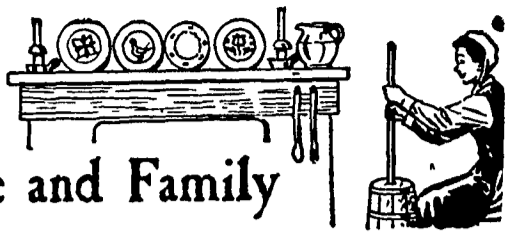


For the Farm Wife and Family



Budget Food For Good Nutrition

By Mrs. Richard C. Spence



SPENCE

Family food planning and buying is a challenging job. To shop wisely in today's supermarket takes knowledge, good judgment, and a keen sense of food values in relation to food costs.

First you must decide how much of your budget will be spent on food. Then you must plan that allotment wisely so that you will be giving your family the foods they like along with their nutritional needs.

A homemaker who is a skillful cook and has time will prepare many foods from basic ingredients, and be able to serve attractive, nourishing, low-cost meals from the less expensive foods. A homemaker who is employed, is in poor health, or has

numerous activities outside the home may prefer to buy processed and convenience foods to save time and energy.

Some so-called convenience foods, such as heat-and-serve meals, and partly prepared foods, such as mixes and brown and-serve items, have extra services built into them and may cost more than the same foods prepared at home from basic ingredients. Other convenience foods may cost no more or even less than similar products made at home.

Although food is usually the largest single expense in a family budget, you can generally reduce the amount you spend for food by —

—Checking weekly specials in foodstore advertisements

—Preparing a grocery list before you shop

—Comparing costs and buying food in the form — fresh, frozen, or canned — or the weight of package — that

gives the most servings for the money. To make an intelligent choice among brands of the same product, test different ones to see which one gives the greatest quality and number of servings for the money.

—Using grades in making your food purchases. Government grades will enable you to be sure of the quality of the food you buy, and you are then better able to compare prices asked.

—Taking advantage of seasonal abundances. Advertisements will keep you informed of these foods, which will often be offered at lower prices at their peak of quality.

—Limiting perishable food purchases to amounts that can be used while they are in top quality.

—Preventing food waste by proper storage and by cooking methods that conserve nutrients.

—Increasing skills in cookery.

—Considering family likes and dislikes when food shopping. Thrifty food buys pay off only if your family eats and enjoys the food.

Here are some suggestions that may help you get more food value for your dollars.

—When buying meat, consider the amount of lean meat in the cut, not the cost per pound. Some cuts contain bone, gristle, and fat waste. For example, ground beef and beef short ribs may cost the same per pound but ground beef will give twice as many servings or more per pound as short ribs. Bacon, which is largely fat, is one of the most expensive foods you can buy in terms of protein value.

—Chicken and turkey have a large proportion of bone to lean, but are often bargains compared with other meats. Fish is high in nutrients; often low in cost.

—Eggs are usually a less

expensive source of nutrients than most meats. Dry beans and peanut butter are inexpensive alternates for meat.

—Beef, lamb, and pork liver give unusually high nutritive returns for money spent.

—Study bread labels before you buy. Choose bread for weight and food value, not by the size of the loaf. Look for bread that is whole-grain or enriched, and that contains milk.

—Buy packaged cereals or any other packaged food by weight, not by the size of the package. To compare prices, first look for the weights listed on the labels and note the prices. Then figure the costs for an ounce or a pound.

—Ready-to-serve cereals in multipacks of small boxes may cost two or three times more per ounce than the same cereal in a larger box. Sugar-coated, ready-to-serve cereals cost more, per ounce, than many common, unsweetened ones, but less other food value.

—Cereals you cook yourself (particularly the kinds that take longer to cook) are nearly always less expensive than the ready-prepared ones.

—Baked goods made at

home usually cost less than ready-baked ones.

—Nonfat dry milk and evaporated milk cost considerably less per quart when reconstituted than whole fluid milk, and supply comparable amounts of calcium and protein. Reconstituted nonfat dry milk is an excellent beverage for most persons and generally can be substituted for whole fluid milk in cooking. For baking and preparing many other foods, nonfat dry milk does not need to be reconstituted before using. A glass of whole fluid milk usually costs three times as much as a glass of reconstituted nonfat dry milk.

—Choose the type of pack or grade in a canned product that is appropriate to your cooking method. It is thrifty to buy canned tomatoes of low market grade for stews and sauces. A can of solid white meat tuna costs more than the same size can of grated light meat tuna. You may prefer the solid pack for a salad and the grated pack for casseroles and sandwich fillings.

—Consider your time and the quality of the finished product in deciding between convenience foods (those with more than usual services add-

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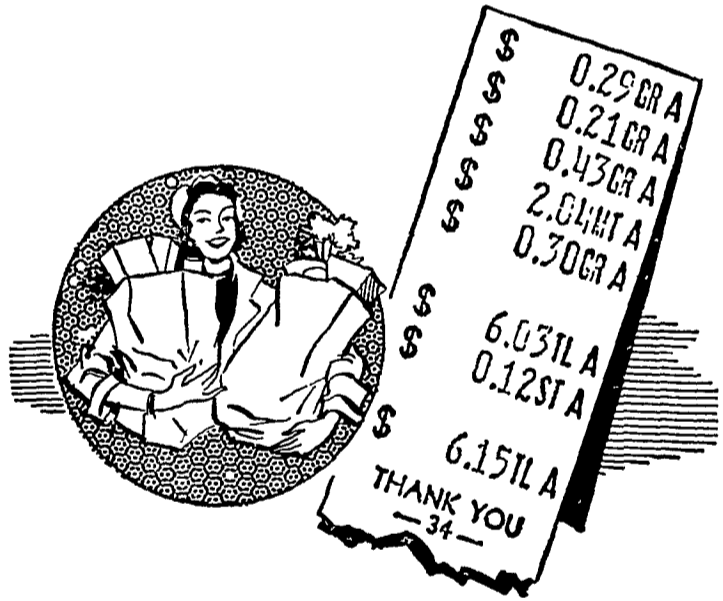
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