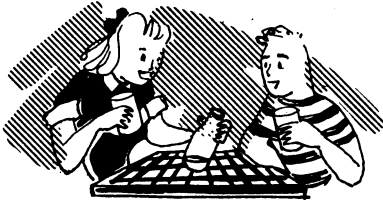
food—milk, meat, eggs, vegetables and fruits, and bread or other grain products, although the quantity of each food differs for the different family members.

To supply her family with an adequate diet and at the same time stay within her food budget, Mrs. Moore selects foods that give good nutritional returns for money spent. She buys fresh foods when they are in season, the time they are usually at their best as well as cheapest. To further cut expenses, she has made a collection of low-cost recipes that the entire family enjoys. She has learned how to vary the flavors of inexpensive foods by using different seasonings as well as by combining them in many ways.

Mrs. Moore bakes at least once a week, sometimes twice. This gives the family foods they otherwise couldn't afford. Mr. Moore says her cookies, cakes, and pies are the best ever. She has learned to tuck oatmeal, dry milk, peanuts, dried fruits—all high in food value—into these sweets. In this way, the children satisfy their "sweet tooth" and get protein, minerals, and vitamins, as well as calories, at little extra cost. On baking days Mrs. Moore often bakes bread, too; and on other days when the oven is being used for other foods she sometimes bakes biscuits, muffins, or rolls to add interest to her meals. She uses commercial mixes occasionally on especially busy days.



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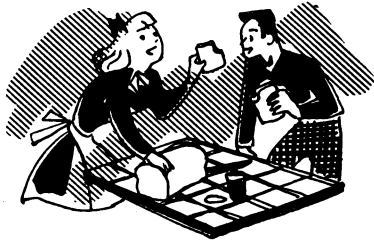


For Peter and Joan

For 8-year-old Peter and 11-year-old Joan, milk is one of the important foods. Sometimes instead of whole milk they have skim milk or buttermilk. In addition, the family

meals supply the needed vegetables, fruit, cereal, and protein foods.

Peter and Joan are always hungry after school. Instead of stopping at a store to buy candy or other sweets, they have a snack at home. This often includes a glass of milk, peanut butter sandwiches, raw carrots, or ready-to-eat cereal. Now and then it includes an apple or other fruit. After playing or running errands, Joan and Peter still have keen appetites for supper.



For Kay and Tom

Teenage Kay and Tom are growing rapidly—changing from children to adults. Girls usually grow most rapidly at about 12 years of age, boys at about 14 or 15 years. Their legs lengthen, their body

frame enlarges and becomes more heavily padded with muscle and fat. Internal organs increase in size. Because boys and girls are often unusually active, they need plenty of food for activity as well as for growth.

It's not surprising then that Kay and Tom always seem to be hungry. Mrs. Moore often wonders how they can hold so much. Tom eats more than his father, and Kay more than her mother. No matter how large their appetites are, there's plenty of food for them at every meal. If they like, they can have extra servings of milk, potatoes and gravy, or bread with butter or jam. After school they are usually on hand, too, for a snack with the younger children.



For Father and Mother

The father and mother also need a good diet. They need the same kinds of food as the children, but not as much as the older children. However, they have their own problems.

Mrs. Moore must watch her weight because she gains easily. Her doctor says that people have the best chance for health and a long life if their weight is kept to the average for their height at 30 years. So she rarely "pieces" between meals. She

eats all kinds of food, but seldom takes seconds, except of vegetables and fresh fruits that are low in calories.

On the other hand, Mr. Moore, to reduce fatigue, often has a midmorning or midafternoon snack during his rest period at the factory. This snack is usually an extra sandwich or two that he takes in his lunch box and coffee or milk from his thermos bottle.

PLANS FOR THE MOORES' THREE MEALS GO SOMETHING LIKE THIS . . .

Breakfast

This is an important meal in the Moore household and everyone gets up in plenty of time to enjoy it.

The chief foods used are fruit, cereal, and milk. Usually there is also toast or hot bread with homemade fruit spread. When eggs are cheap they are sometimes served for breakfast, but more often they are used in cooking or baking, or as a dish at the noon or evening meal.

