

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

7-3-54

Food for Two



U.S. DEPARTMENT OF AGRICULTURE
Leaflet No. 306 (Slight revision of AIS-21)

The Youngs

Food for two

These words conjure happy visions: Your husband home from work; the table cosily set for two; food that gives both of you renewed strength to push on with the world's work tomorrow.

Is yours a two-member family? Here is the story of how Helen and Hank Young are able to get the most food values for their money and how they plan meals for good eating and good health.

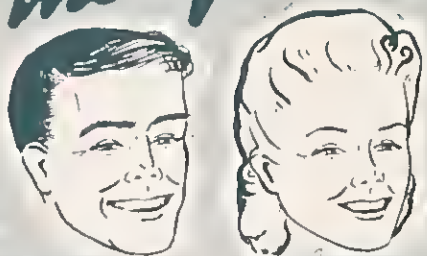
There are many ways to measure up to the good-nutrition "yardstick," but these suggestions will suit many Americans. The foods on Helen Young's shopping list contain an abundance of food energy for work and play. There is high-quality protein for

muscle building and repair. There are all the important minerals and vitamins needed for red blood, strong bones, and teeth, and to keep the body in good running order.

When Helen decided to cook for two instead of one, she knew beforehand that two would have to live almost as cheaply as one. Hank Young has just started a business of his own, and every dollar he turns back into his store is important.

While Helen helps Hank in the store, she takes out time to shop around for food and to do quite a little baking, as well as some canning in summer. She and Hank agree that money saved is money made. Besides, they are both young and active, with healthy appetites. Eating is one of the pleasant and important parts of their day.

The Young family can afford to spend about \$16 to \$17 per week for food. This means that they are able to have quite a little variety and all the milk, meat, fruits, vegetables, and other foods needed for good nutrition and appetizing meals.



Milk, Cheese 2 to 3 times daily and in cooking	9 to 10 quarts (1 oz. cheese or 2 to 3 large dips ice cream equal 1 cup milk)	8 quarts fresh whole milk 1/4 lb. cheese 1 pt. ice cream
Meat, Poultry, Fish Once daily, if possible	5 to 6 pounds	1/2 lb. liver 1 lb. hamburger 3 lb. roasting chicken or shoulder of lamb 1 lb. fish
Eggs Four or more a week per person	1 dozen	1 doz.
Dry Beans and Peas, Nuts One to four times a week	1/2 pound	1/2 lb. beans, soybeans, or nuts
Flour, Cereals, Meal (Whole-grain or enriched are best) At every meal.	6 to 7 pounds (count 1 1/2 lb. bread as 1 lb. flour)	2 loaves enriched white bread 1 loaf whole wheat bread 1 loaf rye bread 1 1/2 lb. rolled oats or ready-to-eat cereal 1 1/2 lb. flour 1/2 lb. corn meal or rice
Fats, Oils Some daily	2 pounds	1 lb. table fat 1/2 lb. shortening 1/2 pt. salad dressing or salad oil
Sugar, Sirup, Preserves Some daily	1 1/2 pounds	1/2 to 1 lb. sugar 1/2 to 1 pt. molasses, jelly, or preserves

Canned	About 4 servings
Tomatoes:	
Fresh	3 to 4 servings
Canned, whole or as juice	About 4 servings

There's more vitamin C in citrus fruit than in tomatoes. So if you use all tomatoes, use at least twice as much as the list recommends.

Potatoes, Sweetpotatoes	3 or 4 servings
Other Vegetables and Fruit	
Fresh fruit, vegetables	3 to 4 servings
Dried fruit	10 servings

Meat, Poultry, Fish	
With bone, as chops, poultry, whole fish	2 to 3 servings
Boned or boneless cuts	4 servings
Ground meat	5 servings
Ready-to-eat meats	6 or more servings

Dry Beans and Peas	5 to 6 cups when cooked or 8 to 10 servings
---------------------------	---

Flour, Cereals, Baked Goods	
One-pound loaf of bread	18 to 20 slices

Green peas	Canal salad
Bread	Table fat
Cottage pudding with ice cream	Beverage

THURSDAY

Orange juice	Creamed peas on toast
Hot cereal with top milk	Carrot and apple salad
Toasted corn bread	Cookies
Table fat	Milk
Beverage	

Sliced beef loaf with tomato sauce	Squash
Lyonnise potatoes	Table fat
Cafe slaw	Milk
Bread	
Baked apple	

FRIDAY

Orange	Baked beans and tomato sauce
Ready-to-eat cereal with top milk	Tunip sticks
Table fat	Bread
Table fat	Cookies
Beverage	Milk
	Baked or broiled fish
	Broccoli
	Carrot and raisin salad
	Bread
	Table fat
	Beverage
	Fruit in season

SATURDAY

Sliced orange	Cream of broccoli soup
Hot cereal with top milk	Cheese and lettuce sandwich
Toast	Cookies
Table fat	Beverage
Beverage	

Smothered liver and onions	Kale
Mashed potatoes	Table fat
Bread	Jellied fruit cup
	Milk

These quantities are geared to the wife who is keeping house or doing office work and the husband whose work calls for a moderate amount of muscular effort, for example, a carpenter, salesman, or factory worker. If either you or your husband are unusually large or active, you may need to increase the suggested quantities of potatoes; dry beans and peas, nuts, flour and cereals, fats and oils.

