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Making the Most of Your Meal Money

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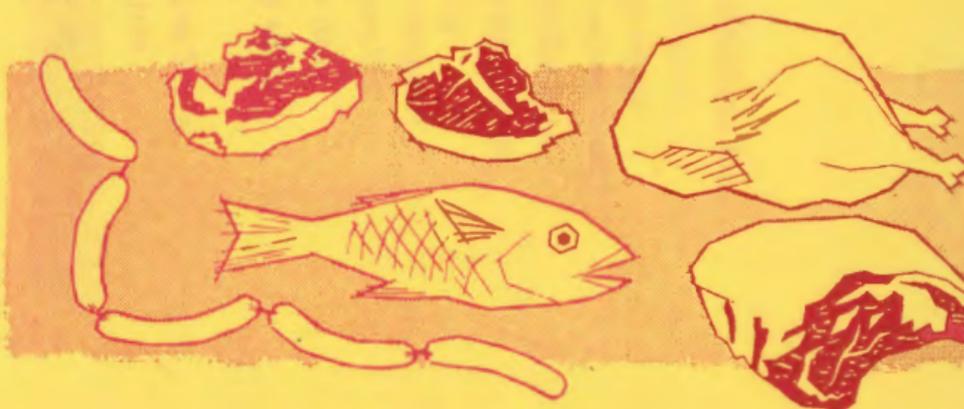
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Making the Most of

Your Meal Money



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Cooperative Extension Service
South Dakota State University
United States Department of Agriculture

Making the Most of Your Meal Money

You can budge the budget for food in many ways and still not cheat your family of any food they need to keep them on their toes. It's all in knowing how!

The cost of healthful food plans for a family of four often vary as much as \$12 or \$13 a week depending on the choices made from each of the four food groups—milk and cheese; vegetable-fruit; meat-eggs; and bread-cereal.

You can become a food executive if you are willing to plan, to make a few canny calculations, and to use ingenuity and imagination in preparing and serving. Where else can you save \$12 or \$13 every week?

MEALS WITH A HEALTH LIFT

There is no one magic way to plan meals. There are, however, several foods that should be included every day. To make sure of getting enough, some need to be served at more than one meal.

To make meal planning easy, the foods needed daily are listed in the basic four food groups.

Check-Compare-Choose

Protein foods (meat), high vitamin C foods (fruits, vegetables), high calcium foods (dairy products), and "extras" often receive the lion's share of the family food money. Why not start a cash-slashing crusade with them?

BASIC 4 FOOD GROUPS

Milk-Cheese

Some milk for everyone*—Children, 3 to 4 cups; Teen-agers, 4 or more cups; Adults, 2 or more cups.

Vegetable-Fruit

4 or more servings. Include a citrus fruit or other fruit or vegetable high in vitamin C and a dark green or deep yellow vegetable for vitamin A—at least every other day. Serve other vegetables and fruits, including potatoes.

Meat-Eggs

2 or more servings†—Beef, veal, pork, lamb, poultry, fish, eggs. Sometimes—dry beans, dry peas, nuts.

*A one-inch cube of Cheddar cheese contains as much calcium as two-thirds of a cup of milk; one-half cup of cottage cheese may be substituted for one-third cup of milk, and one-half cup of ice cream will provide as much calcium as one-fourth cup of milk.

†Try to have some meat, poultry, fish, eggs, or milk at each meal. Protein lends staying power to meals.

Bread-Cereal

4 or more servings. Whole grain or enriched.‡

CHAMPIONS NEVER CHEAT

These two days meals cost about the same.

Champion Meals

Breakfast

Canned orange juice (Group 2, citrus fruit)
Egg (Group 3)
Margarine
Enriched toast (Group 4)
Coffee

Mid-Morning

Non-fat dry milk as a beverage; (Group 1) Plain or flavored with homemade cocoa sirup

Lunch or Supper

Peanut butter sandwich (using 2 level tablespoons peanut butter) (Group 3 and 4)
Leaf lettuce salad with cottage cheese dressing (Group 2, dark green vegetable; Group 1)
Carrot strips (Group 2, deep

Mid-Afternoon

Apple (Group 2)

Dinner

Skillet meat loaf with potatoes* (Groups 2 and 3)
Three-minute cooked shredded cabbage with hot vinegar dressing (Group 2, vitamin C source)
Butterscotch pudding (made with non-fat dry milk and brown sugar) (Group 1)
Tea

Evening Snack

Hot or cold tomato juice (Group 2, vitamin C source)
Home-made cheese spread on toast strips (Group 1 and 4)

