

homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Wednesday, February 9, 1944

Subject: "BASIC SEVEN IN WINTER" Information from food distribution officials of the U. S. Department of Agriculture.

In mid-winter...maybe you wonder how you can give your family nourishing meals. You don't find the abundance of fresh fruits and vegetables you grow or buy at other seasons...and you probably want to know how your family can get the important food values that fruits and vegetables have.

Perhaps you've overlooked your most important food resource...the fund of fresh and canned fruits and vegetables you farsightedly stored away in your cellar or storeroom. Many homemakers seem to have forgotten these stores...or are saving them. But now's the time to use them regularly...for the new canning season will soon be here. And you need the stored foods to add variety and food value to your meals.

Plan your meals around the Basic Seven. Basic Seven are the Seven Basic groups of food that we need to eat every day. Let's divide up the foods you may have in your cellar and see where they fit into the Basic Seven. And let's see what foods are on the market to supplement the fruits and vegetables you canned or stored. Then you can plan to serve at least one food from each group every day.

Group one of the Basic Seven is green and yellow vegetables. Did you store some cabbage...or squash...or carrots? If you don't happen to have these vegetables on hand, perhaps some of your home-canned vegetables will fit in. How about some home-canned snap beans or home-canned asparagus? You don't need to serve them both in the same meal...have one tonight, the other tomorrow, then each day you'll meet your minimum Group One need. But suppose you haven't any fresh or canned green or yellow vegetables stored away. Then go to your market...you'll

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find cabbage increasingly abundant, and good quantities of root vegetables. And commercially-canned green and wax beans are ration-free, so you might serve those for the Group One food in your meals.

Group Two of the Basic Seven includes citrus fruits, tomatoes, and raw salad greens. Even if you canned very little last summer, you probably put up some tomatoes or tomato juice, because tomatoes are the easiest vegetable to can. So pull some rosy jars of tomatoes out of your canned foods cupboard to meet your Group Two needs. Then vary this with the raw cabbage you stored or can buy.

Other foods in this group are plentiful on the market right now. Take advantage of food supplies of oranges and grapefruit and canned grapefruit juice, to help meet your Vitamin C needs. Serve one of the foods from Group Two every day, for extra tang in your winter meals.

You have a long list of foods from which to choose in Group Three of the Basic Seven. Potatoes and other vegetables and fruits are in this group. They don't necessarily have to be raw...they may also be dried, cooked, frozen, or canned.

You may have some root vegetables stored away...parsnips, beets, or turnips, for example. And what about that big bag of potatoes. There are so many different potato recipes, you're probably serving them once or twice a day. And also, those berries, peaches, plums, and cherries...the fruits you canned last summer...are good alternates for the fresh foods in Group Three. Don't be afraid to use your homecanned fruits...they'll soon be in season again, and you can can some more. Meanwhile, juicy, flavorful fruits are a real treat for breakfast or at the end of a winter meal. And when these foods run short...use frozen vegetables...all except corn, peas, and lima beans are ration-free.

You can meet some of your needs for foods in the first three groups of the Basic Seven with your home-canned or home-stored fruits and vegetables. Now let's look briefly at foods in the four other groups...to round out your meal plan.

Group Four, as you probably know, consists of all types of milk and milk products. Naturally you'll give the children plenty of milk in different forms, because they need it to grow on. But grown ups without special needs for fluid milk are going easy on the fluid milk supply. That means...you need more of the Group One foods, green and yellow vegetables...and more foods from Groups Five and Six.

The Group Five foods are the protein foods...meat, poultry, fish, or eggs. This group also includes dried beans and peas, nuts, or peanut butter. Right now you can buy plenty of eggs, pork, and the variety of meats in most sections of the country...and there are lots of dried beans and peanuts. Don't forget the plentiful soya products, also in this group. So this part of your meal planning should not be too difficult.

Bread, flour, and cereals are in Group Six...and you can get these staple foods the year 'round. But be sure all your white flour is enriched...so the bread and muffins you make at home will have plenty of vitamins and minerals. Whole grain flour and cereals have these food values naturally.

And last but not least is the seventh group. This is a small but very important group of foods...it's made up of butter, and margarine fortified with Vitamin A. You're probably able to get enough of one or the other for good health...but if you do run short, eat more green or yellow vegetables and more milk or milk products.

To sum up...you needn't have trouble planning meals that are just as nourishing in winter as in summer. Plan them around the Basic Seven...and use the fruits and vegetables you canned or stored.

