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Helping Families Plan Food Budgets



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Prepared by

BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS

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HELPING FAMILIES PLAN FOOD BUDGETS

Better diets can mean better health for thousands. Sturdy bodies, the ability to work efficiently and play joyously, and a high capacity to resist or overcome infection are all interrelated.

International agencies and nations throughout the world are stressing good nutrition and searching for ways to promote it. Helping families choose their food wisely is one of the more important ways to achieve this goal.

This publication provides a guide for social welfare workers, nutrition teachers, and others who are helping families get nutritionally adequate meals for the money they have to spend for food.

Master food plans are given at two cost levels—low and moderate—for 19 age, sex, and activity groups. These plans can be used in figuring food requirements for families of different sizes and composition, and also in planning home production for both farm families and other families who raise some of their food. In developing these plans, account is taken not only of the goal for nutrients, but of American dietary patterns among various income groups, the composition of foods, relative food costs, and present and potential food supplies.

Recommended Dietary Allowances

For good nutrition, meals must furnish many kinds of nutrients in the right quantities and proportions. Science has provided a guide in terms of calories, protein, minerals, and vitamins to measure the quality of the diet. Recommended Daily Dietary Allowances of the National Research Council (p. 11) is the yardstick widely used throughout the United States. These allowances are in terms of nutrients that need to be ingested daily.

As shown on page 11, the quantity of each nutrient needed varies with age, sex, and activity of the individual. Some minerals and vitamins not listed, such as phosphorus and vitamin K, are known to be needed also. However, these will usually be supplied in sufficient quantities by meals that provide the recommended amounts of nutrients listed.

Gaging a Family's Nutritional Needs

To measure the nutrients needed by a given family, account must be taken at all age levels of the size and activity of each member.

The dietary allowances for children are based on average needs for the middle year in each age group. They are for children of normal activity and average weight and height. If, however, children vary considerably from average weight and height for their age, the quantities in the next higher or lower age group may be more suitable. Usually changes in quantities of nutrients needed are gradual, without sudden increases or decreases such as the recommended allowances seem to imply. However, a boy or girl may have a spurt of growing when needs increase rapidly. Fortunately, appetite is usually a good guide to needed energy and may be catered to after the minimal quantities of protective foods have been eaten to insure all-round dietary adequacy.

For adults, the recommended dietary allowances are based on the needs of a 154-pound man and a 123-pound woman, both of average height. Men and women considerably above or below the average in stature may have a higher or lower calorie requirement. Since many adults think of themselves as more active than they really are, the following illustrations of activity are given:

“Sedentary” persons do office work, clerking in a store, or housekeeping for a small family—the kind of work that calls for comparatively little muscular effort.

“Active” men do work like carpentering, ordinary farm labor, or factory work. **“Moderately active” women** do work such as waiting on tables or housekeeping for a moderate-sized family.

Men at "heavy work" spend 8 hours or more a day at such work as lumbering, ditch digging, or heavy farm labor. *"Very active" women* do work such as heavy housework at least 8 hours a day.

Of course, a person's activities apart from his job are also important. For example, a man who walks to and from work and spends several hours working in a garden or doing chores around the house may be in the active classification even though his job is considered sedentary.

The energy needs of many persons will fall midway between two of the classifications.

Two Master Food Plans

The nutrients for an adequate diet can be provided by many different combinations of food. Two master plans for meeting the requirements, one at low cost and one at moderate cost, are given on pages 12 and 14. In these plans the recommended dietary allowances are translated into terms of food. Foods are classified in 11 groups and the quantities needed weekly are given for persons in each of 19 age, sex, and activity groups. From these, plans for families of different sizes and composition can easily be made.

Both plans are flexible enough to fit various seasons, places, and family tastes, as well as to provide variety in meals from day to day and week to week.

Food Groups as a Planning Tool

Classification of foods into 11 groups is for convenience in planning and for flexibility in the use of the plans. Although the foods in any one group may differ somewhat in nutritive value and differ greatly in cost, they are more like each other than like the foods of other groups. In addition, they may be used in much the same way. For example, beef, lamb, pork, chicken, turkey, salmon, haddock come under the heading of Meat, Poultry, Fish, and all are equally suitable as the main course at dinner.

The groupings differ somewhat from the Basic 7 groups of the National Food Guide (AIS-53), which is a general guide to be used in selecting an adequate diet rather than a specific guide for planning food quantities. The Basic 7 classifies foods into seven groups, based on their major contribution to the nutritive content of the diet in terms of protein, vitamins, and minerals. The seven groups do not include the additional foods that may be used largely for energy.

To make detailed food plans for a family, a classification of all foods is needed. Therefore, a group of energy foods—sugar, sirup, and preserves—is included in the 11 food groups; the butter and margarine group of the Basic 7 is expanded to include all fats and oils. For further convenience in planning, the protein foods, which the Basic 7 classifies together, are divided into three groups. Also, chiefly on the basis of their place in menu planning, potatoes and sweetpotatoes, grouped with Other Vegetables and Fruits in the Basic 7, are considered separately.

What's in each food group.—The common foods in each of the 11 groups are given below. Although this list is not complete, it can be used as a guide in placing most foods in their proper groups.

Leafy, Green, and Yellow Vegetables

Green asparagus, snap beans, green lima beans, broccoli, green cabbage, carrots, collards, kale, leaf lettuce, okra, peas, green peppers, pumpkin, spinach, yellow winter squash, wild greens.

Sweetpotatoes, also a good source of vitamin A, may be included in this group. If included here, they should not be counted again with the potato group.

Citrus Fruit, Tomatoes

Grapefruit, lemons, limes, oranges, tangerines. Tomatoes.

The following foods are also good sources of ascorbic acid (vitamin C) and may be used as alternates:

Raw cabbage, salad greens, raw green peppers, raw turnips.

Raw strawberries, pineapple, cantaloup (musk-melon).

Potatoes, Sweetpotatoes

Other Vegetables and Fruits

Beets, white cabbage, cauliflower, celery, corn, cucumbers, head lettuce, onions, parsnips, rutabagas, sauerkraut, turnips.

