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EC912 Food Allowances for Relief Work

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Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. E. Brokaw, Director, Lincoln

Extension
Circular
912

FOOD ALLOWANCES FOR RELIEF WORK

It is a measure of real economy for county or community welfare organizations to spend their food relief money in such a way that they may provide not only enough food, but also the right types of food for individuals or families to whom they are extending relief. Even tho enough food may be issued to appease the hunger of a family, if the foods issued are not of the right type or of the right combinations, that family is quite apt to become a future financial care to the county or community. Definite illness and definite inefficiency may result when families live for a period of time on food which is not properly balanced. County and community welfare organizations confronted with food problems may find this circular helpful.

Each of the different classes of foods which we include ordinarily in our diets has a special function to perform in the body. If these classes of foods are not supplied then these functions are not performed as they should be. Certain of the foods supply what are called "protective" substances to the diet. It is absence of these "protective" substances, which cause definite illnesses to befall people, and children's bodies to become stunted in their growth. Where children are concerned, the body defects which occur, when they live over a period of time, without having a sufficient supply of these "protective" substances in the daily food become, to a large extent, permanent. Their teeth become defective, and they retain effects from rickets, such as bowlegs or knock-knees.

From every angle it is wise to expend the food money to buy a "balanced diet" for all of the members of the family. This "balanced diet" may be made up of inexpensive foods just as well as it may be made up of expensive ones. With a little thought and care, too, the homemaker may prepare this inexpensive "balanced" diet to have not only a high degree of palatability, but also a great deal of variety. Those of foreign extraction may prepare balanced meals suited to their native palates, inexpensively, as well. The psychological effect which these last points have on families receiving relief is worthy of consideration, in that it is helpful to individuals in utilizing their food, and in thus maintaining a healthy state of mind as well as of body. There is a mental, as well as a physical, side to this depression to be taken into account.

A "Balanced Diet" - Minimum Allowance

In dispensing food or money for the relief of families, it is important to consider the following needs if the health and efficiency of the members of the family are to be maintained:

1. Milk

Allow one quart of milk per day for each child up to eight years of age, and for each nursing or pregnant woman. Allow a pint and one-half for each boy or girl over eight years of age and up to eighteen years. Allow one pint of milk per day for each other member of the family, and preferably a quart for each child of whatever age. This amount includes milk to drink and to use in cooked foods. It may be either fresh milk, preferably pasteurized, unsweetened evaporated milk, or dried milk, depending upon local prices. (One tall can of unsweetened evaporated milk is equal in food value to one quart of pasteurized fresh milk).

Under any circumstances, at least one pint of milk a day should be provided for each individual in the family.

2. Vegetables and Fruits. These help, also to provide "protective" substances in the diet. A safe allowance follows:

- a. Potatoes or sweet potatoes
Each child, 3 - 12 years of age, $2 \frac{1}{3}$ lb. weekly.
Each child, 12 - 15 years of age, $3 \frac{1}{2}$ lb. weekly.
Each person above 15 years of age, $4 \frac{2}{3}$ lb. weekly, except in the case of adults who are not active, for whom $3 \frac{1}{2}$ lb. weekly is sufficient.
- b. Dried beans, peas, or nuts (including peanut butter)
Each child, 5 years of age, $2 \frac{1}{2}$ oz. weekly.
Each child, 5 - 15 years of age, $1 \frac{1}{3}$ lb. weekly.
Each person above 15 years of age, $2 \frac{2}{3}$ lb. to 1 lb.
- c. Tomatoes, canned or fresh - 1 lb. weekly for each individual.
- d. Leafy, green or yellow vegetables, such as cabbage, spinach, green beans, peas, carrots, squash, rutabaga, etc. - 1 lb. weekly for each individual. This amount should be increased 50% if possible. Some raw cabbage should be included frequently.
- e. Dried fruit.
Each child, 5 years of age, $1 \frac{1}{2}$ oz. weekly.
Each child, 5 - 12 years of age, 3 oz. weekly.
Each person above 12 years of age, 6 oz. weekly.
- f. Other vegetables and fruits
Each child, 3 to 5 years of age, $2 \frac{2}{3}$ lb. weekly.
Each child, 5 - 12 years of age, $1 \frac{1}{2}$ lb. weekly.
Each person above 12 years of age, $2 \frac{1}{2}$ lb. weekly.

3. Bread and Cereals

Include in the allowance of cereals some whole grain cereal, which has been cooked, such as whole or cracked wheat, or oatmeal. The prepared, ready-to-serve breakfast cereals are expensive foods, when the amount of nourishment which they supply and their cost are taken into consideration. The allowance of bread and cereals should be as follows:

- Each child, 3 years of age, about $1 \frac{1}{2}$ lb. weekly.
- Each child, 3 - 5 years of age, $2 \frac{1}{3}$ lb. weekly.
- Each child, 5 - 10 years of age, $3 \frac{1}{2}$ lb. weekly.
- Each person above 10 years of age, 6 lb. weekly.