*Grouped according to the "Basic 7," National Food Guide

**Buy some of these supplies in larger quantities to save both time and money. They can be used the next week if properly stored.



Planning

Maybe you never plan your meals until you get to the grocer's, but the Youngs have found this is likely to prove expensive. How much better to think them out at home, studying food advertisements and cookbooks, planning how to use your week's food money to best advantage. Helen makes out her meal plan and shopping order for the week at the same time.

A plan for buying keeps marriage free from money troubles. The Young's food guide, shown below, may be helpful to you. Helen checks her week's shopping order with these suggested amounts to keep her meals well-balanced.

When Helen goes shopping she compares prices at different markets, and takes advantage of sales. She also saves money by buying food in fairly large quantities, but before she could do this she had to arrange plenty of storage space for the larger sacks of flour, sugar, cereals, potatoes, onions, and apples.

Next summer Helen and Hank hope to locate a garden spot, so they can have even more fresh vegetables.

Since the Youngs have only a few pots and pans and a small stove, Helen plans her meals carefully to suit her stove space and utensils.

Helen has learned to save time and to "dovetail" meals, that is, she often plans and cooks double the amount needed for one meal. This saves fuel and dishes, and time and thinking. For instance,

she serves a roast of meat for two or three meals, varying it on some of its later appearances. She sometimes does the same thing with other meats, potatoes, rice, macaroni, and dry beans. Helen makes the whole recipe for most desserts, for if Hank likes them the first time, he's glad to see them back for a meal or two more.

Helen has learned also how to use the soya products or bread crumbs or cereals to make ground meat go further in patties and meat loaves.

The Youngs have agreed that home-baked foods save money and make meals more enjoyable. With only two to eat them, cakes, pies, and breadstuffs last longer. But Helen covers them closely, and keeps them in a cold place.

The Youngs' menus

SUNDAY

Grapefruit	Roast chicken or shoulder of lamb
Ready-to-eat cereal with tap milk	Mashed potatoes
Fluffy amefet	Diced corn and turnips
Toast	Celery
Table fat	Biscuits
Beverage	Cottage pudding
	Beverage

Waffles	Table fat	Sirup
Apple and celery salad	Milk	

MONDAY

Orange juice	Vegetable soup
Hot cereal with tap milk	Egg salad sandwich
Toasted biscuits	Oatmeal cookies
Table fat	Milk
Beverage	

Curried chicken or lamb and rice
Snap beans
Cole slaw
Bread
Table fat
Sweetpotato or pumpkin pie
Beverage

TUESDAY

Orange	Green beans with cheese sauce or toast
Hot cereal with raisins and tap milk	Sweetpotato or pumpkin pie
Toast	Beverage
Table fat	
Beverage	

Beef loaf
Baked potatoes
Cabbage
Carrot sticks
Bread
Table fat
Cottage pudding with hot jelly sauce
Milk

WEDNESDAY

Tamato juice	Baiton baked beans
Scrambled eggs	Apple and raisin salad
Toast	Cam bread
Table fat	Table fat
Beverage	Milk

Lamb stew with potatoes, onions, turnips or Chicken a la king
Green peas
Carrot salad
Bread
Table fat
Cottage pudding with ice cream
Beverage

THURSDAY

Orange juice	Creamed peas on toast
Hot cereal with tap milk	Carrot and apple salad
Toasted cam bread	Cookie
Table fat	Milk
Jelly	
Beverage	

Sliced beef loaf with tomato sauce
Lyonnaise potatoes
Squash
Cole slaw
Bread
Table fat
Baked apple
Milk

FRIDAY

Orange	Baked beans and tomato sauce
Ready-to-eat cereal with tap milk	Turnip sticks
Toast	Bread
Table fat	Table fat
Beverage	Cookie
	Milk











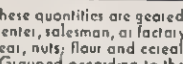
Baked or broiled fish
Baked potato
Broccoli
Carrot and raisin salad
Bread
Table fat
Fruit in season
Beverage

