

A DAILY FOOD PLANNER

PLAN YOUR FOOD

**TO BE ENJOYABLE
FOR GOOD NOURISHMENT AND HEALTH
TO SAVE MONEY
TO SAVE TIME AND ENERGY**

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LOWER COST FOODS FOR

Meat Dishes	Other Main Dishes	Other Hot Foods
Pork roast - Boston butt Ham & Noodle casserole Pork balls with noodles Sausage Ham & Potato cakes Stew (beef) Meat balls with spaghetti Beef pot roast Swiss steak Meat loaf with liver Chili Spanish rice with meat Italian spaghetti Baked or stewed hen with dressing, noodles or dumplings Chicken pie Chicken loaf Creamed chicken Baked fish Fried fish Salmon Croquettes Stuffed heart Chop Suey Boiled tongue Frankfurters Liver and bacon Brains, creamed Liver potatoburgers (Bacon and Sausage are not low cost meats)	Vegetable soup with meat Split Pea Soup Bean soup Tomato soup Baked beans Macaroni & cheese Tuna & Noodles Stuffed peppers (meat or cheese) Baked stuffed eggs Souffles Sweet potatoes with peanut butter Creamed eggs Cheese rarebit Scrapple Deviled eggs in cheese sauce Scrambled eggs <u>Sandwiches</u> Meat Cheese Egg Chicken or ham salad Fruit and cheese Salmon Salad Tuna Salad Peanut butter	<u>Rich in Vit. A & C</u> Sweet potato puffs Broccoli-fresh Buttered carrots Escalloped spinach Greens Winter Squash <u>Other</u> Potatoes Macaroni, spaghetti Rice Cornbread Hominy grits Fried mush Limas Dried beans Cabbage cooked in milk Onions in cream sauce Summer squash Eggplant Peas Green beans Corn

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* FOODS THAT GIVE YOU PROTEIN ARE: *

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Meats	Dry Beans
Milk	Dry Peas
Cheese	Nuts
Eggs	Peanuts

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Menu Pattern	Monday	Tuesday	Wednesday
<p>BREAKFAST</p> <p>$\frac{1}{4}$ to $\frac{1}{3}$ of day's food needs.</p> <p>A protein food.</p>			
<p>DINNER</p> <p>$\frac{1}{3}$ of day's food needs.</p> <p>A protein food.</p> <p>Preferably a vegetable and a fruit.</p>			
<p>SUPPER</p> <p>$\frac{1}{3}$ of day's food needs.</p> <p>A protein food.</p> <p>Preferably a vegetable and a fruit.</p>			
<p>SNACKS</p> <p>Are food too.</p>			

Thursday

Friday

Saturday

Sunday

SIMPLE THINGS CAN MAKE GOOD FOOD BETTER

SOME FOODS THAT GO TOGETHER

Horseradish or mustard sauce with "boiled" tongue or baked heart
A tart jelly with roast poultry, pork, or beef
Slaw with Spanish rice or Italian Spaghetti
Warm milk with a little nutmeg over canned peaches or applesauce
Sauerkraut with fresh pork or frankfurters
Turnips or parsnips with "boiled" beef
Green peppers and tomatoes with beef
Peas, or spinach with fish.
Butternut squash, kale or cabbage with roast pork
Apples or peaches with pork
Boiled onions, broccoli or cranberries with turkey
Cornbread with pork, cabbage or dried beans
Cheese sandwiches with tomato soup
Cheese with green peas
Fruit with meat

SEASONINGS

Monosodium Glutamate to enhance and hold the flavor of canned and dried vegetables, poultry and other meats. It acts as a blender of flavors in meats, fish and vegetables when they are prepared with other seasonings.

Meat stock or Boullion cubes to increase flavor in stews, sauces and gravies.

Barbeque Sauce to dress up frankfurters and cooked meats.

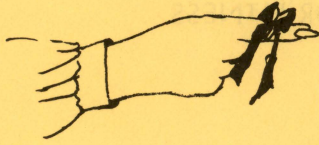
Sage or other herb, Garlic Salt or Dry mustard for a good flavor in meat loaf.

Allspice, cloves, black pepper, bay leaf or other herb to a pot roast or beef stew or chicken dishes.

Lemon juice on broccoli, greens, liver or fish. Canned lemon juice (in bottles) works quite well.

Cinnamon, nutmeg, or cloves with fruits, mint leaves, lemon, or spices in tea.