Cheater Meals

Sweet rolls (Group 4, if enriched)
Margarine
Coffee

Doughnuts

yellow vegetable)
Peanut butter-jelly sandwich (using one level tablespoon of each). (Group 3, small serving; Group 4)
Head lettuce salad with commercial salad dressing (Group 2 not dark green vegetable)

Candy bar

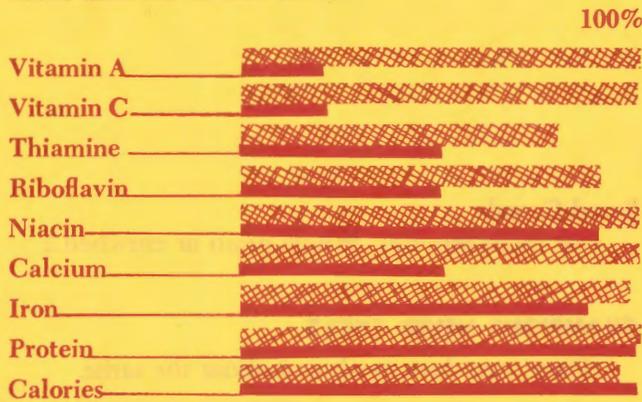
Hamburger on bun (Groups 3 and 4)
French fried potatoes (Group 2)
Catsup
Pickles
Butterscotch pie (purchased readymade) (Group 1)
Tea

Potato chips (Group 2)
Soft drink

*Recipe included in fact sheet.

‡Whole grain bread or cereal contains the germ and part of the bran of the grain. Enriched bread or cereal has had the germ and the bran removed. To make up for the amounts removed, three vitamins and iron have been added to enriched bread.

Champion meals supply more of your daily food needs than the cheater meals.



Champion Menus Cheater Menus

PLENTY OF PROTEIN

These quantities of foods provide equal amounts of protein. Each of the following will give about $\frac{1}{8}$ of the day's protein for an adult; $\frac{1}{10}$ for teenage girls; or $\frac{1}{12}$ for teenage boys.

Protein Providers

- 1 cup (8 oz.) skimmed milk
- 1 cup (8 oz.) whole milk
- $\frac{1}{2}$ cup evaporated milk
- $\frac{1}{3}$ cup (2 $\frac{1}{2}$ oz.) nonfat dry milk
- $\frac{1}{4}$ cup (generous, 2 oz.) cottage cheese
- 2-inch cube Cheddar (yellow) cheese (1 $\frac{1}{10}$ oz.)
- 1 $\frac{1}{2}$ medium eggs
- 1 oz. lean, no-waste meat, poultry, or fish
- 3 thin slices (4.1 x 0.1 inches) bologna
- 1 very large frankfurter
- 2 level tablespoons (1 oz.) peanut butter
- $\frac{1}{4}$ cup shelled peanut halves
- $\frac{1}{2}$ cup (generous) canned or cooked navy beans or split peas

Protein helps build and repair every part of the body.

Pick Proteins By Price

Grades of meat with less fat are cheaper and just as nutritious as more choice grades. They may be made tender by proper cooking. Cuts not usually used for steaks and dry heat roasts may sometimes be purchased and tenderized.

Beef or pork liver and heart are often high nutrition buys at bargain prices.

Cottage cheese is a cheaper source of protein than meat when 1 $\frac{1}{2}$ pounds cost less than 1 pound of lean, no-waste meat such as lean ground beef.

Yellow (Cheddar) cheese is cheaper than meat in protein if one pound does not cost more than half again as much as one pound of lean, no-waste meat.

Fish is cheaper than meat when one pound, ready for the table, costs less than one pound of all-lean meat.

CALCIUM COST COUNTDOWN

These quantities of foods provide equal amounts of calcium—each provides about $\frac{1}{3}$ the day's calcium for an adult. Growing children, especially teenagers, need more.

Calcium foods at top of list cost least:

- $\frac{1}{4}$ cup non-fat dry milk
- $\frac{1}{2}$ cup evaporated milk
- 1 cup fluid skimmed milk
- 1 cup whole milk
- 1 $\frac{1}{4}$ ounces Cheddar cheese food
- 1 $\frac{1}{4}$ ounces process Cheddar cheese
- 2 one-inch cubes natural Cheddar cheese (1 $\frac{1}{4}$ oz.)
- 1 cup ice milk (available in drive-ins and groceries)
- 1 $\frac{1}{2}$ cups cottage cheese
- Scant pint ice cream

Calcium builds bones and teeth. It is also needed for heart action, nerve control, and clotting of the blood.