Apples, bananas, berries, cherries, dates, figs, grapes, peaches, pears, plums, prunes, raisins, rhubarb.

Milk, Cheese, Ice Cream

Milk—whole, skim, buttermilk, dry, evaporated, condensed.

Cheese, ice cream.

Quantities suggested in the master food plans are in terms of quarts of milk. When using the following foods, count the quantity given for each as about equal in calcium to 1 quart of milk:

Evaporated milk----- 17 ounces (by weight).

Cheese, Cheddar type- 5 ounces.

Cheese, cottage----- 3 pounds.

Ice cream----- Nearly 2 quarts or about 12 large dips.

Meat, Poultry, Fish

Beef, veal, lamb, pork. (Bacon and salt pork are grouped with fats.)

Variety meats such as liver, heart, tongue. Poultry such as chicken, turkey, duck, goose. Fish and shellfish.

Low- and Moderate-Cost Food Plans

The low- and moderate-cost plans (pp. 12 and 14) both suggest quantities of food that will furnish nutritionally adequate diets as judged by the National Research Council's recommended allowances. Both plans use the same groupings of foods. The same adjustment has been made in the two plans for losses of vitamins in cooking.

The plans differ in relative quantities of foods from the different groups and in choice of foods within a group. The low-cost plan relies heavily on the cheaper food groups—potatoes, dry beans and peas, flour and cereals. Also this plan is based on selection of the cheaper foods within the groups, for instance, the less expensive cuts of meat and the lower priced vegetables and fruits.

The moderate-cost plan allows for larger quantities from the more expensive food groups such as meat and eggs. It allows also for some of the higher priced cuts of meat, a few out-of-season foods.

Menus made from the quantities suggested in the low-cost plan will be simple. They will include foods requiring a considerable amount of home preparation and will call for skill in cooking to make varied and appetizing meals. They will have more cereal products, potatoes, and dry beans and peas. On the other hand, the moderate-cost plan will allow for menus with greater variety, some frills, and less home preparation. Although neither plan allows for much waste in food preparation, the moderate-cost plan has slightly more leeway than the low-cost.

How Food Quantities Were Determined

The average quantities of food in each group purchased by low-income families—as shown in dietary studies—were used as a starting point for the low-cost plan. For the moderate-cost plan the amounts purchased by families having an income approximating the average family income for the United States were used. These quantities were checked for nutritional adequacy. In preparing the

Eggs

Dry Beans and Peas, Nuts

Dry beans of all kinds, dry peas, lentils.

Soybeans and soya products.

Peanuts and other nuts; peanut butter.

Flour, Cereals, Baked Goods

(Whole-grain, enriched, restored.)

Flour or meal made from any grain—wheat, buckwheat, rye, corn.

Cereals, including ready-to-eat cereals.

Rice, hominy, noodles, macaroni, spaghetti.

Bread, cake, other baked goods.

Quantities suggested in the master food plans are in terms of pounds of flour and cereal. Bread and other baked goods average about two-thirds flour by weight. Therefore, count 1½ pounds of bread and other baked goods as 1 pound of flour.

Fats, Oils

Butter, margarine, salad oil, shortening.

Bacon, salt pork, lard, suet, drippings.

Sugar, Sirup, Preserves

Sugar—granulated, powdered, brown, maple.

Molasses, sirup, honey.

Jams, jellies, preserves, candy.

low-cost plan, the quantities were adjusted to allow more milk, cereals, dry beans and peas, and potatoes. The leafy, green, and yellow vegetables and citrus fruit and tomatoes were increased. Other vegetables and fruits, meats, and eggs were reduced. Only slight adjustments were made for the moderate-cost plan—chiefly an increase in milk and in vegetables other than potatoes.

The next step was to modify those *average* quantities of foods to fit the needs of individuals differing in age, sex, and activity. From these amounts, quantities for family groups of different sizes and composition were worked out. Menus and market orders were then developed and tested in actual family situations.

Food Quantities in Terms of Servings

In planning menus based on food-group quantities, it is helpful to have the suggested pounds and quarts of foods translated into approximate numbers of servings. This is done in table 1.

Table 1.—Food groups and approximate number of servings per person, low-cost and moderate-cost plans

Food groups ¹	Number of servings per person	
	Low-cost plan	Moderate-cost plan
Leafy, green, and yellow vegetables.	7 to 9 servings a week-----	10 to 12 servings a week.
Citrus fruit, tomatoes-----	Children, 7 servings a week----- Pregnant and nursing women, 9 to 12 servings a week. Other adults, 6 or 7 servings a week.	Children, 8 to 9 servings a week. Pregnant and nursing women, 12 to 15 servings a week. Other adults, 7 to 9 servings a week.
Potatoes, sweetpotatoes-----	10 to 12 servings a week-----	7 to 9 servings a week.
Other vegetables and fruit-----	7 servings a week-----	10 to 12 servings a week.
Milk, cheese, ice cream----- (In terms of fluid milk.)	Children, about 3½ cups of milk a day. Pregnant women, a little more than 1 quart daily. Nursing women, 1½ quarts a day. Other adults, 2½ to 3 cups a day.	Children, 3½ to 4 cups milk a day. Pregnant women, a little more than 1 quart daily. Nursing women, 1½ quarts a day. Other adults, 2½ to 3 cups a day.
Meat, poultry, fish-----	5 or 6 servings a week-----	7 or 8 servings a week.
Eggs-----	5 eggs a week-----	7 eggs a week.
Dry beans and peas, nuts-----	2 to 4 servings a week-----	1 to 2 servings a week.
Flour, cereal, baked goods (Whole-grain, enriched, re-stored).	Bread at every meal and also a cereal dish once a day.	At every meal.
Fats, oils-----	Throughout the week as desired. Butter or margarine daily.	Throughout the week as desired. Butter or margarine daily.
Sugar, sirup, preserves-----	Throughout the week as desired.	Throughout the week as desired.

¹ In addition to the foods in the 11 groups, fish-liver oil or some other source of vitamin D should be allowed for small children, pregnant and nursing women, also for older children and adults who have little opportunity for being in sunshine.