SATURDAY

Sliced orange	Cream of broccoli soup
Hot cereal with tap milk	Cheese and lettuce sandwich
Toast	Cookie
Table fat	Beverage
Beverage	

Smothered liver and onions
Mashed potatoes
Kale
Bread
Table fat
Jellied fruit cup
Milk

The Youngs' food plan for a week (\$16 to \$17, Dec. 1950)

Kinds of food we use*	Weekly plan for two (approximate amounts)	A sample weekly shopping order for two**
 Green and Yellow Vegetables At least once a day	7 to 8 pounds	1 head lettuce 1 lb. snap beans 1 lb. squash 1 bunch carrots 1 bunch broccoli 1 lb. kale 1 pkg. peas (frozen)
 Citrus Fruit, Tomatoes Once daily, if possible	4 to 6 pounds	1 doz. oranges 1 can tomatoes 1 grapefruit
 Potatoes, Sweetpotatoes One or more servings daily	5 pounds	1 lb. sweetpotatoes 4 lbs. potatoes
 Other Vegetables, Fruit One to two servings daily	8 to 9 pounds	2 lbs. apples 1 head cabbage (small) 1 lb. other fruit 1 lb. turnips 1/2 lb. raisins 1 lb. onions 1 No. 1 can veg. soup 1 bunch celery
 Milk, Cheese 2 to 3 times daily and in cooking	9 to 10 quarts (1 oz. cheese or 2 to 3 large dips ice cream equal 1 cup milk)	8 quarts fresh whole milk 1/4 lb. cheese 1 pt. ice cream
 Meat, Poultry, Fish Once daily, if possible	5 to 6 pounds	1/2 lb. liver 1 lb. hamburger 3 lbs. roasting chicken or shoulder of lamb 1 lb. fish
 Eggs Four or more a week per person	1 dozen	1 doz.
 Dry Beans and Peas, Nuts One to four times a week	1/2 pound	1/2 lb. beans, soybeans, or nuts
 Flour, Cereals, Meal (Whole-grain or enriched are best) At every meal.	6 to 7 pounds (count 1 1/2 lb. bread as 1 lb. flour)	2 loaves enriched white bread 1 loaf whole-wheat bread 1 loaf rye bread 1 1/2 lb. rolled oats or ready-to-eat cereal 1 1/2 lb. flour 1/2 lb. corn meal or rice
 Fats, Oils Some daily	2 pounds	1 lb. table fat 1/2 lb. shortening 1/2 pt. salad dressing or salad oil
 Sugar, Sirup, Preserves Some daily	1 1/2 pounds	1/2 to 1 lb. sugar 1/2 to 1 pt. Anolasses, jelly, or preserves

These quantities are geared to the wife who is keeping house or doing office work and the husband whose work calls for a moderate amount of muscular effort, for example, a carpenter, salesman, or factory worker. If either you or your husband are unusually large or active, you may need to increase the suggested quantities of potatoes, dry beans and peas, nuts, flour and cereals, fats and oil.

*Grouped according to the "Basic 7," National Food Guide.

**Buy some of these supplies in larger quantities to save both time and money. They can be used the next week if properly stored.

TO FIGURE HOW MUCH FOOD TO BUY

Food group	One pound makes—
Green and Yellow Vegetables	
Fresh lima beans, peas, spinach	2 to 3 servings
Fresh snap beans, kale, carrots	3 to 4 servings
Head lettuce, red or green peppers	5 servings
Leaf lettuce, raw salad greens	8 servings
Canned or frozen lima or snap beans, peas	4 servings
Citrus Fruits, Tomatoes	
Oranges or grapefruit, in sections or as juice:	
Fresh	2 to 3 servings
Canned	About 4 servings
Tomatoes:	
Fresh	3 to 4 servings
Canned, whole or as juice	About 4 servings
There's more vitamin C in citrus fruit than in tomatoes. So if you use all tomatoes, use at least twice as much as the list recommends.	
Potatoes, Sweetpotatoes	3 or 4 servings
Other Vegetables and Fruit	
Fresh fruit, vegetables	3 to 4 servings
Dried fruit	10 servings
Meat, Poultry, Fish	
With bone, as chops, poultry, whole fish	2 to 3 servings
Boned or boneless cuts	4 servings
Ground meat	5 servings
Ready-to-eat meats	6 or more servings
Dry Beans and Peas	5 to 6 cups when cooked or 8 to 10 servings
Flour, Cereals, Baked Goods	
One-pound loaf of bread	18 to 20 slices

If you want to cut

The Young food plan is only one of many ways to make a good diet.

If you want to spend less, here is a food plan suggested to provide good nutrition for two grown-ups for \$11 to \$12 a week.

