

1931

EC987 Economy Practices

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COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

1931

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Food and
Nutrition
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ECONOMY PRACTICES

The modern homemaker is ever alert to changing situations. She is capable of looking ahead and keeps abreast with times. She looks at facts and situations squarely and rises to meet emergencies.

Today we are facing an emergency problem which is that of keeping food standards on a high plain since there is less money to be spent. The value of the dollar is much lower, farm products are selling at low prices so that buying products for the home becomes a real problem for the homemaker.

Homemakers can help to meet this situation by making the best use of their opportunity with their own farm food supply. However, it must be kept in mind that certain foods are needed in the daily diet in order to maintain health. It is poor economy to save on foods at the expense of health. Health aids one in having ability to earn money and it saves many expenses such as for drugs, doctors, and dentists.

The Foods for Health project is planned with the idea of helping the homemaker to solve her food problems. It should be a means of helping the homemakers to feed her family wisely and receive good returns in health for the money spent.

The following is a brief summary of worthwhile practices for homemakers to consider.

Daily Food Requirements.

Milk - (1 pt. to a qt.)

1 pt. for persons over eighteen years

1 qt. for persons eighteen or younger

Vegetables - (3 or more large servings)

2 servings of vegetables other than potatoes or dried beans. Serve one raw if possible.

1 serving of potatoes.

Fruits - (2 large servings)

1 serving raw fruit or canned or fresh tomatoes

1 serving may be cooked

Whole Grain Cereals - (2 servings)

1 serving cooked whole grain cereal

1 serving whole wheat bread

Meat, eggs, fish, cheese, dried beans or dried peas

(2 or 3 servings of any two depending on occupation)

Water - (6 to 10 glasses)

8 to 10 glasses for adults (beverages included)

4 to 6 glasses for children

To the above foods, add moderate amounts of fats, sweets and starches.

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Suggestions for regulating distribution of farm food supply.

1. Produce foods for your family as, milk, vegetables, fruits, eggs, butter, honey, meat, cheese, lard.
2. Plan a budget for amounts of vegetables, fruit and meat that will be used for the 365 dinners and 365 suppers for your family. Figure how many of these meals will come during the 8 non-growing months of Nebraska. How much canned and stored products will this mean that you will need?
3. Plan an all-the-year around garden.
 - (a) One that furnishes fresh products during the growing season and also furnish a supply for canning to be used later.
 - (b) Locate garden where it can be irrigated if necessary.
 - (c) Study crop rotation for garden plants.
 - (d) Use variety of seeds adapted to Nebraska conditions.
4. Use fresh vegetable and fruits that are in season.
5. Can and store garden supplies.
 - (a) Can surplus of products which are valuable to you from standpoint of time and money.
 - (b) Can products that will satisfy the taste and nutritional needs of your family.
 - (c) Decide whether or not it pays to purchase products for canning.
 - (d) Store garden products from late gardens.
6. Purchase products in large quantities, if storage conditions are good. It saves money to buy in large quantities rather than small quantities. This may apply to canned foods such as peas, spinach, fruits etc. Often it does not pay to can these products because of time element.
7. Use variety in the preparation and serving of foods.
8. Have enough dairy cows free from tuberculosis that will furnish an adequate amount of milk and butter for the body needs of every member of the family.
9. Distribute meat supply fairly equally thruout the year. Canning and curing helps to accomplish this.
10. Have a poultry flock that will supply the table with plenty of fresh eggs.
11. Keep bees so as to have honey for use. Honey the amount of sugar needed.
12. Consider the price of wheat and flour and decide whether or not home baking is not a saving.

Arouse interest of the family in farm food supply by having:

- (a) Father responsible for part of care of garden.
- (b) Boys and girls have a part of the garden as their own.
- (c) Boys and girls assist in preparation of foods from gardens, baking etc.
- (d) Boys and girls in 4-H Clubs.
- (e) Record of amount saved by using home products.

Objectives of Every Homemaker:

1. Each member of the family have a food habit score ranging from 85 to 100%.
2. Each member of the family up to average weight for height.
3. Each member of the family with sound teeth.
4. Each member of the family free from ailments that are caused from poor food habits; that is, be free from constipation, headache, chronic colds, and indigestion.

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