There are also certain miscellaneous food items to be considered in the total food plan. The miscellaneous group includes such items as coffee, tea, cocoa, chocolate; salt, pepper, other seasonings, and flavorings; baking powder and soda; prepared puddings and gelatin. No quantities are suggested for these items but allowance is made for their cost (p. 6).

Servings per Pound of Food

Given below is the approximate number of servings per pound for important foods in each group. The figures are based on weight of the food as purchased. They were used in estimating servings per person (table 1).

Food group	Servings per pound	Food group	Servings per pound
Leafy, Green, and Yellow Vegetables		Potatoes, Sweetpotatoes	3 to 4.
Beans, green lima, fresh.....	2 to 3.	Other Vegetables and Fruits	
Beans, green lima, canned or frozen...	4.	Vegetables, fresh.....	3 to 4.
Beans, snap, fresh.....	4.	Fruits, fresh.....	3 to 4.
Beans, snap, canned or frozen.....	4.	Fruits, dried.....	10.
Cabbage, green, cooked.....	3 to 4.		
Carrots.....	3 to 4.	Meat, Poultry, Fish	
Greens, salad, raw.....	8.	With bone, such as chops, poultry, whole fish.	2 to 3.
Kale, cooked.....	3 to 4.	Boned meat.....	4 to 5.
Lettuce, leaf.....	8.	Ready-to-eat meats.....	6 or more.
Peas, fresh.....	2 to 3.		
Peas, canned or frozen.....	4.	Dry Beans and Peas, Nuts	
Spinach.....	2 to 3.	Dry beans and peas.....	8 to 10.
Citrus Fruit, Tomatoes		Flour, Cereals, Baked Goods	
Oranges or grapefruit, sections or juice:		Bread, 1-pound loaf.....	18 to 20 slices.
Fresh.....	2 to 3.	Cereals, cooked and ready-to-eat.....	10 to 16.
Canned.....	About 4.		
Tomatoes, fresh.....	3 to 4.		
Tomatoes, canned whole or as juice..	About 4.		

Selecting the Plan to Fit the Budget

Before families can decide whether to use the low-cost or the moderate-cost food plan, they will need to know about how much money is needed for each. They must also consider food cost in relation to their total budget.

Many families seek a ready-made guide to budgeting. They want to know how much of their income should go for food, how much for clothing, and so on. Ready-made budgets in these terms are seldom suitable, although some general guide can be given. Studies show that on the average, with a higher income, more dollars but a smaller percentage of income goes for food. With equal incomes, large families spend more for food per family but less per person than do small families.

The actual cost to a family of the food in these plans depends on a number of things—current prices, the community in which the family lives, and whether the family buys in quantity, shops around for bargains, or produces some food at home.

For families who must buy all of their food, the weekly cost of the foods in these plans is about as follows at September 1949 city food price levels:

Family members	Low-cost plan	Moderate-cost plan
Family of 2 persons (active man and sedentary woman).....	\$10 to \$12	\$14 to \$16
Family of 4 persons (active man, moderately active woman, children 7-9 and 10-12 years).....	16 to 18	23 to 25
Family of 4 persons with young children (active man, moderately active woman, and children 1-3 years and 4-6 years).....	14 to 16	20 to 22
Family of 6 persons (active man, moderately active woman, boy 16-20 years, girl 13-15 years, and children 7-9 and 10-12 years).....	26 to 29	37 to 40

Table 2.—Percent of income that would be required to purchase quantities of food in low- and moderate-cost plans, families of 2, 4, and 6 persons at different income levels, September 1949

Weekly family income (dollars)	Family of 2 persons ¹		Family of 4 persons ²		Family of 6 persons ³	
	Low-cost plan	Moderate- cost plan	Low-cost plan	Moderate- cost plan	Low-cost plan	Moderate- cost plan
100-----	<i>Percent</i> 10-12	<i>Percent</i> 14-16	<i>Percent</i> 16-18	<i>Percent</i> 23-25	<i>Percent</i> 26-29	<i>Percent</i> 37-40
80-----	12-15	17-20	20-23	28-31	32-36	46-50
60-----	16-20	23-26	26-30	38-42	43-48	(⁴)
40-----	25-30	35-40	40-45	(⁴)	(⁴)	(⁴)
20-----	(⁴)	(⁴)	(⁴)	(⁴)	(⁴)	(⁴)

¹ Active man and sedentary woman.

² Active man, moderately active woman, and children 7-9 and 10-12 years.

³ Active man, moderately active woman, boy 16-20 years, girl 13-15 years, and children 7-9 and 10-12 years.

⁴ Over 50 percent.

The following allowances for foods in the miscellaneous group (p. 4) have been included in the total weekly costs: In the low-cost plan, about 5 cents a week for each child from 1 to 20 years and 20 cents for each adult; in the moderate-cost plan, about 10 cents for children and 30 cents for adults.

Some allowance has been made in the cost of food for the two-person family for the fact that small families usually cannot buy and prepare their food as economically as large families.

If one or more of the family members regularly eats lunch or other meals away from home, the cost of the food purchased for home use will be less than the figures given on page 5. Total food expenditures, however, will be higher because of the added cost of purchasing meals away from home. Food costs of farm families depend largely on the amount of food produced at home.

Table 2 may help some families decide which plan they can afford or prefer to use. It shows the percentage of income that different-sized families at various income levels would have to spend for each of the food plans.

How to Use the Master Plans

The master food plans can be used to compute the food needs of all members of the family except infants under 9 months old. Infants are often breast-fed or have formulas and supplementary foods specially prepared for them. Since their needs increase from month to month, new feeding plans are required frequently. A publication of the U.S. Children's Bureau gives information on infant care (see list on inside of back cover).

Figuring Weekly Food Needs for a Family

To figure a food plan for a family, after the cost level has been decided, list the family members and after each name copy from the master plan the quantity of food in each group as suggested for the individual according to age, sex, and activity. (See sample work sheet, p. 13) The total will represent the family's weekly food needs. These quantities will provide 21 meals for the family—three meals a day for 7 days. If lunch or other meals are eaten away from home regularly, the quantity of each group should be reduced accordingly.

