

South Dakota State University

Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange

SDSU Extension Leaflets

SDSU Extension

1-1-1940

Protect Healh! Save Money! : Use a Planned Family Food Supply

Cooperative Extension South Dakota State University

Follow this and additional works at: https://openprairie.sdstate.edu/extension_leaflets

Recommended Citation

South Dakota State University, Cooperative Extension, "Protect Healh! Save Money! : Use a Planned Family Food Supply" (1940). *SDSU Extension Leaflets*. 31.

https://openprairie.sdstate.edu/extension_leaflets/31

This Pamphlet is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in SDSU Extension Leaflets by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact michael.biondo@sdstate.edu.

SDSU LIBRARY - BROOKINGS, SD
3 1574 50153 5105

South Dakota State

South Dakota

Protect Health!

Save Money!

Use A Planned Family Food Supply

Extension Service
SOUTH DAKOTA STATE COLLEGE
Brookings

Extension Leaflet 37

January 1940

630.732
So 87
No. 37
c. 2

PROTECT YOUR HEALTH --- With Clean Milk

Is the milk your cows produce so clean, sanitary and fine-flavored that people want more?

Is your cream so clean fresh, free of odors and flavors that the butter scores 92 or better?

Will people eat more milk, butter, ice cream, cheese, if they are of better quality?

To Produce Quality Milk and Cream:

1. Keep only clean healthy cows in a clean barn.
2. Clip thighs, flanks and udders to keep dirt out of the milk pail.
3. Use a covered milk pail.
4. Wash and sterilize all milk utensils.
5. Cool milk and cream quickly to kill harmful bacteria.
6. Feed cows plenty of green hay (preferably alfalfa) or green silage and ground yellow corn in winter to provide Vitamin A which is vital to cow's health and growth.
7. Increase income from milk by higher price and reduced production cost. Improving quality will bring a better price. To cut production costs, cull low producers and keep only a purebred sire. Using good pasture as many months of the year as possible and feeding cows high quality home-grown roughage in winter will also reduce costs. It costs four cents to produce a quart of milk on the average South Dakota dairy farm.

WRITE:

R. A. Cave, Extension Dairyman

FOR:

Experiment Station Circular 22—"Production of Quality Milk and Cream"; Bulletin 231—"Feeding Dairy Herd for Profit."

Improve Your Family's Health and Save Money by a Planned Diet Use a Good Supply of Protective Foods; Milk, Eggs, Fruits and Vegetables

Boy 12; Girl 13; Moderately Active Woman Needs Yearly		YOU NEED DAILY		Very Active Man Needs Yearly	
364 qts.	MILK—any form	Child 1 quart	Adult 1 pint	182 qts.	
	VEGETABLES and FRUITS		4½ to 5 servings		
130 lbs.	Potatoes or Sweet Potatoes		1 serving	351 lbs.	
117 lbs.	Leafy Green or Yellow Vegetables		1 serving	104 lbs.	
91 lbs.	Tomatoes or Citrus Fruits		1 serving	104 lbs.	
191.36 lbs.	Other Vegetables		3 to 5 servings weekly		
26 lbs.	Other Fruits		1 serving	39 lbs.	
16.5 doz.	EGGS	Child 4 or 5 eggs, Adult 2 or 3 eggs, weekly.	Few in cooking	13 doz.	
91 lbs.	MEAT, FISH or POULTRY	5 times weekly; daily if with cereals or vegetables		156 lbs.	
130 lbs.	CEREALS	cereal dish daily, bread every meal		286 lbs.	
39 lbs.	BUTTER and Other Fats	every meal		78 lbs.	
45.24 lbs.	SWEETS and DESSERTS	1 serving; twice if not in place of protective foods		117 lbs.	
AN ADEQUATE DIET AT MODERATE COST					

You Need These Foods Because:

Milk—Its protein is excellent, is muscle builder, best source of calcium, contains phosphorous, (both of which build bone and teeth) and all known vitamins needed for normal growth and well-being.

Vegetables, Fruits—Are important for vitamins, flavors, texture and color. Leafy green, yellow vegetables, tomatoes, and citrus fruits are valuable for vitamins and minerals.

Eggs, Lean Meat, Poultry, Fish—Are fine protein, good for minerals, vitamins and flavor.

Grains—Furnish energy. Whole cereals are richest in vitamins and minerals and are the cheapest.

Butter—Most valuable fat; has energy and Vitamin A.

Refined Sugar—Furnishes only energy. Sorghum molasses has some mineral.

You Can Afford an Adequate Diet By:

1. Planning a family food budget to meet yearly health needs and save money.
2. Raising a garden.
3. Producing your own meat, milk, poultry and eggs.
4. Canning, drying and storing fruits, vegetables and meats.
5. Buying foods economically to supplement home-produced foods.

WRITE:

Susan Z. Wilder, Extension Nutritionist

FOR:

Farmer's Bulletin 1757—"Diets to Fit Family Income;" No. 72—"Canning Chicken and Other Meats;" No. 73—"Canning Fruits and Vegetables."

PRODUCE QUALITY EGGS --- For Your Family

Eggs rank high in the list of foods in a well-selected diet because they are rich in minerals, contain easily digested protein and fat, and contain vitamins A, B, D, E, and G.

Egg quality must be preserved by good management practices which include proper handling, collecting, storing and marketing.