Fruits at breakfast change with the season, the choice depending on what is plentiful and cheap. In summer the Moores use the different fruits and berries as they come along. Sometimes the children go into the country to gather or pick them on shares. During the winter there may be a fresh orange apiece or a serving of canned or frozen citrus juice, whichever is cheaper. Home-canned tomato juice, which also provides vitamin C, is sometimes used. And there may be apples or applesauce, prunes or other dried fruit.

Hot cereals are served often. Family favorites are oatmeal, whole wheat, and cornmeal. Generous servings are eaten, and there are seconds for those who want more. For a change, ready-prepared cereals are used once in a while. Sometimes there's french toast with sirup, or pancakes made with whole-wheat or buckwheat flour.

Lunch

Tom and Kay have a hot lunch at their school cafeteria, and the younger children come home for lunch. But there's a lunch box to be packed every day for Mr. Moore.

Sandwiches for the lunch box are made of enriched, whole-wheat, or rye bread with a variety of fillings. Some of these are sliced cheese, hard-cooked eggs, and meat—plain or with lettuce or other raw vegetable. Or they may be one of the mixtures that Mrs. Moore makes and keeps in the refrigerator.

Usually some kind of raw vegetable, such as celery, carrot strips, or cabbage wedges, goes into the lunch box along with fruit, fresh or dried, and cookies or a piece of cake. In addition, Mr. Moore takes a thermos

bottle filled with a hot or cold drink. He often chooses coffee or milk, but sometimes enjoys a hot soup instead.

The lunches that the younger children and their mother eat at home are about the same as the ones Mr. Moore carries. Besides sandwiches and milk there may be soup, stew, or raw vegetable salad, with fruit or a cookie to finish the meal.

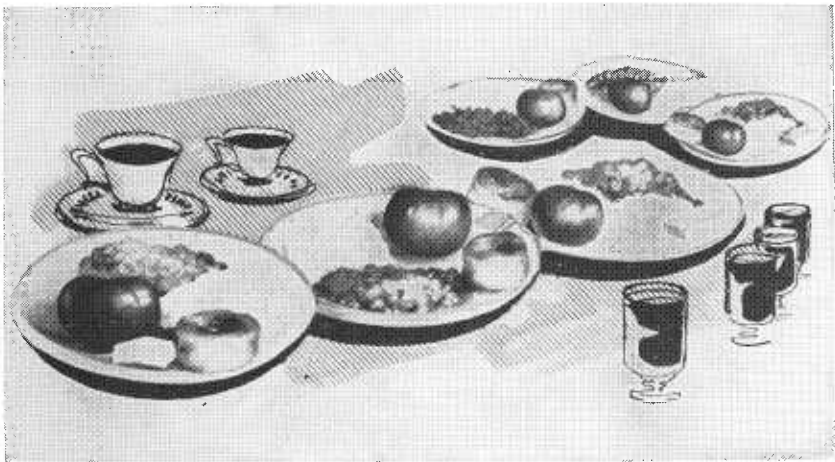
Evening Meal

Except on Sunday, the evening meal is the big meal of the day, served as early as possible after the family is home. It usually includes a main dish, potatoes and another vegetable, and a simple dessert; sometimes, a salad is added.

For the main dish during the week the Moores usually have such foods as the following: A pot roast; ground meat, in loaf or patties; frying chicken; variety meat, such as heart, liver, kidneys, or brains; fish; dry beans, peas, or lentils.

For salad, carrots and cabbage appear often. The children like carrot strips, and shredded carrots mixed with apples and a few raisins and moistened with dressing. Some of Mrs. Moore's variations for cabbage salads are—cabbage, apple, and raisin; cabbage and carrots; cabbage and peanuts; cabbage and onions.

Sometimes when the salad contains fresh or dried fruits it serves for dessert too. Other favorite desserts include the good things that Mrs. Moore makes on baking days, and a variety of puddings that contain eggs and milk, or fruit, which is often sweetened with brown sugar or molasses. Apples, pears, peaches, or whatever fruits are in season appear in many desserts from sauce to dumplings, shortcakes, puddings, and cobblers.



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BUYING FOOD . . .

Doing the marketing for a family, especially when food money is limited and there are many mouths to feed, is a big job. Mrs. Moore knows that she can stretch her food dollar by watching where, when, what, and how she buys.

She has learned by experience where prices are usually lowest. She watches the advertisements, checks weekend special sales, and takes advantage of them as often as possible. But she doesn't buy a food that's on sale unless she has an immediate use for it or can keep it for future use.

