

FEEDING
THE FARM FAMILY
IN THE PRESENT
"HARD TIMES"

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I.—FOODS THE FAMILY SHOULD HAVE

IF A CHOICE must be made between fully satisfying the appetite with a one-sided diet (as meal, salt pork, and molasses) and using a somewhat smaller amount of well-balanced food, including right proportions of milk, vegetables, eggs and lean meats, the latter choice is wise. *It will maintain health!*

For good health and for sufficient energy, the daily diet for each member of the farm family should include:

Milk Adults 1 pint
Children 1 quart

Vegetables and Fruits 5 servings
2 servings vegetables other than potatoes or dried peas and beans
1 leafy vegetable daily
2 servings fruits
Raw fruit or vegetable, or canned tomatoes daily

Whole Grains 1 or more servings
Bread or breakfast food

Eggs, Cheese, Flesh Foods, or Dried Peas and Beans 2 servings of any two

Water 6 to 8 glasses

II.—LOW-COST WEEKLY MARKET ORDER FOR A FAMILY OF *FIVE*

This family consists of two adults at active work, a boy of 12 to 15 years, a girl 4 to 8 years, and a child under three years. The order is for a family with little home-produced food and little ready cash.

The prices are the average present-day prices throughout the State. Fresh oranges and grapefruit from Florida are now selling at a low price in Alabama. The adequate amount of milk, *one quart for every child and one pint for every adult*, is a large cost item, but is necessary for the *best health*.

Cereals—(20 to 24 lbs.)—

White flour	4 lbs.	.16
Graham or whole wheat	6 lbs.	.33
Corn meal	5 lbs.	.15
Grits	2 lbs.	.06
Rice	1 lb.	.05
Rolled oats	20 oz. (box)	.10
Total		\$.85

Milk—(28 quarts)—

Sweet milk	14 qts.	2.10
Buttermilk	14 qts.	1.12
Total		\$3.22

Lean meat, fish, eggs, or cheese—(6 to 8 lbs.)—

Lean beef	1 lb.	.125
Pork (or rabbit)	3 lbs.	.57
Liver	1 lb.	.17
Cheese	1 lb.	.25
Eggs	2 doz.	.50
Total		\$1.615

Vegetables and Fruits—(35 to 40 lbs.)—

Potatoes, white or sweet	14 lbs.	.42
Tomatoes	3 No. 2 cans	.25
Dried peas or beans	2 lbs.	.12
Other vegetables	8-10 lbs.	
	(Av. 10c per lb.)	.80
Dried prunes	1 lb.	.065
Dried peaches	1 lb.	.125
Dried apples	1 lb.	.15
Fresh apples, oranges or grapefruit	4 lbs.	.25
Total		<hr/> \$2.18

Fats—(3 to 4 lbs.)—

Salt pork	1 lb.	.125
Lard	1 lb.	.10
Butter substitute or butter (if made at home)	1 lb.	.17
Peanut butter	½ lb.	.065
Total		<hr/> \$.460

Sweets—

Sugar	2 lbs.	.10
Cane syrup	1½ qts.	.32
Total		<hr/> \$.42
Coffee (home ground)	1 lb.	.19
TOTAL		<hr/> \$8.935

Average 25½ cents per person per day.

This order can be greatly reduced by having a home garden.

III.—WELL-PLANNED MEALS FROM THE PRECEDING MARKET ORDER

Monday

<i>Breakfast</i>	<i>Dinner</i>	<i>Supper</i>
Stewed dried apples	Boiled cabbage	Bean Soup
Sausage	Side meat	Hot mush
Oatmeal—whole milk	Baked Irish potatoes	Stewed tomatoes
Biscuits	Cornbread	Toasted biscuit
Coffee (adults)	Syrup	
Milk (children)	Buttermilk	

Tuesday

Grapefruit	Rutabagas	Liver
Poached eggs	Dried peas	Creamed Irish potatoes
Grits (butter or substitute)	Sliced onions	Cabbage salad
Whole wheat bis- cuit	Corn bread	Stewed dried apples
Coffee (adults)	Buttermilk	Whole wheat muffins
Milk (children)		Milk

Wednesday

Prunes	Turnip greens	Cheese omelet
Sausage	Side meat	Spanish rice (rice and tomatoes baked)
Grits (butter or substitute)	Mashed sweet potatoes	Syrup
Biscuits	Corn bread	Toasted biscuit
Coffee (adults)	Buttermilk	Milk
Milk (children)		

Thursday

Breakfast

Stewed dried
peaches
Oatmeal—whole
milk
Scrambled eggs
Muffins
Coffee (adults)
Milk (children)

Dinner

Dried beans
Turnip greens
Sliced onions
Sweet potatoes
Corn bread
Buttermilk

Supper

Cabbage and car-
rot salad
Baked Irish
potatoes
Syrup
Whole wheat bis-
cuits
Milk

Friday

Oranges
Oatmeal, whole
milk
Baked eggs
Biscuits
Coffee (adults)
Milk (children)

Rutabagas
Dried Peas
Candied sweet
potatoes
Corn bread
Buttermilk

Rice and cheese
baked
Cabbage salad
Syrup
Toasted biscuits
Milk

Saturday

Stewed apples
Eggs, scrambled
Grits (butter or
substitute)
Muffins
Coffee (adults)
Milk (children)

Turnips
Side meat
Corn bread
Cabbage salad
Syrup

Rabbit baked
Baked sweet po-
tatoes
Stewed tomatoes
Apple sauce
Hot biscuits
Milk

Sunday

Oranges
Waffles and
syrup
Coffee (adults)
Milk (children)

Beef stew (con-
taining pota-
toes)
Carrots
Corn bread
Bread pudding
Buttermilk

Peanut butter
sandwich
Cabbage salad
Baked apples
Milk