4. Butter and Lard.

Butter and not a butter substitute should be allowed each day, especially if skimmed milk is used and no full cream cheese allowed, since the butterfat contains a "protective" substance which is vital to the welfare of each individual. The allowance of butter and other fats should be:

Each child, 3 - 5 years, 1 - 4 oz. weekly
Each child, 5 - 12 years, $\frac{1}{2}$ lb. weekly.
Each person above 12 years of age, $1\frac{1}{2}$ lb. weekly.

5. Sugar, molasses, jelly, honey or sorghum.

It is well to include part molasses (not corn syrup) in food allowance since this adds necessary iron and calcium to the diet. It adds palatability to a diet, also.

Each child, 3 years of age, $1\frac{1}{2}$ oz. weekly.
Each child, 3 - 5 years of age, $\frac{1}{4}$ lb. weekly.
Each child, 5 - 12 years of age, $\frac{3}{4}$ lb. weekly.
Each person above 12 years of age, 1 lb. weekly.

6. Lean meat, fish, poultry, or cheese.

Each child, 5 years of age, 4 oz. weekly.
Each child, 5 - 12 years of age, $1\frac{1}{2}$ lb. weekly.
Each person above 12 years of age, $1\frac{1}{2}$ lb. weekly.
For man doing active work, 2 lb. weekly.

7. Eggs

When eggs are inexpensive, they should be provided liberally, but no child under six should have more than one egg daily.

Each child, 3 - 8 years of age, 4 or 5 eggs weekly.
Each child, 8 - 10 years of age, 3 or 4 eggs weekly.
Each person above 10 years of age, 3 eggs weekly.

8. Sundries

In addition an allowance should be made for sundries such as seasonings, baking powder, yeast, soap, and cocoa, tea, and coffee, if adults desire them.

9. Cod liver oil

Cod liver oil is no longer considered a medicine but a food necessary for small children in the winter time when they cannot have the benefit of the direct rays of the sun. The allowance of this should be at least 2 teaspoons per day for each child who is less than 2 years of age. It would be better if 3 to 4 teaspoons per day could be allowed. The same amount should be allowed for all young children who are not well nourished, or for undernourished adults, especially for those whose daily food contains no butterfat. This is highly desirable because of the resistance to colds and other infections which it helps to build.

Welfare officers or relief committees in counties where home extension agents are employed, may secure the cooperation of these county home agents in compiling relief orders for various types of families from the above data. In dispensing food relief, no matter by what method, it is wise for relief committees to keep an accurate record of the kinds and amounts of food issued to each family. If money for purchasing food is issued, it is wise to have the grocer keep a record of the kinds and amounts of food purchased by each individual, this record to be turned over to the relief committee.

(Prepared by Mrs. Sarah Porter Ellis. Approved by the Home Economics Department)

A "BALANCED" DIET

Since amounts vary for ages, look in first column for amounts needed according to person's age. Example, for adults, milk "above 18" column, $3\frac{1}{2}$ qt. Potatoes for adults "above 15" $4\frac{2}{3}$ lb., dried fruit, adults "above 12" 6 oz. etc.

Minimum weekly allowance should be as follows

For each individual of age as listed below	* Milk	**Potatoes or sweet potatoes	Dried beans, peas, nuts, or peanut butter	Tomatoes	#Leafy, green or yellow veg.	Dried fruit	Other veg. and fruits	Bread and cereals	Butter and lard	Sugar, molasses, jelly, honey or sorghum	*Lean meat, fish, poultry or cheese	Eggs	Cod liver oil
3 years	7 qt.			1 lb.	1 lb.			$1\frac{1}{2}$ lb.		$1\frac{1}{2}$ oz.			At least
5 years			$2\frac{1}{2}$ oz.			$1\frac{1}{2}$ oz.					4 oz.		14 tea-
3-5 years				1 lb.	1 lb.		$2\frac{1}{3}$ lb.	$2\frac{1}{3}$ lb.	$\frac{1}{4}$ oz.	$\frac{1}{4}$ lb.			spoonfuls
3-8 years	7 qt.											4-5	each week
3-12 years		$2\frac{1}{3}$ lb.											for each
5-10 years								$3\frac{1}{2}$ lb.					child
5-12 years						3 oz.	$1\frac{1}{2}$ lb.		$\frac{1}{2}$ lb.	$\frac{3}{4}$ lb.	$1\frac{1}{2}$ lb.		who is
5-15 years			$1\frac{1}{3}$ lb.	1 lb.	1 lb.								less than
8-10 years												3-4	2 years
8-18 years	$5\frac{1}{4}$ qt.												of age
12-15 years		$3\frac{1}{2}$ lb.											or
Above 10 years								6 lb.				3	for each
Above 12 years						6 oz.	$2\frac{1}{2}$ lb.		$1\frac{1}{2}$ lb.	1 lb.	$1\frac{1}{2}$ lb.		young
Above 15 years		$4\frac{2}{3}$ lb.	$2\frac{1}{3}$ lb.	1 lb.	1 lb.								child
Above 18 years	$3\frac{1}{2}$ qt.												or
Total Amt.													adult
Total Cost													who is

*7 qt. of milk per week should be provided for each nursing or pregnant woman and for each child, except nursing children below 3 years of age.

** $3\frac{1}{2}$ lb. potatoes is a sufficient weekly allowance for adults who are not active.

All amounts should be increased 50% if possible.

*Allow 2 lb. weekly for man doing active work.