Mrs. Moore reads labels on cans and packages to find the quality and weight of the food. Very often a cheaper market grade has the same food value as a more expensive one, and will serve her cooking purposes just as well. She compares weights and prices so she will know which size package is really lowest in cost, pound for pound. She chooses the size most economical for her family. She buys in quantities as large as family needs, storage space, and ready cash justify.

Following are Mrs. Moore's practices in buying some of the different kinds of food:

Fresh Vegetables and Fruits

When Mrs. Moore buys fresh fruits and vegetables she chooses those in season. Then they are cheapest and most plentiful, full of flavor and food value, and that is the time the Moore family can afford to enjoy them. To get the best in eating quality and to avoid waste she always selects products that are sound and fresh.

Milk

To cut down the milk bill, skim, evaporated, and dry milk are often used. They cost less than fluid whole milk and have about the same uses. Once in a while the family has buttermilk to drink or Mrs. Moore uses it in gingerbread and cornbread.



Mrs. Moore often uses nonfat dry milk for baking and other cooking. It is convenient to have on hand—keeps well even after the package has been opened. It is easy to use in baking because it can be sifted with the other dry ingredients. The children enjoy the many flavored drinks that can also be made from it. Their parents prefer it plain or made into buttermilk.

Because Mrs. Moore includes dark-green or deep-yellow vegetables in her menus at least every other day and serves butter or margarine at every meal, her family gets enough vitamin A even though they sometimes drink skim milk, buttermilk, or nonfat dry milk instead of whole milk.

Meat and Other Protein Foods

When buying meat, Mrs. Moore selects the less expensive cuts of beef, lamb, veal, or pork. Variety meats, fish, dry beans and peas, lentils, and cheese are other foods that provide the protein the family needs.

When she started housekeeping, Mrs. Moore, like many young homemakers, knew little about buying meats. Since then she has studied meat cuts and prices and now knows that the cheaper, less tender cuts are just as nutritious and full of flavor as the more expensive choicer cuts. She buys shoulder, breast, and other less expensive cuts instead of rib roasts and porterhouse steaks. She realizes, however, that even the cheaper meats can prove expensive if they contain too much bone or fat, so she chooses carefully. Because frying chickens are often reasonably priced, the family is served this favorite frequently. Sometimes a stewing chicken is a good buy for the Moore family.

Since meat is an expensive item in the food budget, Mrs. Moore often uses other protein-rich foods as the main dish. She includes eggs in many of the family's meals in spring and early summer, when they usually are lowest in price. As a source of protein, eggs are less expensive than meat when the price of a dozen large eggs is not more than that of a pound of boneless stew beef.

Mrs. Moore also uses cheese in many ways—in Welsh rarebit, in scalloped dishes, with macaroni, and just sliced plain. Cheddar-type cheese is a less expensive source of protein than meat when the price per pound is not more than 50 percent higher than that for boneless stew beef.

When she buys eggs, Mrs. Moore compares prices of the different sizes. Medium-sized eggs are as good a buy as large eggs when they are one-eighth cheaper. Small eggs are as economical as large eggs when they are one-fourth cheaper.

Many kinds of beans, such as navy, lima, kidney, as well as lentils, are often baked, boiled, combined with other foods, or used in soups. These, as well as dry peas, are an economical alternate for meat.

STORING FOOD . . .

The Moores know it is as important to store their food properly as to buy carefully. Pennies saved by thrifty buying can be lost if food is not taken care of.

Milk, Cheese, Eggs

The family's milk supply is kept fresh and sweet in the refrigerator. The bottle or carton is kept tightly capped, and only as much milk as is needed is taken out at one time. Dry milk is kept in a tightly covered container, usually on a cupboard shelf, but in the refrigerator in hot weather. Unopened cans of evaporated milk are stored in a cupboard, opened cans in the refrigerator.

Cheese needs to be refrigerated. Cottage cheese and other soft cheeses that spoil quickly are used soon after they are purchased. Hard cheese is kept in a tightly covered container or wrapped in waxed paper, foil, or plastic wrap to prevent drying out. Slices are cut off only as needed.

Eggs are stored in their carton in the refrigerator. When Mrs. Moore has egg yolks or whites left over from cooking she plans to use them as soon as possible. In the meantime she keeps them in the refrigerator. Yolks are kept moist by putting them in a small deep dish and adding just enough cold water to cover them. The whites she keeps in a tightly covered container.