Quantities called for are in terms of foods as they are brought into the kitchen. Weights include refuse such as rind, bone, and other inedible parts that have to be discarded.

For milk, the equivalents of evaporated milk, cheese, and ice cream in terms of a quart of fresh milk are given on page 3. For bread, the flour equivalent is given on page 3.

Adjustments may sometimes have to be made in the quantities to take care of unusual weekly variations in supplies available. This may be particularly true in rural areas where families produce some of their own food.

Because the quantities take account of family food habits, they allow for the purchase of some fresh and some canned or frozen fruits or vegetables. During some weeks of the year, particularly in the summer, some families may use all fresh fruits and vegetables. If these have a high percentage of inedible refuse, such as corn on the cob and peas in the pod, the quantities usually purchased as canned or frozen can be approximately doubled.

Also, if during a given week several cuts of meat with a high percentage of bone such as shank and spareribs are used, the quantity of meat suggested in the plan can be about doubled to allow for the larger proportion of bone. If, however, as is usual for most weeks of the year, some fresh and some canned or frozen fruits and vegetables are purchased and the meats are proportioned between bony and meaty pieces, no changes in quantities need be made.

Below is an example based on the low-cost plan, showing total weekly food group quantities for a family consisting of an active man, a moderately active woman, a boy 11, and a girl 8 years old. The details on which the totals are based are shown on the work sheet, page 13.

<i>Food group</i>	<i>Quantity</i>	<i>Food group</i>	<i>Quantity</i>
Leafy, green, and yellow vegetables.	9 pounds.	Meat, fish, poultry	7¼ pounds.
Citrus fruit, tomatoes	8¾ pounds.	Eggs	1½ dozen.
Potatoes, sweetpotatoes	12½ pounds.	Dry beans and peas, nuts	1½ pounds.
Other vegetables and fruit	7 pounds.	Flour equivalent	13 pounds.
Milk equivalent	21½ quarts.	Fats, oils	3 pounds.
		Sugar, sirup, preserves	3½ pounds.

Planning Menus

After the weekly food-group quantities are totaled, the next step is planning how to use the foods to provide three meals a day for the family. The surest way of getting all the recommended foods into the family's diet is to plan a week's menus at a time. The starting point may be to break down the food-group quantities into specific foods. For example, the low-cost food plan given above calls for about 9 pounds of leafy, green, and yellow vegetables for a family of four. This total might be broken down as follows:

Green cabbage	2½ pounds.	Green pepper	1.
Lettuce	1½ pounds.	Green beans	1 pound.
Carrots	2½ pounds.	Greens (kale and spinach)	1½ pounds.

These 9 pounds of vegetables would provide 32 to 36 servings for the week, or about 8 or 9 servings per person. The menu planner would then distribute these servings in meals throughout the week.

Similarly, the other food-group quantities can be converted into servings of individual foods, and from these servings complete menus can be built up.

Another way to work out the food plan is to make a week's menus, applying general principles of meal planning, then list the kinds and quantities of food needed to carry out the menus. When the individual food items are classified in their respective groups, the group total should approximate the quantity specified in the family food plan. Some adjustments may be needed at first to get the right proportion of foods from each group into the menus. However, after a few times it will become relatively simple.

On the following page is an example of a week's low-cost menus that could be made from the food quantities for a family of four given above.

LOW-COST MENUS FOR ONE WEEK

SUNDAY

Orange juice
French toast with cinnamon
Milk for children

Toasted cheese sandwich
Apple, raisin, cabbage salad
Milk

Stuffed rolled flank steak
Whipped potatoes Kale
Home-made relish Celery
Home-made rolls Butter or margarine
Spice cake

TUESDAY

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

Boston baked beans
Mixed raw vegetable salad
(celery, cabbage, green pepper)
Bread Butter or margarine
Blanc mange Milk

Potato and onion soup
Spanish omelet Green beans
Bread Butter or margarine
Oatmeal cookies

THURSDAY

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

Cream of tomato soup
Peanut butter and jelly sandwiches
Celery
Oatmeal cookies Milk

Pan-broiled liver
Creamed potatoes Carrots
Bread Butter or margarine
Jellied fruit cup

Orange juice
Hot whole-wheat cereal with milk
Toast Butter or margarine
Milk for children

Sausage and sweetpotato casserole
Green cabbage Jellied fruit salad
Hot biscuits Butter or margarine
Oatmeal cookies

MONDAY

Grapefruit juice
Hot whole-wheat cereal with milk
Toast Butter or margarine
Milk for children

Creamed macaroni and meat
(meat left from Sunday)
Hot wilted greens
Toasted rolls Butter or margarine
Milk

Veal stew
Orange and chopped peanut salad
Bread Butter or margarine
Spice cake with chocolate sauce

WEDNESDAY

Orange slices
Scrapple Sirup
Toast Butter or margarine
Milk for children

Hamburger cakes
Cottage-fried potatoes Coleslaw
Bread Butter or margarine
Milk

Vegetable pie with potato crust
(using left-over veal stew)
Beet and onion salad
Bread Butter or margarine
Lemon milk sherbet

FRIDAY

Orange-grapefruit juice
Pancakes Jelly
Milk for children

Creamed eggs on toast
Red apple and celery salad
Graham crackers Milk

Broiled fish and boiled potatoes or
codfish and potato patties
Harvard beets Lettuce salad
Corn-meal muffins Butter or margarine

SATURDAY

Spinach souffle with cheese sauce
Toasted corn-meal muffins Butter or margarine
Carrot and raisin salad
Milk

Foods Needed for a Week's Low-Cost Menus

Listed below are the different foods and the quantities of each needed for the week's menus. The market order for the week would be based on this list but probably would not be identical with it. Staple foods are usually bought in larger quantities to save time and money. Quantities bought at one time would vary, depending on such factors as amounts of food on hand, storage space in the home, market prices, and amount of money available at the time for quantity buying.