WEEKLY PLAN FOR TWO (\$11 to \$12 per week, December 1950)

Green and yellow vegetables ..	3 to 4 lb.
Citrus fruit, tomatoes ..	3 to 4 lb.
Potatoes, sweetpotatoes ..	6 lb.
Other vegetables, fruit ..	5 to 6 lb.
Milk ..	9 to 10 qt.
Meat, poultry, fish ..	4 lb.
Eggs ..	8 eggs
Dry beans and peas, nuts ..	1 lb.
Flour, cereals, meal ..	7 to 8 lb.
Fats, oils ..	2 lb.
Sugar, sirup, preserves ..	1½ lb.

Spending less than the Youngs,
you will need to—

Use *more* dry beans and peas
potatoes
grain products
home-baked foods
*because these provide good food
values for the money.*

Use *less* meat, poultry, fish
eggs
expensive fruit and vegetables
expensive bakery products
*because these tend to be expensive
buys in food values.*

Use *same* amount of milk
*because it is an economical food
source of calcium and riboflavin,
and furnishes many other food
values.*

Save your food bills

Foods similar in food value and often used the same way in meals are grouped together. But within each group, some foods cost more per pound than others. One may choose the cheaper items, for example:

- | | |
|---|--|
| Green and yellow vegetables | There are many good bargains in this group. Try kale, beet tops, collards, spinach, carrots, green cabbage when they are cheap. |
| Citrus fruit, tomatoes | Select whichever is the more abundant and cheaper. |
| Potatoes and other vegetables and fruit | Buy fresh fruit and vegetables when in season. They're generally cheapest when most plentiful.
In buying canned vegetables or fruits, choose Standard packs. They're less expensive than Choice or Fancy packs and are just as high in food value. |
| Milk | Use some evaporated milk, buttermilk, and skim milk (fresh or dried) if you can obtain it. |
| Meat, poultry, fish, eggs, dry beans and peas, nuts | U. S. Good and Commercial are economical grades of beef. The Good grade is relatively tender, has a high ratio of lean to fat. For pot roasts and stews try Commercial grade. Variety meats such as liver, heart, and kidneys, and fresh fish are often good buys too.
Grade B eggs are just as nutritious as grade A, and are cheaper.
Dry beans, peas, and peanut butter are good food bargains; also soya flour and grits. Look up recipes for these foods. |
| Bread, flour, cereals | Whole-grain or enriched breads are a good bargain, especially if made with milk. Avoid expensive ready-baked items to save money. |
| Fats, oils | You pay for the fat on the meat you buy, so use any extra for cooking and seasoning, to save money. |

USING HOLD-OVER FOODS

It saves money to take care of food.

Arrange as good storage space as possible. Keep perishables cold and clean. Put flour, dry beans, and cereals in tightly covered containers to keep out moisture and insects. Sort potatoes, apples, and onions often. Use fresh foods before they are forgotten and spoil. Keep cooked foods cold and covered.

Put left-over cooked vegetables such as peas, asparagus, broccoli into a salad, or use in cream-of-vegetable soups.

Try adding brown sugar, raisins or cooked prunes, nuts, and milk to cooked rolled oats or whole-wheat cereals. Bake and serve hot with lemon sauce for a cereal pudding dessert.

Left-over cooked potatoes? Brown them with pimiento, green pepper, and onion. Or try hash-browned potatoes—creamed potatoes with savory herbs in the sauce—hot potato salad—potatoes sliced and baked with milk and cheese.

Make a casserole or meat pie. Cut cooked meat into cubes and combine with vegetables such as potatoes, onions, green beans, peas, or celery and gravy. Top with a ring of mashed potatoes or biscuit dough, and bake.

Make a meat roll from ground cooked meat. Cook chopped onion and green pepper for a few minutes in a little fat. Add to ground meat. Spread the mixture on thinly rolled biscuit dough. Roll up and cut pinwheel slices. Bake and serve with tomato sauce or gravy.

Serve left-over gingerbread with hot lemon sauce; left-over cake with caramel, lemon, or grapefruit sauce. Use cake crumbs or bread crumbs in puddings such as apple betty.

Dry left-over bread in a slow oven, roll into fine crumbs, and store in covered glass jar. Use for breading pork or veal chops or fish, or for topping baked dishes. Serve toast cubes instead of crackers with soup.

Issued by

BUREAU OF HUMAN NUTRITION AND HOME
ECONOMICS

Agricultural Research Administration

U. S. Department of Agriculture

Washington 25, D. C.

Issued June 1949; slightly revised April 1951

For sale by the Superintendent of Documents, U. S. Government Printing Office
Washington 25, D. C. - Price 5 cents

GPO O-1951-945372