Fats

Mrs. Moore cuts down the amount of fat she buys by saving meat trimmings and drippings. Trimmings she cuts into small pieces and renders slowly. She keeps this fat in covered containers in the refrigerator and uses it for such purposes as frying potatoes, scrambling eggs, and making sauces and "buttered" crumbs. Meat drippings, strained to remove food particles, are stored in the same way as the rendered fat. They are used where stronger flavors are wanted.

Mrs. Moore stores butter and margarine in the refrigerator—in the original parchment or foil wrapping and waxed carton or, if the wrapping has been removed, in a tightly covered container.

Flour, Cereal, Bread

For storing bread, Mrs. Moore has a large tin box with a few small holes to provide for circulation of air. This she scalds and airs often. When she makes bread at home she cools it thoroughly before putting it away.

All leftover bits of bread that are not used for puddings are dried and rolled or ground into crumbs. These are kept in a tightly covered jar in a cool place, ready to be used for topping baked dishes, as a filler in meat loaf, or for meat or fish coatings.

Cakes, cookies, and crackers are never stored with bread. Cake has its own box, ventilated like the bread box. Cookies and crackers are kept in airtight tins or jars.

Meat, Poultry, Fish

As soon as Mrs. Moore gets home with her purchases she removes the plastic wrap or other tight covering from fresh meat, poultry, or fish, covers it again loosely, and stores it in the refrigerator.

Mrs. Moore always uses these foods within a few days. She keeps the ones that tend to spoil fastest—cut-up meat and poultry, ground meat, fish, and variety meats—extra cold and uses them promptly.

Cured meats, such as ham and bacon, and sausage either smoked or unsmoked, are kept tight-wrapped during storage. They keep longer than uncured meats, though bacon and sausage are likely to change flavor.

When Mrs. Moore buys frozen meats and other frozen foods, she brings them home as quickly as possible and puts them immediately into the freezing compartment of her refrigerator. She uses these foods within a few days. To maintain high quality for a longer time, she would need a freezer with storage temperature of 0° F. or lower.

Any leftover cooked meat or broth is cooled quickly and kept covered in the refrigerator. It is used within the next day or two.

Vegetables and Fruits

Most fresh vegetables, and ripe fruits such as peaches, plums, and berries Mrs. Moore keeps in the refrigerator. Greens and vegetables for salads, first washed and drained, are kept in a covered vegetable pan or plastic bag. Dried fruits are stored in airtight containers in a cool place.

For vegetables and fruits, such as potatoes and apples, and for canned products Mr. Moore blocked off a cold room in the basement with insulating board and fitted it with shelves. Bins or baskets hold the vegetables and fruits; canned goods are placed on shelves.



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COOKING . . .

Meat

By careful cooking, Mrs. Moore makes the most of the meat the food budget allows. She has learned that with slow cooking there's less loss due to shrinkage of the meat and no danger of the fat burning. By adding a little water, tomato juice, or vinegar diluted with water, covering the container closely, and keeping the heat so low that the liquid barely simmers, she makes even the less expensive cuts tender and delicious.

Smooth, rich gravy spreads the flavor of the meat onto potatoes and bread. To give that wonderful browned flavor, Mrs. Moore flours her pot roast or stew meat and then browns it well in a little fat before adding the liquid. When she makes gravy for an oven roast or for pan-fried meat, she heats a little flour in the fat for a few minutes to brown it before adding the milk or water.

Vegetables

Serving vegetables fresh and raw is one of Mrs. Moore's best economies. She often puts a plate of raw vegetables, cut in strips or thin slices, on the table as a relish. This saves time and fuel. And next best to no cooking is quick cooking of the vegetables in a small amount of water. This leaves their colors bright, their flavors fresh, and saves food value.

Potatoes are usually scrubbed well and boiled in their jackets or baked. In this way more of their valuable minerals and vitamins are saved.

THE MOORE FAMILY'S FOOD PLAN FOR A WEEK

On pages 14 and 15 is the Moores' general plan for their food for each week. The quantities, for food as it is brought from the store or garden, allow for discarding inedible parts but not for careless waste.