Leafy, Green, Yellow Vegetables

1 head green cabbage (2½ pounds).
1½ pounds lettuce.
2½ pounds carrots.
1 green pepper.
1 pound green beans.
½ pound spinach.
1 pound kale.

Citrus Fruit, Tomatoes

5 pounds small oranges.
1 No. 2 can tomatoes.
1 No. 2 can grapefruit juice.
1 No. 2 can orange-grapefruit juice.
2 lemons.

Potatoes, Sweetpotatoes

10 pounds potatoes.
2 pounds sweetpotatoes.

Other Vegetables and Fruits

2 pounds apples.
½ pound raisins.
1 pound onions.
1 bunch celery.
¾ pound prunes.
2 bunches beets.

Milk, Cheese, Ice Cream

6 14½-ounce cans evaporated milk.
15 quarts milk (whole, skim, buttermilk).
½ pound American Cheddar cheese.

Meat, Poultry, Fish

1½ to 2 pounds flank steak.
1½ to 2 pounds veal (breast or shoulder).
1 pound hamburger.
1 pound liver.
¾ to 1 pound codfish.
¾ to 1 pound sausage.

Eggs

1⅔ dozen eggs.

Dry Beans and Peas, Nuts

⅔ pound navy beans.
⅓ pound peanut butter.
2 ounces shelled peanuts.

Flour, Cereals, Baked Goods

3 loaves whole-wheat bread.
3 loaves enriched white bread.
1 loaf rye bread.
4 pounds enriched or whole-grain flour.
⅔ pound whole-wheat cereal.
⅓ pound macaroni.
½ pound ready-to-eat cereal.
⅓ pound rolled oats.
⅔ pound corn meal.
1 pound graham crackers.
1 pound scrapple.

Fats and Oils

1 pound shortening.
1½ to 2 pounds butter or margarine.
¼ pound salt pork.
Home-made cooked salad dressing.

Sugar, Sirups, Preserves

2 pounds sugar.
1 small jar jelly.
½ pint sirup.
Small amount of molasses.

Miscellaneous

In addition to the foods listed, such items as coffee, tea, salt, flavoring, and gelatin would be bought as needed. (For cost allowances, see p. 6.)

Adequate food quantities and well-planned menus must be followed by wise buying and careful preparation, cooking, and serving of food to conserve the nutritional value, regardless of the cost level of the plan selected. The purchasing of food in poor condition, careless preparation, use of poor cooking methods, and unnecessary waste can lower considerably the nutritive value of the diet.

Adaptations of the Master Plans

Some families may find that neither the low-cost nor the moderate-cost food plan exactly meets their needs. Such families can make plans of their own, using the master plans as a guide.

Plans at Different Cost Levels

At in-between costs.—If the food budget is more than the amount suggested for the low-cost plan but less than for the moderate-cost plan, an in-between plan can be developed. This would allow for a little more variety than in the low-cost plan—a few of the more expensive foods, or, instead, a larger quantity of a more expensive group. In making this last change, care should be taken that the other groups are not decreased unduly, or the diet might become nutritionally inadequate.

At lower cost.—Nutritionally adequate food quantities at lower cost than those in the low-cost plan can be worked out. They would include larger amounts of cereal products, dry beans and peas, potatoes, and the cheaper vegetables, and an even greater amount of home preparation would be necessary. An example of a plan at lower cost and suggestions for reducing food expenditures are given on pages 15 and 16.

More liberal plans.—Many families are not especially restricted in the amount of money that can go for food. In their food plans larger quantities of meat, dairy products, and vegetables and fruits than those given in the moderate-cost plan can be included. Also more expensive items within the groups, foods out of season, or more processed foods can be used. These latter factors will usually account for most of the increased cost of a liberal food plan.

However, having an almost unlimited amount of money to spend for food is not in itself a guarantee of an adequate diet. Even at this level, care must be taken to include sufficient foods such as milk and milk products, fruits and vegetables, to insure adequate supplies of all nutrients. Probably as much care is needed as when money is very limited, for at a high level of expenditure personal whims may be satisfied at the expense of a well-balanced diet.

Plans for Different Nationality Groups

The master food plans can easily be adapted for use by many different nationality groups. Differences in food habits between this and other countries are chiefly in the food items selected within groups and the methods used in their preparation. For example, Italian people tend to use a larger proportion of their grain products as macaroni and spaghetti, serving them perhaps with an herb-flavored tomato sauce and Parmesan cheese rather than baked with Cheddar cheese. Mexican groups commonly use corn cereal products and their corn bread often takes the form of tortillas.

Plans for Home Food Production

For families that raise some of their food, these plans can serve as a guide in setting the goal for home production and food preservation. Farm families often produce a large share of their milk, eggs, meat, vegetables, and fruit. To find out how much of these foods the family needs to produce in a year, the weekly total for the family is multiplied by 52. Then something extra can be added for guests, and for a margin of safety in case of a poor harvest the following year. The margin allowed in planning the vegetable garden should probably be generous.

Urban families with gardens can also use one of the food plans as a guide. The suggested quantities of green and yellow vegetables would be especially useful. From weekly quantities, a year's budget for these vegetables for the family can be estimated. Part of the year's total will need to be preserved at home for use during winter months.

Many of the State extension services have detailed guides for planning home production. Bulletins usually can be obtained from county extension agents or from the State extension service.

