

South Dakota State University
**Open PRAIRIE: Open Public Research Access Institutional
Repository and Information Exchange**

Cooperative Extension Circulars: 1917-1950

SDSU Extension

11-1932

Low Cost Foods

Mary A. Dolve

Follow this and additional works at: http://openprairie.sdstate.edu/extension_circ

Recommended Citation

Dolve, Mary A., "Low Cost Foods" (1932). *Cooperative Extension Circulars: 1917-1950*. Paper 325.
http://openprairie.sdstate.edu/extension_circ/325

This Circular 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 Cooperative Extension Circulars: 1917-1950 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.

Low Cost Foods

WHEN FOOD MONEY IS LIMITED
Divide Your Dollar Like This



A FAMILY WITH CHILDREN

25 cts.	Milk and Cheese
25-20 cts.	Vegetables and Fruits
15-20 cts.	Breads and Cereals
20-15 cts.	Fats and Sweets
15-20 cts.	Meat, Fish, and Eggs

SOUTH DAKOTA STATE COLLEGE
EXTENSION SERVICE
Brookings, S. D.

Published and distributed under Acts of Congress, May 8 and June 30, 1914, by the Agricultural Extension Service of South Dakota State College of Agriculture and Mechanic Arts, Brookings, C. Larsen, director, U. S. Department of Agriculture cooperating.

Low Cost Foods

By Mary A. Dolve

Extension Nutritionist and Supervisor, Home Extension Work

Mrs. Farmer and Mrs. Businessman are facing the problem of feeding their family adequately and maintaining former standards of family living with lowered income.

Both homemakers can attack the problem by first determining what foods are necessary in an adequate diet and in what quantities they are needed. Secondly, how may these foods be supplied with a minimum outlay of money, in order that as much money as possible be released for other family needs?

Mrs. Farmer and Mrs. Businessman's family will need the same kind of foods. The quantity of some foods no doubt will be somewhat different due to the fact that the farmer is more active than the businessman and therefore requires more energy-producing food. Also the number of children may be greater in one family than in the other which will make a greater supply of such foods as milk, oranges or tomatoes necessary in one case than the other.

A good dietary standard using a serving as the unit of measure for any person might be summarized as follows:

Daily Food Standard

Milk:

- 1 quart for each child.
- 1 pint for each adult.

Fruits and Vegetables:

- 1 potato.
- 1 leafy vegetable.
- 1 other vegetable.
- 2 fruits.
- Use raw fruit or vegetable or canned tomato at least once.

Whole Grains:

- 2 servings bread or breakfast food.

Eggs, cheese, meat, dried beans or peas:

- 2 servings from any two of above.

Water:

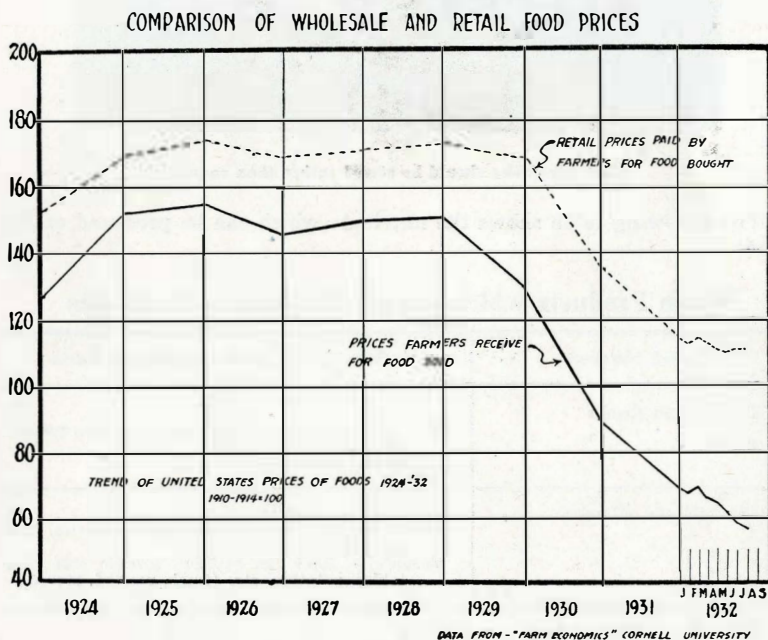
- 6 to 8 glasses.

When the above has been eaten, round out the meals with more cereals, potatoes, sweets and fats.

Consume More Home-Raised Foods Because Retail Prices Have Declined Less than Farm Prices

After careful study Mrs. Farmer no doubt will come to the conclusion that she can feed her family best with a minimum outlay of money by having as much as possible of the foods needed for family consumption raised and conditioned on the farm.