These quantities furnish the nutrients needed by the Moore family, with



parents moderately active and children about average in weight and height for their ages. If any of the children should have a "growing spurt," Mrs. Moore would increase the quantities to provide the extra nourishment they would need during that period. If she or her husband should have more strenuous work to do, she would use more potatoes, dry beans and peas, and grain products to supply extra calories at low cost.

When certain foods are expensive, Mrs. Moore may shift proportions among the main food groups as well as among foods within groups. For instance, she may use more dry beans and peas, cheese, or bread and cereal and less meat. Often she buys the dark-green and deep-yellow vegetables in preference to others—she feels that the extra dividend in vitamin A and other nutrients usually makes them relatively good buys.

So that her family's daily meals will include the right proportions of nutrients, Mrs. Moore follows these general rules of meal planning.

Milk.—3 to 4 cups daily for young children, 4 or more cups for teenagers, 2 or more cups for adults. Cheese or ice cream may sometimes replace part of the milk.

Meat, poultry, fish, eggs.—2 or more servings daily, with dry beans and peas and nuts as alternates. Count as a serving: 2 to 3 ounces of lean cooked meat, poultry, or fish—all without bone; 2 eggs; 1 cup cooked dry beans, dry peas, or lentils; 4 tablespoons peanut butter.

Grain products.—4 or more servings daily of bread, cereal, and other grain products—whole-grain, enriched, or restored. If no cereals are chosen have an extra serving of breads or baked goods, which will make at least 5 servings from this group daily.

Count as 1 serving: 1 slice of bread; 1 ounce ready-to-eat cereal; $\frac{1}{2}$ to $\frac{3}{4}$ cup cooked cereal, cornmeal grits, macaroni, noodles, rice, or spaghetti.

Vegetables and fruits.—4 or more servings daily, including—

A daily serving of citrus fruit or tomatoes, or some other fruit or vegetable important for vitamin C. The following are equivalent in vitamin C to $\frac{1}{2}$ cup (4 ounces) of orange or grapefruit juice; 2 tangerines; $1\frac{1}{4}$ cups (10 ounces) tomato juice; $\frac{1}{2}$ of a medium-size cantaloup; $\frac{1}{2}$ to $\frac{3}{4}$ cup fresh strawberries; 1 cup shredded raw cabbage; $\frac{1}{2}$ cup broccoli; $\frac{3}{4}$ to 1 cup brussels sprouts or dark-green leaves, such as collards or kale, cooked briefly in a little water; a small green pepper.

A serving at least every other day of dark-green or deep-yellow vegetables, important for vitamin A.

From 1 to 3 servings or more of other vegetables and fruits, including potatoes—as needed for a daily total of 4 or more servings of vegetables and fruits.

Count as 1 serving: $\frac{1}{2}$ cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium apple, banana, orange, or potato, or half of a medium-size grapefruit or cantaloup.

With this pattern as a basis Mrs. Moore rounds out meals with additional servings from these same groups and with fats, oils, and sugars for flavor and appetite appeal.

The Moore Family's Food Plan

Kind of food ¹	For man aged 35 to 54	For woman aged 35 to 54
Milk, Cheese, Ice Cream 2 or 3 times daily and in cooking	3½ quarts	3½ quarts
Meat, Poultry, Fish Once daily, if possible	3½ pounds	2½ pounds
Eggs	6	5
Dry Beans and Peas, Nuts	¾ pound	¼ pound
Grain Products (flour weight basis) Whole-grain, enriched, or restored 4 or more servings daily	3¾ pounds	2½ pounds
Citrus Fruits, Tomatoes Once daily, at least	2¼ pounds	2 pounds
Dark-Green and Deep-Yellow Vegetables Every other day	¾ pound	¾ pound
Potatoes	3 pounds	1½ pounds
Other Vegetables and Fruits 1 to 3 servings daily, to make a total of at least 4 servings from the vegetable and fruit groups	5 pounds	4½ pounds
Fats, Oils	⅝ pound	¼ pound
Sugar, Sweets	¾ pound	⅝ pound

¹ See "What's in Each Food Group," p. 16.

² Amounts are approximate, giving a range for estimated family purchases. Some extra allowance in pounds of vegetables and fruits should be made if several with a large quantity of waste, such as peas in the pod, corn-on-the-cob, and cantaloup, are included in a single week's market order.