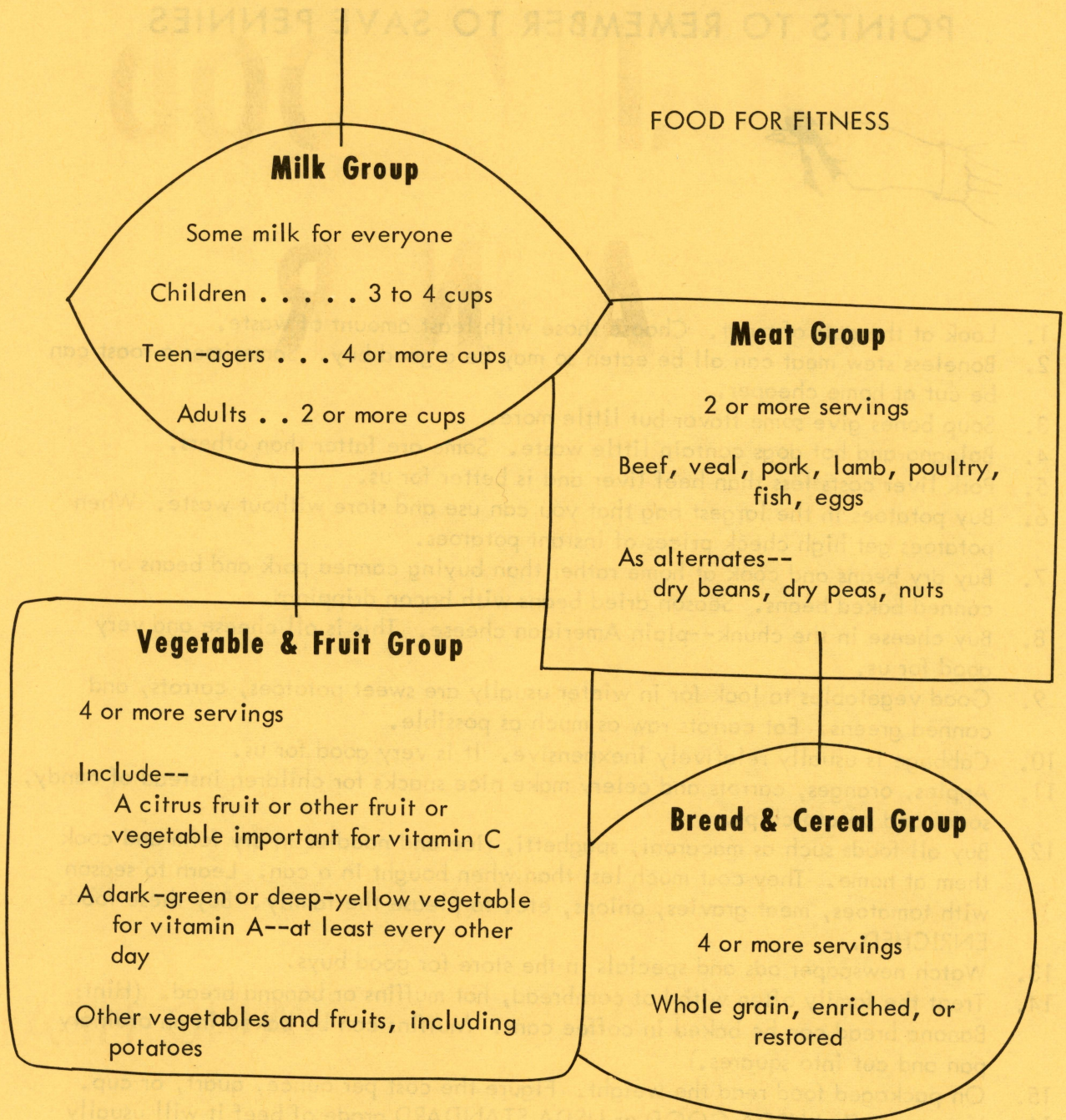
POINTS TO REMEMBER TO SAVE PENNIES



1. Look at the cuts of meat. Choose those with least amount of waste.
2. Boneless stew meat can all be eaten so may be a good buy. Sometimes a roast can be cut at home cheaper.
3. Soup bones give some flavor but little more.
4. Bologna and hot dogs contain little waste. Some are fatter than others.
5. Pork liver costs less than beef liver and is better for us.
6. Buy potatoes in the largest bag that you can use and store without waste. When potatoes get high check prices of instant potatoes.
7. Buy dry beans and cook at home rather than buying canned pork and beans or canned baked beans. Season dried beans with bacon drippings.
8. Buy cheese in the chunk--plain American cheese. This is all cheese and very good for us.
9. Good vegetables to look for in winter usually are sweet potatoes, carrots, and canned greens. Eat carrots raw as much as possible.
10. Cabbage is usually relatively inexpensive. It is very good for us.
11. Apples, oranges, carrots and celery make nice snacks for children instead of candy, sodas and potato chips.
12. Buy all foods such as macaroni, spaghetti, rice and noodles in dry form and cook them at home. They cost much less than when bought in a can. Learn to season with tomatoes, meat gravies, onions, etc. to please the family. Buy these foods ENRICHED.
13. Watch newspaper ads and specials in the store for good buys.
14. Treat the family often with hot cornbread, hot muffins or banana bread. (Hint: Banana bread can be baked in coffee cans. Muffins can be baked in an ordinary pan and cut into squares.)
15. On packaged food read the weight. Figure the cost per ounce, quart, or cup.
16. If you can find USDA GOOD or USDA STANDARD grade of beef it will usually be fairly lean.
17. Nonfat dry milk (powdered) is less expensive than fluid milk. Learn how to use it.
18. Cereals you cook are least expensive. Next least expensive is plain dry cereal in family size boxes.

A Daily Food Guide

FOOD FOR FITNESS



Plus other foods as needed to complete meals and to provide additional food energy and other food values.



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