She will discover that her own family under present conditions can consume the products raised on the farm to better advantage than to sell these products at farm prices and buy the finished products at retail. This is due to the wide spread in prices between what is received for the products sold and what must be paid for the finished products bought over the counter. The following chart shows the trend in prices of the foods usually sold by farmers and of those bought by farmers since 1924, expressed in index numbers using 1910-14 as 100. You will notice that there has always been a considerable spread between price of food bought and sold, but that since 1930 this spread has been widening and that during the last 7 months the prices for food products sold by farmers have fallen faster than prices for food products bought by farmers.



Because retail prices of food have declined less than farm prices it is desirable to give careful consideration to the products raised which the farmer is in a position to process for his own use. In case of hogs based on available figures farmers can process their own pork products and save about $\frac{2}{3}$ of the retail price.

One of the main reasons why retail food prices have not dropped so rapidly nor as much as wholesale and farm prices is because the overhead remains fairly constant.



Root vegetables should be stored rather than canned

The following table shows the nutrients which can be produced on the farm:

Farm Products which Supply the Needed Nutrients

Needed Nutrients	Foods Raised and Conditioned on Farm
For Growth and Repair Protein	Milk, soft cheese, eggs, beef, pork, mutton, poultry, (fresh, canned, cured) Dried peas and beans
Minerals and vitamins	Milk, butter, cream Fruits—berries, apples, wild fruit, cherries, rhubarb, etc. Vegetables—tomatoes, cabbage, greens, root vegetables, potatoes, etc. (fresh, canned, stored).
For energy for work and play Carbohydrates	Wheat and rye—whole and cracked Jams, jellies, preserves from home grown and wild fruit Potatoes
Fats	Cream, butter, bacon, salt pork, lard
For health and resistance to disease Vitamins Minerals Roughage Water	Milk, vegetables, fruits, whole cereals

The Family Food Budget: Adequate Diets at Moderate Cost

Preliminary Figures for Approximate Quantities Needed Annually by Persons of Various Ages and Physical Activity

B—Boy G—Girl

	Unit	Child under 4 years	B. 4-6 G. 4-7 years	B. 7-8 G. 8-10 years	B. 9-10 G. 11-13 years	B. 11-12 G. over 13 years moder- ately active woman	Active B. 13-15 years very ac- tive woman	Active boy over 15 yrs.	Moderately ac- tive man	Very active man
*Bread -----	lb	50	75	100	120	120	190	240	240	350
*Flour, cereals -----	lb	30	30	40	40	40	40	70	60	60
Milk -----	qt.	365	365	365	365	365	365	240	182	182
Potatoes, sweet potatoes -----	lb	100	100	100	110	125	160	300	160	350
Dried beans, peas, nuts -----	lb	--	7	10	15	15	30	30	30	35
Tomatoes, citrus fruits -----	lb	75	75	75	90	90	100	100	100	100
Leafy, green or yellow vegetables -----	lb	60	75	90	90	110	110	100	100	100
Dried fruits -----	lb	7	10	15	20	25	30	45	35	40
Other vegetables and fruits -----	lb	90	100	125	150	175	270	300	270	270
Butter -----	lb	10	10	20	20	20	30	30	30	30
Other fats -----	lb	--	5	8	10	12	25	40	25	55
Sugar, molasses, etc. -----	lb	7	15	30	35	45	75	115	75	115
Meat, poultry, fish -----	lb	--	25	60	80	90	110	150	125	150
Eggs -----	doz.	20	20	20	20	14	15	15	15	15

Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

* Figure $\frac{1}{2}$ lb flour or cereal equivalent to 1 lb bread if an all-flour and cereal figure is desired.

[illegible]

Adequate Moderate Cost Year's Food Supply for My Family
Consisting of: Adults (Men Women) and
Children (Give Ages Boys Girls .

	Amt. and Value of Foods Needed		Amount and Value of Foods To Be Produced and Purchased			
	Amt.†	Cost*	Produced		Purchased	
			Amt.	Cost*	Amt.	Cost*
Grain Products						
Bread						
Flour and Cereals						
Milk						
Vegetables and Fruits						
Potatoes, Sweet Potatoes						
Dried Beans, Peas, Nuts						
Leafy, green, or yellow Veg.						
Dried Fruits						
Other Vegetables and Fruits						
Butter						
Other Fats						
Sugar, Molasses, etc.						
Lean Meat, Poultry, Fish						
Eggs						
TOTALS						

* Should be based on local retail prices.