For a Week (\$35 to \$37)

For boy aged 16 to 19	For girl aged 13 to 15	For girl aged 10 to 12	For boy aged 7 to 9	Total for family of six ²
7 quarts	7 quarts	6½ quarts	5½ quarts	33 quarts (Count 6 ounces cheddar-type cheese or 2 quarts ice cream as 1 quart milk)
3¼ pounds	2½ pounds	2¼ pounds	2 pounds	16 to 17 pounds (Allows no more than ⅓ pound bacon and salt pork to 5 pounds meat, poultry, fish)
6	6	6	6	3 dozen
½ pound	¼ pound	⅜ pound	¼ pound	2 pounds
5¼ pounds	3 pounds	3 pounds	2¼ pounds	20 to 21 (Count 11½ pounds bread as 1 pound flour)
2½ pounds	2¼ pounds	2¼ pounds	2 pounds	13 to 14 pounds
¾ pound	¾ pound	½ pound	½ pound	3½ to 4 pounds ³
4¾ pounds	2½ pounds	2½ pounds	2 pounds	16 to 17 pounds
5½ pounds	5 pounds	5 pounds	4¼ pounds	28 to 30 pounds
⅞ pound	⅝ pound	½ pound	½ pound	About 3½ pounds
⅞ pound	¾ pound	¾ pound	⅝ pound	About 4½ pounds

³ If choices within the groups are such that this quantity is not sufficient for the suggested number of servings, increase the amount and use less from the "other vegetables and fruits" group.

WHAT'S IN EACH FOOD GROUP

Dark-Green and Deep-Yellow Vegetables

Broccoli, green peppers; all kinds of greens—chard, collards, kale, spinach, and many others, cultivated and wild; carrots, pumpkin, sweet-potatoes, yellow winter squash.

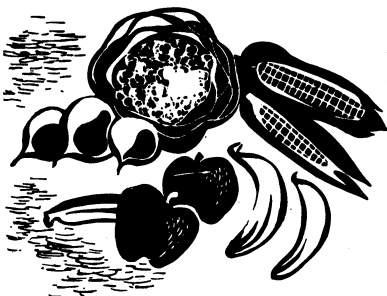
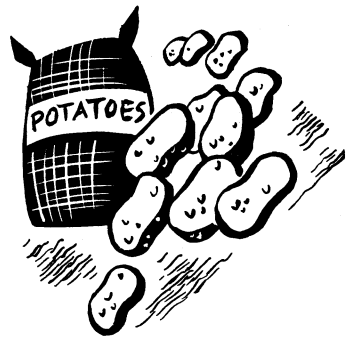


Citrus Fruits, Tomatoes

Oranges, grapefruit, tangerines, other citrus fruits, tomatoes.

Potatoes

White potatoes



Other Vegetables and Fruits

Asparagus, green lima beans, snap beans, beets, brussels sprouts, cabbage, cauliflower, celery, corn, cucumbers, eggplant, lettuce, okra, onions, peas, rutabagas, sauerkraut, summer squash, turnips; apples, bananas, berries, dates, figs, grapes, melons, peaches, plums, prunes, raisins, rhubarb—all vegetables and fruits not included in the other groups.

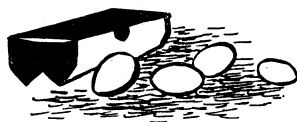


Milk, Cheese, Ice Cream

Milk—fresh fluid, whole and skim; evaporated; dry; buttermilk; or as cheese or ice cream.

Meat, Poultry, Fish

Beef, veal, lamb, pork, including liver, heart, and other variety meats, and bacon and salt pork; chicken, turkey, and other poultry; all kinds of fish.

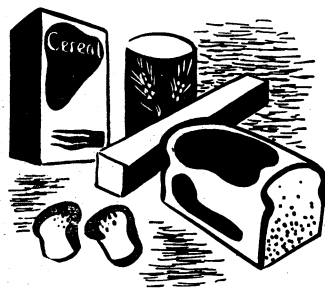


Eggs



Dry Beans and Peas, Nuts

Including soybeans and soy products, cowpeas, lentils, nuts and peanut butter.



Grain Products

Flour or meal made from any grain—wheat, oats, corn, buckwheat, rye; cereals to be cooked, ready-to-eat cereals; rice, hominy, noodles, macaroni; breads; other baked goods.

Fats, Oils

Butter, margarine, salad oils, mayonnaise and salad dressing, shortening, lard, meat drippings.