To Produce Quality Eggs:

1. Segregate male birds except during the breeding season.
2. Feed balanced rations along with scratch grains.
3. Feed cod-liver oil to all birds in confinement.
4. Provide oyster shell and grit at all times.
5. Provide one nest for every seven hens.
6. Keep nests clean.
7. Keep litter clean.
8. Provide wire or drop-boards (1½ inch mesh—16 gauge).
9. Collect eggs with clean hands.
10. Collect eggs twice daily (eleven and five).
11. Collect eggs in clean, rigid baskets and place in cool room free from foul odors.
12. Keep eggs at a temperature below 55 degrees.

WRITE:

M. H. Simonson, Assistant Extension Poultryman

FOR:

"Timely Poultry Hints," and U. S. Leaflet 39, "Eggs at any Meal."

**FOR FURTHER INFORMATION
CONSULT YOUR COUNTY AGRICULTURAL AND HOME EXTENSION AGENT**

SAVE FOOD

--- Kill Insects and Rodents

General good management of garden practices is most important in controlling insects and plant diseases.

Insect damage of all stored food exceeds 200 million dollars a year. Rats and mice cause much of this loss. Considerable of this loss is preventable

To Control Garden Insects, Diseases:

1. Remove all garden trash in fall clean-up. Crop residues furnish fall feed and over-wintering places for insects and plant diseases.
2. Till garden fall and spring. Fall tillage exposes insects hibernating in the soil to the weather, causing a high death rate. Spring tillage destroys more weeds and insects.
3. Destroy weeds because some pests live on weeds and later on garden vegetables.
4. Treat seeds; spray plants. Choose proper chemicals and equipment. Start early and apply thoroughly.

To Protect Stored Food:

1. Prevent insect loss by storing food in pest-free containers.
2. Treat infested food; stop damage by prompt heat treatment or fumigation.
3. Rat and mouse-proof storage spaces and containers. Cut off food supply; destroy them by trapping, poisoning or gassing.

WRITE:

George I. Gilbertson, Extension Entomologist

FOR:

Farmer's Bulletin 1371—"Diseases and Insects of Garden Vegetables;" F. B. 1260—"Stored Grain Pests;" F. B. 1811—"Control of Insects Attacking Grain."

MAKE YOUR GARDEN PAY

--- In Better Health

Home grown vegetables and fruits are nutritious and appetizing; often better quality than can be obtained elsewhere.

To Raise a Garden:

1. Select low ground near irrigation water with sandy loam texture, free from noxious weeds and fenced from poultry.
2. Apply light application of well-rotted stable manure every year instead of a heavy application every three years.
3. Plant seed varieties which will mature under South Dakota conditions.
4. Plant quick-maturing crops—radishes, carrots, beets, turnips—in spring or in late summer if water is available.
5. Mature some early vegetables in hot beds.
6. Cultivate soon after rain or irrigation to destroy weeds, breaking up the surface crust. Maintain dust mulch.
7. You may expect rich dividends from a well-fertilized garden if near irrigation.

To Store Vegetables and Fruits:

1. Harvest young and prime vegetables. Don't let them get tough and old.
2. Make vegetable storage room with earth floor, little light and free from rodents.
3. Make vegetable pits frost-free by straw covers. Store potatoes, carrots, beets and sweet potatoes in pit.
4. Wrap late fresh fruits—apples, pears, tomatoes—in waxed paper for storage.

WRITE:

L. L. Davis, Professor of Horticulture

FOR:

Extension Circular 372—"Planning and Growing Family Food Supply;" Circular 216—"Storage of Fruits and Vegetables for South Dakota."

PRODUCE QUALITY MEAT

--- For Your Family

Quality meat is healthful, easily digested and nutritious. Make quality meat available to your family because it furnishes protein, minerals, vitamins and energy vital to life.

To Produce Your Own Quality Meat:

1. Slaughter one-year old cattle; 6 month-old sheep and 8 month-old hogs.
2. The 225-pound hog, 90-pound lamb, and 800-pound beef, cut attractively, are easily handled and readily cured.
3. Feed out the animal. Fat improves the quality, texture, tenderness and flavor and protects cured meat.
4. Slaughter only healthy animals.
5. Highest quality meat is obtained from steers, barrows and wethers.
6. Before slaughtering, keep animals off feed 18-24 hours and avoid excitement.
7. Wash down carcass after dressing. Cover to protect from dirt and foreign material.
8. Provide clean surroundings and use sanitary equipment.
9. Ripen beef 15-20 days at 36 degrees; lamb 2 weeks at 40 degrees; but merely cool pork and poultry.
10. Good grade beef will furnish meat equal in pounds to 58 percent of live weight of animal; hogs, 75 percent; and lambs, 48 percent.
11. Preserve meat by curing, canning or refrigeration.

WRITE:

G. A. McDonald, Extension Animal Husbandman

FOR:

Extension leaflets, "Beef on the Farm;" "Pork on the Farm;" and "Lamb-Mutton on the Farm."

EXTENSION SERVICE, SOUTH DAKOTA STATE COLLEGE OF AGRICULTURE AND MECHANIC ARTS, BROOKINGS, SOUTH DAKOTA
Published and distributed under Acts of Congress, May 8 and June 30, 1914 by the Agricultural Extension Service of the South Dakota State College of Agriculture and Mechanic Arts, Brookings, A. M. Eberle, director, U. S. Department of Agriculture cooperating.

FOR FURTHER INFORMATION

CONSULT YOUR COUNTY AGRICULTURAL AND HOME EXTENSION AGENT