Table 3.—Recommended daily dietary allowances¹

Family members	Food energy	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid	Vitamin D
	Cal.	Gms.	Gms.	Mg.	I. U.	Mg.	Mg.	Mg.	Mg.	I. U.
Children up to 12 years:	(²)	(³)								
Under 1 year-----	1,200	40	1.0	6	1,500	0.4	0.6	4	30	400
1-3 years (27 pounds)-----	1,600	50	1.0	7	2,000	.6	.9	6	35	400
4-6 years (42 pounds)-----	2,000	60	1.0	8	2,500	.8	1.2	8	50	400
7-9 years (58 pounds)-----	2,500	70	1.0	10	3,500	1.0	1.5	10	60	400
10-12 years (78 pounds)-----			1.2	12	4,500	1.2	1.8	12	75	400
Girls:										
13-15 years (108 pounds)-----	2,600	80	1.3	15	5,000	1.3	2.0	13	80	400
16-20 years (122 pounds)-----	2,400	75	1.0	15	5,000	1.2	1.8	12	80	400
Boys:										
13-15 years (108 pounds)-----	3,200	85	1.4	15	5,000	1.5	2.0	15	90	400
16-20 years (144 pounds)-----	3,800	100	1.4	15	6,000	1.7	2.5	17	100	400
Women (123 pounds):										
Sedentary-----	2,000	60	1.0	12	5,000	1.0	1.5	10	70	(⁴)
Moderately active-----	2,400	60	1.0	12	5,000	1.2	1.5	12	70	(⁴)
Very active-----	3,000	60	1.0	12	5,000	1.5	1.5	15	70	(⁴)
Pregnancy (latter half)-----	2,400	85	1.5	15	6,000	1.5	2.5	15	100	400
Lactation-----	3,000	100	2.0	15	8,000	1.5	3.0	15	150	400
Men (154 pounds):										
Sedentary-----	2,400	70	1.0	12	5,000	1.2	1.8	12	75	(⁴)
Physically active-----	3,000	70	1.0	12	5,000	1.5	1.8	15	75	(⁴)
With heavy work-----	4,500	70	1.0	12	5,000	1.8	1.8	18	75	(⁴)

¹ Source: Recommended Dietary Allowances, National Research Council Reprint and Circular Series No. 129, revised 1948. This table is a goal, subject to revision, toward which to aim in planning practical diets. The recommended allowances can be attained with a good variety of common foods which will also provide other minerals and vitamins for which requirements are less well known. For further recommendations and explanations, see the National Research Council's publications.

² 110 calories/2.2 pounds (1 kg.) body weight at 6 months. (Energy requirements are 120 calories/2.2 pounds in early infancy and 100 calories/2.2 pounds at 1 year.)

³ 3.5 grams/2.2 pounds (1 kg.) body weight.

⁴ For persons who have no opportunity for exposure to sunshine and for elderly persons, the ingestion of small amounts of vitamin D may be desirable.

⁵ The value of 2,400 calories represents the allowance for pregnant, sedentary women. If more active, additional calories may be needed.

Table 4.—*Master food plan at low cost. Weekly quantities of food (as purchased) for 19 age, sex, and activity groups*

Family members	Leafy, green, and yellow vegetables	Citrus fruit, tomatoes	Potatoes, sweet- potatoes	Other vege- tables and fruit	Milk ¹	Meat, poultry, fish	Eggs	Dry beans and peas, nuts	Flour, cereals ²	Fats and oils ³	Sugar, sirups, pro- serves
	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Qt.</i>	<i>Lb. Oz.</i>	<i>No.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>
Children through 12 years:											
9-12 months	1-8	1-12	0-8	1-0	6	0-4	5	0-1	0-10	0-1	0-1
1-3 years	1-12	1-12	1-0	1-0	5½	4-8	5	0-1	1-4	0-2	0-2
4-6 years	1-12	1-12	1-8	1-4	5½	1-0	5	0-2	1-12	0-6	0-6
7-9 years	2-0	2-0	2-8	1-8	5½	1-8	5	0-4	2-4	0-8	0-10
10-12 years	2-4	2-4	3-0	1-12	6	1-12	5	0-4	3-4	0-12	0-12
Girls:											
13-15 years	2-4	2-4	3-4	1-12	6½	2-0	5	0-4	3-8	0-12	0-12
16-20 years	2-4	2-4	3-0	1-12	5	2-0	5	0-4	3-4	0-12	0-10
Boys:											
13-15 years	2-8	2-8	4-0	2-4	6½	2-0	5	0-8	4-8	1-0	0-14
16-20 years	2-12	2-8	5-0	2-8	6½	2-0	5	0-8	5-12	1-6	1-0
Women:											
Sedentary	2-4	2-0	2-4	1-12	5	2-0	5	0-4	2-0	0-10	0-10
Moderately active	2-4	2-0	3-0	1-12	5	2-0	5	0-4	3-4	0-12	0-12
Very active	2-8	2-8	4-0	2-0	5	2-0	5	0-6	4-4	1-0	1-0
Pregnant	3-0	2-8	2-8	2-0	7½	2-4	7	0-4	2-8	0-10	0-8
Nursing	3-8	3-12	4-0	2-4	10½	2-8	7	0-4	3-0	0-10	0-8
60 years or over ⁵	2-8	2-4	2-8	1-12	5	2-0	4	0-2	2-4	0-8	0-8
Men:											
Sedentary	2-4	2-0	3-0	1-12	5	2-0	5	0-4	3-4	0-12	0-12
Physically active	2-8	2-8	4-0	2-0	5	2-0	5	0-6	4-4	1-0	1-0
With heavy work	2-8	2-8	6-0	2-8	5	2-0	5	0-10	7-12	1-14	1-0
60 years or over ⁵	2-8	2-4	3-4	1-12	5	2-0	4	0-2	3-4	0-10	0-10

¹ Or its equivalent in cheese, evaporated milk, or dry milk. (See Milk, Cheese, Ice Cream, p. 3.)

² Count 1½ pounds of bread as 1 pound of flour. Use as much as possible in the form of whole-grain, enriched, or restored products. (See Flour, Cereals, Baked Goods, p. 3.)

³ For small children and pregnant and nursing women, cod-liver oil or some other source of vitamin D is also needed. For elderly persons and for persons who have no opportunity for exposure to clear sunshine, a small amount of vitamin D is also desirable.

⁴ To meet iron allowance, 1 large or 2 small servings of liver or other organ meats should be served each week.

⁵ The nutritive content of the weekly food quantities for a man and a woman 60 years or over were based on the National Research Council's recommended daily allowances for the sedentary man and woman.