† Totals from work sheet, pages 6 and 7.

How Much Food Does a Family Need

Present knowledge of nutrition not only can inform the homemaker what foods are needed but also how much of these foods are necessary for the various members of the family.

A table giving the quantities of foods needed to feed adequately adults at various degrees of physical activity and children at various ages is given on page 5. Using this table as a guide a year's food supply of produced and purchased food can easily be worked out as it applies to Mrs. Farmer's or Mrs. Businessman's family. Knowing the food needs of the family in terms of kinds and quantity is the basis for effective buying and a family food production program. Using the Daily Food Standard on page 2 as a guide in planning the meals from the available foods will provide the family with an adequate and palatable diet. A blank form is provided on pages 6 and 7 that will enable any home-maker to figure out easily the year's needed food supply for her family.

A Suggested Adequate Food Supply at Moderate Cost for One Year for a Farm Family of Five Consisting of Man, Woman, Boy 12, Children 3 and 5 Years.

	Amount	Value*	Per cent of Total Value
Grain Products		\$ 52	8
Bread	725 pounds		
Flour and Cereals	220 pounds		
Milk (1 quart daily per person) and cheese	1640 quarts	195	30
Vegetables and Fruits		163	25
Potatoes, sweet	850 pounds		
Dried beans, peas, nuts	70 pounds		
Tomatoes	450 pounds		
Green colored vegetables	425 pounds		
Other vegetables	725 pounds		
Other fruits	575 pounds		
Butter	135 pounds }	52	8
Other Fats	110 pounds }		
(Including bacon and salt pork)			
Sugar	210 pounds }	32	5
Molasses, Jellies, Jams, etc	100 pounds }		
Lean Meat, Poultry, Fish	500 pounds }	130	20
Eggs	150 pounds }		
Coffee, Tea, Spices, other groceries not raised on farm		26	4
Total		\$650	100

* Money value at June 1931 retail prices U. S. Bureau of Home Economics

The values given in the table are based on the average retail prices in the United States during June, 1931 and for this reason do not give the actual cost of such a food supply for any certain place or time.

The money value of the above yearly food supply can easily be figured out for any trade center at a certain time. The actual cost will vary from time to time and from place to place, and the way it is bought.

On many farms after careful study Mr. and Mrs. Farmer will decide that time and acreage devoted to the production of food for their own table will bring them greater returns for their efforts than any other use of their time and acreage at present prices.



Producing and processing the food needed by the family gives good returns for time spent and acreage used

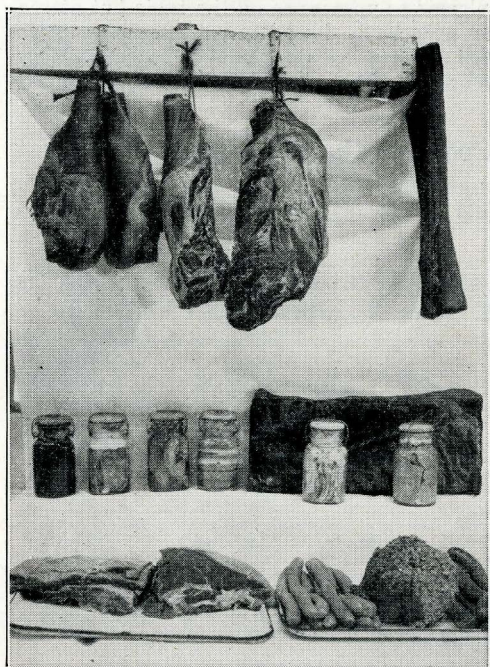
To secure the best results from the standpoint of adequately taking care of their families' food needs and the desired variety it is well to plan the year's food supply according to the division between foods to be raised and to be bought. A suggested plan for its division follows:

A Suggested Division Between Foods Raised and Bought in an Adequate Moderate-Cost Yearly Food Supply for a Five-Member Farm Family Consisting of Two Adults, Three Children, Aged 3, 5 and 12 Years.