Sugar, Sweets

Any kind of sugar—granulated (beet or cane), confectioner's, brown, and maple; molasses and any kind of sirup or honey; jams, jellies, preserves; candy.



THE MOORES' MENU . . .

The following are some of Mrs. Moore's menus based on the weekly food plan (see p. 14). Of course she has used these same quantities of food in other menus equally attractive and well liked by her family. Her list of the food supplies needed for the menus below is given on pages 22-23.

Other families of similar size can use these menus as a guide, although they probably will want to make changes. Their choices among foods in the various groups may be different, or they may prefer a different method of preparation. Other foods may be more plentiful where they live and cost less than some of those in the Moores' menu. These and many other things will influence the final menu even though the general menu pattern and weekly food quantities are the same.

In addition to the foods listed in the Moores' menu, the father and mother like coffee for breakfast and may have tea, coffee, or milk with their other meals. The children often have milk to drink at their evening meal as well as at breakfast and lunch if they haven't had it as an after-school snack. There is always butter or margarine to spread on bread.

SUNDAY

Grapefruit juice
Wheat griddlecakes with sirup
Milk for children

Roast shoulder of pork with stuffing
Sweetpotatoes (roasted in pan with meat)
Green beans Coleslaw
Bread
Apple gingerbread
Milk

Poached or scrambled eggs
Cottage-fried potatoes
Apple-and-celery salad
Toast
Ice cream

MONDAY

Orange juice
Hot wheat cereal with milk
Toast
Milk for children



Egg salad sandwich
Peanut butter and shredded-lettuce
sandwich
Gingerbread
Milk

Pork pie with potatoes
(pork left from Sunday roast)
Sour beets and beet greens
Bread
Raisin-rice pudding
Milk for children

TUESDAY

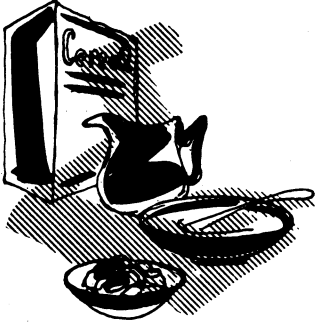
Stewed prunes
Ready-to-eat cereal with milk
Toast
Milk for children



Meat turnover (ground beef)
Potato salad
Vegetable slaw: Cabbage, minced onion,
radish slices, and dressing
Peanut butter cookies
Milk

Lima bean-tomato casserole
Spinach
Cornmeal muffins
Sweetpotato custard
Milk for children

WEDNESDAY



Grapefruit juice
Frenchtoast Sirup
Milk for children

Cheese and lettuce sandwiches
Beet and green bean salad
Graham crackers
Milk

Spaghetti with meat balls
Salad bowl:
Lettuce, celery, carrot, cabbage
French bread
Baked apple with milk

THURSDAY

Tomato juice
Hot wheat cereal with milk
Toasted rolls
Milk for children

Lima bean soup
Cottage cheese and lettuce sandwich
on raisin bread
Oatmeal cookies
Milk

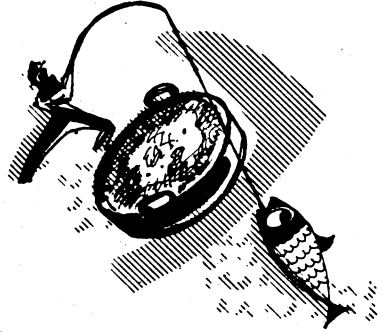
Oven-fried chicken
Scalloped potatoes Carrots
Orange, chopped prune, and cabbage salad
Bread
Butterscotch pudding



FRIDAY

Stewed prunes
Oatmeal and milk
Toast
Milk for children

Corn and onion soup
Deviled egg sandwich, or deviled
egg salad for those at home
Celery
Bread
Orange
Milk



Baked perch fillets
Mashed potatoes Green peas and onions
Biscuits
Hot apple pie
Milk for children



SATURDAY

Orange juice
Fried cornmeal mush with sirup
Milk for children

Cold chicken
Potato cakes Shredded carrot salad
Pickles
Bread
Oatmeal cookies
Milk



Braised liver
Riced potatoes 5-minute cabbage
Jellied tomato and cottage cheese salad
Bread
Sliced peaches Cookies
Milk for children

THE MOORES' FOOD SUPPLY FOR A WEEK . . .