Table 5.—*Master food plan at moderate cost. Weekly quantities of food (as purchased) for 19 age, sex, and activity groups*

Family members	Leafy, green, and yellow vegetables	Citrus fruit, tomatoes	Potatoes, sweet- potatoes	Other vege- tables and fruit	Milk ¹	Meat, poultry, fish	Eggs	Dry beans and peas, nuts	Flour, cereals ²	Fats and oils ³	Sugar, sirups, pre- serves
	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Qt.	Lb. Oz.	No.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.
Children through 12 years:											
9-12 months	1-8	1-12	0-8	1-0	6	0-4	5	0-1	0-10	0-1	0-1
1-3 years	2-0	2-0	0-8	1-12	6	0-12	6	0-1	1-4	0-2	0-2
4-6 years	2-4	2-4	1-0	2-4	6	1-4	7	0-1	1-8	0-6	0-8
7-9 years	2-8	2-8	1-12	2-8	6½	1-12	7	0-2	2-0	0-8	0-12
10-12 years	3-0	2-12	2-4	2-8	7	2-4	7	0-2	2-12	0-12	0-14
Girls:											
13-15 years	3-8	2-12	2-8	3-8	7	2-12	7	0-2	2-12	0-14	0-14
16-20 years	3-8	2-12	2-8	3-8	6	2-12	7	0-2	2-8	0-12	0-14
Boys:											
13-15 years	3-8	3-0	3-8	3-8	7	3-0	7	0-4	4-0	1-2	1-2
16-20 years	4-0	3-8	4-8	3-8	7	3-4	7	0-6	5-4	1-6	1-4
Women:											
Sedentary	3-4	2-8	1-12	3-4	5	2-8	7	0-1	1-12	0-10	0-12
Moderately active	3-8	2-8	2-8	3-8	5	2-12	7	0-2	2-8	0-14	0-14
Very active	3-12	3-0	3-4	4-0	5	3-0	7	0-4	3-12	1-2	1-2
Pregnant	4-0	3-8	2-4	3-0	7½	3-0	7	0-2	2-4	0-10	0-10
Nursing	4-0	4-8	3-0	3-8	10½	3-0	7	0-2	2-8	0-12	0-12
60 years or over	3-8	2-12	2-0	3-0	5½	2-8	6	0-1	1-12	0-8	0-10
Men:											
Sedentary	3-8	2-8	2-8	3-8	5	2-12	7	0-2	2-8	0-14	0-14
Physically active	3-12	3-0	3-4	4-0	5	3-0	7	0-4	3-12	1-2	1-2
With heavy work	4-0	3-8	5-0	4-4	5	3-8	7	0-6	7-0	2-0	1-4
60 years or over	3-8	2-12	2-12	3-0	5½	2-12	6	0-2	2-8	0-12	0-12

¹ Or its equivalent in cheese, evaporated milk, or dry milk. (See Milk, Cheese, Ice Cream, p. 3.)

² Count 1½ pounds of bread as 1 pound of flour. Use as much as possible in the form of whole-grain, enriched, or restored products. (See Flour, Cereals, Baked Goods, p. 3.)

³ For small children and pregnant and nursing women, cod-liver oil or some other source of vitamin D is also needed. For elderly persons and for persons who have no opportunity for exposure to clear sunshine, a small amount of vitamin D is also desirable.

⁴ To meet iron allowance, 1 large or 2 small servings of liver or other organ meats should be served each week.

⁵ The nutritive content of the weekly food quantities for a man and woman 60 years or over were based on the National Research Council's recommended daily allowances for the sedentary man and woman.

Another Low-Cost Food Plan

Nutritionally adequate diets can be planned at a still lower cost than is represented by the low-cost plan given on page 12. The food quantities given in the lower cost plan on the following page will provide the National Research Council's recommended dietary allowances, will be within customary food habits of many groups, and can be purchased for 15 to 20 percent less than those in the low-cost plan. Plans for adequate diets at still lower cost could be developed and, while they would deviate further from average food habits, they could be made acceptable to some groups of families.

The plan on page 16 differs from the low-cost plan on page 12 in that it contains larger amounts of grain products, dry beans and peas, and potatoes, and much smaller quantities of meat, fish, poultry, and eggs. Quantities of other groups of foods are also slightly lower. To follow this lower cost plan for an extended period would require careful planning by the homemaker as well as the cooperation of her family in accepting less variety at mealtime along with smaller quantities of some of the more favored foods. This plan should not be used as a basis for money allowances for food unless careful guidance in food management is provided at the same time.

Suggestions for Keeping Food Costs Low

General.—Check food costs constantly to take advantage of the best buys. Watch price specials and compare carefully from store to store.

Have a home garden, if possible—carefully planned around the family's needs.

Vegetables and fruits.—Consider relative cost per serving of vegetables and fruits in different forms—fresh, frozen, canned, dried.

Use the cheaper grades of canned products. They are as nutritious as higher grades and satisfactory for many purposes.

Milk.—Use forms of milk that are less expensive than fresh whole milk.

Evaporated milk for cereal, coffee, cooking.

Nonfat dry milk, skim milk, and buttermilk.

(Since these lack the fat and vitamin A value of whole milk, be sure to include in the diet at least the recommended quantities of other foods, especially those high in vitamin A value, such as leafy, green, and yellow vegetables.)

Eggs.—Save by buying the lowest grade eggs that will serve the purpose—Grade A for poaching, frying, cooking in shells; Grade B for scrambled eggs and omelets, in cooking and baking; Grade C for cooking and baking.

Consider size as well as grade of eggs in relation to price. Allowing for differences in weight per dozen, small and medium-sized eggs may be a better buy than large eggs. Shell color also may affect price but not food value.

Meats, fish.—Use the lower grades of meat, and the cheaper cuts. When comparing costs of different cuts, figure cost per serving—pieces with much bone may prove more expensive than more meaty cuts that sell at a higher price per pound.

Liver and some other organ or "variety" meats, such as heart and tongue, are highly nutritious. As a source of nutrients they are often less expensive than other meats, even when they cost more per pound.

Fresh fish is often inexpensive, especially near the source of supply.