	Out of Each \$100 Worth		
	Raise	Buy	Total
Milk and cheese -----	\$29 - \$27	\$ 1 - \$ 3	\$ 30
Vegetables and fruit -----	20 - 10	5 - 15	25
Meat poultry eggs, fish -----	15 - 15	5 - 5	20
Butter, lard, salt pork, bacon -----	7 - 7	7 - 1	8
Bread, flour, cereals -----	1 - 0	7 - 8	8
Sugar, molasses, syrup, jellies -----	2 - 1	3 - 4	5
Other requisites -----	-	4 - 4	4
Total -----	\$74 - \$60	\$26 - \$40	\$100
	Food Raised	Food Bought	Food Total
Money values at retail prices, June 1931 --	\$487 - \$390	\$163 - \$260	\$650

Figures Furnished by Bureau of Home Economics

In order to supply the family's food on this basis it is necessary to make plans well in advance. A general calendar for a farm family's food production work in South Dakota would be as follows:



Country cured and canned meats are palatable and also economical under present conditions

Fall Months

1. Cull poultry flock and can some of the culled birds.
2. Store root vegetables and other vegetables adapted for storage.
3. Prepare hot-bed for coming spring.
4. Can tomatoes and make sauerkraut, other fruits and vegetables in season.

Winter and Early Spring

1. Can and cure meats.
2. Use whole and cracked wheat, can some for summer.
3. Plan garden.
4. Plant hot-beds.
5. Start hatching for early frys and pullets to begin laying in late fall and winter.

Spring and Summer

1. Plant berries and fruits.
2. Plant gardens.
3. Store eggs in water glass for winter use when prices are real low if prices are expected to be raised during winter.
4. Make jams, jellies and pickles from fruits and vegetables raised when in season.

Buymanship a Factor in Securing Low-Cost Diet

Both Mrs. Farmer and Mrs. Businessman can reduce their money outlay for an adequate diet through a thorough study of buymanship and practicing thrift in buying. Good buymanship is a factor in getting the maximum returns for money spent.

Good food buymanship is based on knowing the food needs of the family, knowing the comparative food values of the different foods within each food group and a knowledge of some of the factors having a bearing on price aside from the food value.

In wise spending it is necessary to realize first of all that market price of a food is by no means a measure of its nutritive value. One pays dearly for flavor and rarity. Cost is largely determined by such factors as its scarcity, the perishable nature of a food, its appearance and attractiveness, the package in which it is sold, the distance it must be transported, the bulk and weight in relation to food value, and the way it is bought either in single units or in case lots. The demand of the palate sets the cost rather than the actual food values.

Vegetables and fruits out of season are expensive; fancy packaged foods cost more than an equal quantity of the same food in a less attractive form; the perishable nature of fresh meat is one reason for its high cost but the most desirable cuts give less nutrients for the same money.

The foods must present a pleasing appearance on the table but attractiveness in the market is often not worth the extra money. When strict economy is necessary, foods with artificial values should be avoided. When money is scarce the actual food needs should be taken care of before any food luxury is indulged in.

A Guide for Spending the Food Dollar

One way to get the most food value for money spent is to divide the food dollar into five parts. This division of the food dollar also helps to insure a balanced diet.

Dividing the Food Dollar at Different Income Levels When All Foods are Purchased. (For Families with Children.)

	Moderate Cost Fully Adequate	Low Cost Adequate	Emergency Minimum Essentials
Milk and cheese -----	30 cents	25 cents	25 cents
Vegetables and fruits -----	25 cents	25 cents	20 cents
Bread, flour, cereals -----	7 cents	15 cents	20-25 cents
Butter, lard, fat meats -----	13 cents	15 cents	20-15 cents
Sugar, molasses, jellies -----			
Meat, eggs, fish, accessories -----	25 cents	20 cents	15 cents
	Considerable Choice	Restricted Choice	Cheapest Only
Approximate cost per year ----- (Based on June 1931 retail prices.)	\$670 - 910	\$390 - 520	\$285 - 400

Taken from the leaflets "Getting the Most for Your Food Money" and "Spend Your Food Money Wisely."—Bureau of Home Economics.

Dividing the Food Dollar When Enough Milk or Vegetables are Provided. (For Families with Children.)

	When Enough Milk Is Provided		When Enough Vegetables Are Provided	
	Low Cost (Restricted)	Mod. Cost (permits choice)	Low Cost (Restricted)	Mod. Cost (permits choice)
For milk -----			30 cents	40 cents
Vegetables and fruits -----	25 cents	35 cents		
Cereals, bread, beans -----	25 cents	10 cents	25 cents	10 cents
Fats and sugars -----	25 cents	20 cents	20 cents	20 cents
Other foods -----	25 cents	35 cents	25 cents	30 cents

Summary

Under present conditions feed your family adequately and save your food money by:

1. Knowing food needs of the family.
2. Knowing food values of easily available foods.
3. Preparing foods attractively and economically.
4. Raising and conditioning as much of family food supply as possible.
5. Spending the available food money wisely.