VITAMIN A BARGAINS

These foods are usually inexpensive sources of vitamin A.

- Pork liver
- Beef liver
- Carrots
- Kale
- Spinach
- Sweet potatoes
- Winter squash

Vitamin A is necessary for good growth, for health of the skin and mucous membranes, and for adjustment of the eyes from dark to light.

CHECK VITAMIN C COSTS

These quantities of foods provide equal amounts of vitamin C—each serving furnishes about $\frac{1}{2}$ the day's need for an adult. Teenagers need more. Serve at least one each day, two if possible. Other foods may furnish small amounts.

- 1 cup canned or cooked tomatoes
- 1 cup canned tomato juice
- 1 medium raw tomato
- 1 $\frac{1}{2}$ cups pineapple juice
- $\frac{1}{4}$ large (6 inch) cantaloup
- $\frac{1}{2}$ cup quick cooked greens
- 2 potatoes (boiled or baked)
- $\frac{1}{2}$ cup cooked broccoli
- $\frac{1}{2}$ medium orange
- $\frac{1}{2}$ small grapefruit
- $\frac{1}{2}$ cup orange juice (fresh, canned, or frozen with water added as directed)
- $\frac{1}{2}$ cup raw, capped strawberries
- $\frac{1}{4}$ package (10 oz.) frozen strawberries
- 1 cup cut cooked fresh asparagus
- $\frac{3}{4}$ cup finely shredded cabbage
- $\frac{3}{4}$ cup cooked cabbage (if cooked in small amount of water)

Vitamin C aids body cells in making use of food, helps insure sound teeth and gums, and strengthens the walls of the blood vessels. It also increases resistance to infection and hastens the healing of wounds.

Which costs most in December? In March? In October?

SAVING FOOD DOLLARS WITH SENSE

Make "Check, Compare, Choose" your watch-words.

Plan what you need before you shop. Make a list—and use it.

Take time at the market.

What is the cost per serving? Would another food cost less?

What food nutrients are you getting? For example: A frozen chicken pie, a can of beef stew, or a frozen plate dinner is likely to contain much less protein (chicken or meat) than the same product made at home.

Foods ready to serve or to heat-and-serve may cost more than if prepared at home. Can you afford to buy it prepared or can you get more for your money by preparing this food yourself? For example: instant potatoes cost, on an average, about twice as much per serving as those you cook yourself. How much is the convenience worth? Can you better afford to peel and cook the potatoes yourself?

Sweet rolls may cost almost three times as much as a loaf of enriched bread and may or may not be enriched.

Prepared cereals may mean that corn, wheat, rice, or oats cost as much as 50 cents a pound. Compare with rolled oats or ground whole wheat at pennies a pound.

"Health" breads may have no more food value than enriched white bread made with dry milk.

Margarine is just as nutritious as butter.

Lower grade canned vegetables are just as good as higher and more expensive grades for stews and soups.

Lower grade canned fruits are suitable for sauces, pies, or puddings and fruit flavors are not covered by heavy sirups.

Lower grade meats and low cost cuts are just as nutritious as higher grades, pound for pound of lean.

Some Food Stretchers

Cook meat at low temperatures to prevent shrinking.

Store foods carefully to prevent loss of nutritive values.

Place on the table only enough of each food to meet the families' needs for that meal.

Serve "planned leftovers" with a flair.

MAKE MEALS WITH THESE MONEY SAVERS

Dare to Try Different Dishes

For Extra Protein Add:

- Sliced frankfurters to soup
- Grated cheese to hot green beans
- Peanuts to cabbage slaw
- Chopped luncheon meat to potato salad
- Chopped peanuts to left-over mashed potatoes for patties
- Hard cooked egg to tossed salad
- Peanut butter to a crumb crust for pie

For Extra Milk Use:

- Dry milk in double strength in puddings and pie fillings
- Milk in cooking cereal
- Dry milk in biscuits and dumplings

Money Magic With Menus

High Cost	Moderate Cost	Low Cost
Steak	Pot Roast	Meat Loaf
French Fries	Mashed Potatoes	Baked Potatoes
Brussels Sprouts	Broccoli	Cabbage
Celery Hearts	Celery Stalks	Carrot Strips
Rolls—Butter	Hot Biscuits—Butter	Enriched Bread—Margarine
Apple Pie	Applesauce with Plain Cake	Baked Apple Cobbler