Below are listed the quantities of the various foods needed for the menus on pages 18 to 21. After Mrs. Moore has planned her menus she checks supplies on hand and then makes her shopping list. Of course she doesn't always buy in just the amounts she will use in a week. Often-used foods that keep well she buys in larger quantities to save time and money.

In addition to the foods listed, Mrs. Moore buys as needed such things as coffee, tea, and cocoa, gelatin, seasonings, and flavorings.

Milk, Cheese, Ice Cream

21 quarts fluid whole milk
1 13-ounce package dry skim
milk (to make 4 quarts liquid)
4 14 $\frac{1}{2}$ -ounce cans evaporated
milk
 $\frac{3}{4}$ pound cheddar-type cheese
1 $\frac{1}{2}$ pounds cottage cheese
3 pints ice cream

Meat, Poultry, Fish

5-6 pounds chicken
2-2 $\frac{1}{2}$ pounds ground beef
5 $\frac{1}{2}$ -6 pounds pork shoulder
1 $\frac{1}{2}$ pounds liver
2 pounds frozen perch fillets

Eggs

3 dozen

Dry Beans and Peas, Nuts

1 pound lima beans
1 pound peanut butter

Grain Products

12 loaves bread (4 whole wheat, 5
enriched, 1 rye, 1 french, 1
raisin)
 $\frac{3}{4}$ pound rolled oats
1 pound wheat cereal
 $\frac{1}{2}$ pound ready-to-eat cereal
4-6 pounds enriched flour
1 pound enriched cornmeal
1 pound enriched spaghetti
 $\frac{1}{4}$ pound rice
2 boxes graham crackers
1 pound pancake mix
1 14-ounce package gingerbread
mix
1 box soda crackers

Citrus Fruits, Tomatoes

3 $\frac{1}{2}$ pounds oranges
2 6-ounce cans frozen concen-
trated orange juice
1 46-ounce can grapefruit juice
2 No. 2 cans tomatoes
1 46-ounce can tomato juice

**Dark-Green and
Deep-Yellow
Vegetables**

2½ pounds carrots
1½ pounds spinach
3-4 pounds sweetpotatoes

Potatoes

16-17 pounds potatoes

**Other Vegetables
and Fruits**

2 pounds beets
1 large head cabbage
1 large bunch celery
1 No. 2 can corn
2 medium heads lettuce
1½ pounds onions
2 No. 2 cans peas
1 bunch radishes
2 pounds green snap beans
5 pounds apples
1 No. 2½ can peaches
1½ pounds prunes
¼ pound raisins

Fats, Oils

2 pounds butter or margarine
1 pint salad oil
1-1½ pounds lard or shortening

Sugar, Sweets

3 pounds sugar
1 pound brown sugar
¼ pint molasses



If You Have More Money To Spend for Food . . .

Some large families may have more money to spend for food than the Moores. This won't mean necessarily that they'll buy more food or get more food value—some of the cheaper foods are excellent sources of nutrients.

With more to spend you can have greater variety, or some of the more expensive foods. You can buy more meat, or have steak once in a while as a special treat, or a rib roast. If you buy larger quantities of citrus fruits and tomatoes, dark-green and deep-yellow vegetables, and meat, you can use less of some other foods. However, take care to include plenty of milk, eggs, vegetables, and fruits to insure an adequate diet for your family.

The weekly food plan given below shows what a family might buy for an adequate diet if they have more money to spend than the Moores.

Weekly Plan for a Family of Six With Two Grownups, Two Teenage and Two Younger School Children

(\$47 to \$49 per week)

Milk, Cheese, Ice Cream	34 quarts
(Count 6 oz. cheddar-type cheese or 2 qt. ice cream as 1 qt. milk)	
Meat, Poultry, Fish	26 to 27 pounds
Eggs	3½ dozen
Dry Beans and Peas, Nuts	1 to 1¼ pounds
Grain Products	17 to 18 pounds
(Count 1½ lb. bread as 1 lb. flour)	
Citrus Fruit, Tomatoes	15 to 16 pounds
Dark-Green and Deep-Yellow Vegetables	4½ to 5 pounds or more
Potatoes	13 to 14 pounds
Other Vegetables and Fruits	33 to 34 pounds
Fats, Oils	4½ to 5 pounds
Sugar, Sweets	5½ to 6 pounds

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