Fats and oils.—Compare prices of different fats and oils that serve the same purpose—some may cost much more than others.

Save drippings and fat trimmings for use in cooking.

Use cooked salad dressings in place of oil dressings.

Ways to Use the Low-Cost Foods

When the food plan includes large proportions of the less expensive foods—dry beans and peas, cereals, and potatoes—it takes ingenuity to provide varied and appetizing meals. In planning menus keep in mind that these foods can be used in many combinations and can appear in almost any part of the meal. To give variety and add zest use different seasonings such as onion, chives, garlic, parsley, sage, celery seed, curry, chili, basil, thyme. In the small quantities needed, these do not add appreciably to the cost of a meal.

Suggestions and recipes for using low-cost foods are available from many sources. Department of Agriculture publications that might be helpful are listed under selected publications. (See back cover.)

Table 6.—Another low-cost food plan (at lower cost than plan on p. 12). Weekly quantities of food (as purchased) for 19 age, sex, and activity groups

Family members	Leafy, green, and yellow vegetables	Citrus fruit, tomatoes	Potatoes, sweet- potatoes	Other vege- tables and fruit	Milk ¹	Meat, poultry, fish	Eggs	Dry beans and peas, nuts	Flour, cereals ²	Fats and oils ³	Sugar, sirups, pre- serves
	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Qt.	Lb. Oz.	No.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.
Children through 12 years:											
9-12 months	1-8	1-12	0-8	1-0	6	0-4	5	0-1	0-10	0-1	0-1
1-3 years	1-8	1-4	1-8	0-8	5½	0-6	4	0-1	1-8	0-2	0-2
4-6 years	1-8	1-8	2-0	0-12	5½	0-8	3	0-4	2-4	0-6	0-4
7-9 years	1-12	1-8	3-0	0-12	5½	0-12	3	0-6	3-0	0-8	0-8
10-12 years	2-0	1-8	3-8	1-4	6	1-0	3	0-8	3-8	0-12	0-12
Girls:											
13-15 years	2-0	1-12	4-0	1-8	6½	1-0	4	0-8	3-12	0-12	0-12
16-20 years	2-0	1-12	3-8	1-8	4½	1-0	4	0-8	3-12	0-12	0-12
Boys:											
13-15 years	2-0	2-0	4-4	1-8	6½	1-4	4	0-12	4-12	1-2	0-14
16-20 years	2-4	2-0	5-8	1-8	6½	1-4	5	0-14	6-0	1-6	1-0
Women:											
Sedentary	2-0	1-8	3-0	1-4	5	1-0	4	0-4	3-0	0-8	0-8
Moderately active	2-0	1-8	3-8	1-8	4½	1-0	4	0-8	3-12	0-12	0-12
Very active	2-0	1-8	4-8	1-8	4½	1-0	4	0-12	4-12	1-0	0-14
Pregnant	2-12	2-0	3-0	1-8	7½	1-4	5	0-6	3-0	0-8	0-8
Nursing	3-0	3-12	4-4	1-8	10½	1-8	5	0-6	3-8	0-12	0-8
60 years or over ⁵	2-0	1-12	3-4	1-0	5	1-0	4	0-4	3-0	0-8	0-8
Men:											
Sedentary	2-0	1-8	3-8	1-8	4½	1-0	4	0-8	3-12	0-12	0-12
Physically active	2-0	1-8	4-8	1-8	4½	1-4	4	0-12	4-12	1-0	0-14
With heavy work	2-0	1-8	7-0	1-8	4½	1-4	5	1-0	7-12	1-14	1-4
60 years or over ⁵	2-0	1-12	4-0	1-4	5	1-0	4	0-6	3-12	0-10	0-10

¹ Or its equivalent in cheese, evaporated milk, or dry milk. (See Milk, Cheese, Ice Cream, p. 3.)

² Count 1½ pounds of bread as 1 pound of flour. Use as much as possible in the form of whole-grain, enriched, or restored products. (See Flour, Cereals, Baked Goods, p. 3.)

³ For small children and pregnant and nursing women, cod-liver oil or some other source of vitamin D is also needed. For elderly persons and for persons who have no opportunity for exposure to clear sunshine, a small amount of vitamin D is also desirable.

⁴ To meet iron allowance, 1 large or 2 small servings of liver or other organ meats should be served each week.

⁵ The nutritive content of the weekly food quantities for a man and woman 60 years or over were based on the National Research Council's recommended daily allowances for the sedentary man and woman.

Selected Publications of the Federal Government Relating to the Family's Food

Available from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

Food Plans for Families

- Food for two. AIS-21
- Food for the family with young children. AIS-59
- Food for families with school children. AIS-71

Selection and Use of Food

- Money-saving main dishes. AIS-69
- Meat for thrifty meals. Farmers' Bulletin 1908
- Poultry cooking. Farmers' Bulletin 1888
- Home-made bread, cake, and pastry. Farmers' Bulletin 1775
- Dried beans and peas in meals. AWI-47
- Cheese in your meals. Leaflet 262
- Egg dishes for any meal. Leaflet 261
- Potatoes in popular ways. AWI-85
- Sweetpotato recipes. AIS-58
- Root vegetables in everyday meals. AIS-42
- Green vegetables in everyday meals. AIS-43
- Tomatoes on your table. AWI-104
- Peanut and peanut butter recipes. AIS-68
- Cooking with soya flour and grits. AWI-73
- Home canning of fruits and vegetables. AIS-64
- Home freezing of fruits and vegetables. AIS-48
- Pickle and relish recipes. AWI-103
- Home-made jellies, jams, and preserves. Farmers' Bulletin 1800
- Consumer guides for buying and keeping eggs. AIS-77
- Family fare. Food management and recipes. Home and Garden Bulletin 1

Available from the Children's Bureau, Federal Security Agency, Washington 25, D. C.

Food for Individuals

- So you're expecting a baby. Folder 1
- Prenatal care. Publication 4
- Breast feeding. Folder 8
- Infant care. Publication 8
- Your child from one to six. Publication 30
- Foods your children need. Folder 14
- The road to good nutrition. Publication 270

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