Thrifty Trades

High Cost	Moderate Cost	Low Cost
Calves' liver	Beef liver	Pork liver
Frozen halibut steaks	Frozen cod or haddock	Frozen ocean perch
Prime rib beef roast	Rump roast	Chuck roast
Porterhouse steak	Rib steak	Cube steak
Ground sirloin	Ground beef	Hamburger
Canned red salmon	Canned pink salmon	Canned mackerel
Sweetbreads	Tongue	Heart
Center sliced ham	Ham shank	Canned luncheon meat
Fresh orange juice	Frozen orange juice	Canned orange juice
Wheat flakes	Shredded wheat	Cooked whole wheat cereal
Whole milk	Evaporated milk	Dry milk solids
Fancy sweet rolls	Raisin bread	Cinnamon toast
Soft drink	Canned fruit juices	Lemonade from canned juice

Barbecued Beans

- ½ cup chopped onion
- 1 pound ground beef
- 1 (1 pound, 12 oz.) can beans, or 3 cups cooked dry beans
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup catsup
- 3 tablespoons vinegar
- ¼ teaspoon Tabasco sauce

Brown beef and onion; pour off extra fat. Add beans and seasonings. A little extra liquid may be needed for home-cooked beans. Mix well. Pour into 1½ quart casserole. Bake at 350° for 30 minutes.

Skillet Meat Loaf

- 1 pound ground lean beef
- 1 egg
- 2 slices stale bread
- ¼ cup milk—or more
- 2-3 tablespoons minced onion
- 1 teaspoon salt
- Pepper
- Meat drippings or fat

Beat egg. Break bread into small pieces and add to egg; add milk, onion, salt, and pepper. Add meat; mix thoroughly. Shape into two oval loaves. Heat meat drippings in skillet or Dutch oven; brown loaves well on both sides; add ¼ cup water. Cover tightly and cook over very low heat about 30 to 40 minutes. Small potatoes, onion, and carrots may be cooked around the loaf.

Hamburger Soup

- 1 pound hamburger
- 1 cup diced onion
- 1 cup cubed raw potatoes
- 1 cup sliced carrots
- 1 cup shredded cabbage
- 1 No. 2 can tomatoes
- ¼ cup rice
- 1 small bay leaf, crushed
- ½ teaspoon thyme
- 4 teaspoons salt
- ¼ teaspoon pepper
- 1½ quarts water

Cook hamburger and onion in a large kettle, browning meat slightly. Add potatoes, carrots, cabbage. Bring to boil. Sprinkle rice into mixture. Add remaining ingredients. Cover and simmer 1 hour. Add tomatoes just before serving.

Golden Cheese Casserole

- 2 cups cooked rice
- 3 cups shredded carrots
- 2 cups grated process cheese
- ½ cup milk
- 2 beaten eggs
- 2 tablespoons minced onion
- 1½ teaspoons salt
- ¼ teaspoon pepper

Combine rice, carrots, 1½ cups cheese, milk, eggs, onion, and seasonings. Pour into greased 1½ quart baking dish. Sprinkle with remaining ½ cup cheese. Bake in moderate oven (350°) one hour. Makes six servings.

Snappy Cole Slaw

- ½ cup vinegar
- 1 tablespoon butter or margarine
- ¼ cup sugar
- ½ teaspoon salt
- ½ teaspoon dry mustard
- ¼ teaspoon black pepper
- ¼ teaspoon celery seed
- ½ head cabbage shredded

Bring the vinegar and butter or margarine to a boil. Remove from heat and add all the other ingredients except the cabbage. Allow to cool and pour over the cabbage. Toss.

Dilled Carrots

Scrape medium-sized carrots and cut crosswise into ½-inch slices; cook in boiling salted water just until tender; drain, cover with liquid from dill pickle jar; let stand overnight. Serve as a relish.

Apple-Cheese Dessert

- 5 cups apple slices (pared)
- 1 tablespoon lemon juice
- ¼ cup sugar
- ¼ teaspoon cinnamon
- ½ cup sifted flour
- ¼ teaspoon salt
- ¼ cup table fat
- ½ cup grated cheese

Fill pie pan or shallow baking dish with apples; sprinkle with lemon juice and ¼ cup of sugar. Mix cinnamon, flour, salt, and the other ½ cup sugar. Cut in fat until mixture is granular. Stir in cheese. Spread over apples. Bake at 350° F. (moderate oven) until apples are tender—about 40 minutes. Cool before cutting to serve. Six servings.

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