Guide for Weekly Market Order to Provide Adequate Diet at Minimum Cost

By Jessamine C. Williams and Lucy A. Case

<table>
<thead>
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<th>Food</th>
<th>Quantity</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Vegetables and fruits</td>
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<td>*Potatoes</td>
<td>4 to 7 lb.</td>
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<td>10 lb.</td>
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<td>15 lb.</td>
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<td>20 lb.</td>
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<td>22 lb.</td>
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<td>24 lb.</td>
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<td>Tomatoes, No. 2½ cans</td>
<td>1</td>
<td>2</td>
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<tr>
<td>Leafy, green and yellow vegetables (cabbage, carrots, spinach, string beans, peas)</td>
<td>3 lb.</td>
<td>5 lb.</td>
<td>6 lb.</td>
<td>7 lb.</td>
<td>9 lb.</td>
<td>12 lb.</td>
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<td>Dried beans or peas</td>
<td>½ to 2 lb.</td>
<td>1 to 1¼ lb.</td>
<td>1½ lb.</td>
<td>2 lb.</td>
<td>2½ lb.</td>
<td>3 lb.</td>
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<td>Dried fruit</td>
<td>½ lb.</td>
<td>1 lb.</td>
<td>1½ lb.</td>
<td>1½ lb.</td>
<td>2 lb.</td>
<td>2½ lb.</td>
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<td>Other vegetables or fruit (onions, beets, turnips, etc.) (apples, pears, berries, etc.)</td>
<td>2 lb.</td>
<td>4 to 5 lb.</td>
<td>6 lb.</td>
<td>7 lb.</td>
<td>8 lb.</td>
<td>10 lb.</td>
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<td>Bread, cereals, flour</td>
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<td>Bread or flour (part whole wheat)</td>
<td>4 to 7 lb.</td>
<td>10 lb.</td>
<td>12 lb.</td>
<td>14 lb.</td>
<td>16 lb.</td>
<td>18 lb.</td>
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<tr>
<td>Rolled oats, wheat</td>
<td>¼ to 1 lb.</td>
<td>1½ lb.</td>
<td>2 lb.</td>
<td>2½ lb.</td>
<td>3 lb.</td>
<td>3½ lb.</td>
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<td>Rice, macaroni</td>
<td>¼ to 1 lb.</td>
<td>1½ lb.</td>
<td>2 lb.</td>
<td>2½ lb.</td>
<td>3 lb.</td>
<td>3½ lb.</td>
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<td>Flour other than for bread</td>
<td>¼ to 1 lb.</td>
<td>3 lb.</td>
<td>3½ lb.</td>
<td>4 lb.</td>
<td>4½ lb.</td>
<td>5 lb.</td>
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<td>†Milk, fresh</td>
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<td>(Allow ¾ amount if evaporated)</td>
<td>1 to 3¼ qt.</td>
<td>10 qt.</td>
<td>16 qt.</td>
<td>21 qt.</td>
<td>25 qt.</td>
<td>28 qt.</td>
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<td>Fats</td>
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<tr>
<td>Butter</td>
<td>¼ lb.</td>
<td>½ lb.</td>
<td>½ lb.</td>
<td>1 lb.</td>
<td>1½ lb.</td>
<td>1½ lb.</td>
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<td>Peanut butter</td>
<td>¼ lb.</td>
<td>½ lb.</td>
<td>½ lb.</td>
<td>1 lb.</td>
<td>1½ lb.</td>
<td>1½ lb.</td>
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<td>Lard and other fats</td>
<td>½ lb.</td>
<td>3 lb.</td>
<td>1 lb.</td>
<td>1 lb.</td>
<td>1½ lb.</td>
<td>1½ lb.</td>
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<td>Sugars</td>
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<td>Sugar, brown and white</td>
<td>1 lb.</td>
<td>1½ to 2 lb.</td>
<td>2 lb.</td>
<td>2½ lb.</td>
<td>3 lb.</td>
<td>4 lb.</td>
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<td>Eggs, cheese, meat, fish</td>
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<td>Eggs</td>
<td>1 to 3 eggs</td>
<td>¼ doz.</td>
<td>⅛ doz.</td>
<td>⅛ doz.</td>
<td>⅛ doz.</td>
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<td>Cheese</td>
<td>½ lb.</td>
<td>¼ lb.</td>
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<td>Lean meat or fish</td>
<td>½ lb.</td>
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<td>Salt pork or bacon</td>
<td>¼ lb.</td>
<td>1 lb.</td>
<td>1 lb.</td>
<td>1½ lb.</td>
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<td>2½ lb.</td>
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<td>‡Coffee</td>
<td>½ lb.</td>
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<td>‡Tea</td>
<td>½ lb.</td>
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<td>Cocoa</td>
<td>¼ lb.</td>
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<td>Baking powder</td>
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<td>Baking soda</td>
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<td>Vinegar</td>
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<td>Total Cost per Week</td>
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Add cod-liver oil for each child under two years. Start at one month with a few drops and increase gradually to 1 tablespoon daily at three months or 3 ounces per week.

*In communities where potatoes are easily obtained, the allowance may be increased and the amount of other vegetables (except tomatoes and leafy vegetables) reduced slightly.

†For each child to 12 years, 7 quarts of whole milk are desirable. For women during pregnancy and the nursing period, 7 quarts of whole milk and 7 eggs are desirable. If the amount of fresh and evaporated milk is not available, dry skim milk may be used as a supplement. 1 pound dry skim milk plus ¾ pound butter are equivalent to 5 quarts liquid whole milk.

‡Coffee and tea have no food value but many people are so dependent upon them for satisfaction that it may be unwise to omit them.

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Oregon State Agricultural College and United States Department of Agriculture, Cooperating
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## LOW-COST SUPPLIES

### Meats
- Bacon ends
- Breast (lamb)
- Chuck or shoulder (beef, mutton, veal, pork)
- Corned beef
- Flank (beef)
- Hamburger
- Fresh sausage
- Ham ends
- Liver (pork, beef)
- Neck (lamb)
- Salt pork
- Plate (beef)
- Shank (beef, lamb)
- Short ribs (beef)
- Wiener
- Pot roasts
- Soup meat
- Stews

### Eggs

### Cheese
- American cheese
- Cottage cheese

### Fish

### Milk
- Fresh, canned, powdered or buttermilk

### Vegetables
- Beets
- Cabbage
- Carrots
- Canned corn (Standard grade)
- Canned peas (Standard grade)
- Canned string beans (Standard grade)
- Canned tomatoes
- Dried beans
- Dried peas
- Onions
- Parsnips
- Potatoes
- Sauerkraut
- Turnips

### Following Vegetables in Season
- Corn
- Green beans
- Greens (Mustard, spinach, kale, chard, beet)
- Lettuce
- Peas
- Pumpkins
- Squash
- Tomatoes

### Fruits
- Apples
- Dried prunes
- Pears
- Other fruits and berries when in season and cheap
- *Lemons
- Oranges when not more than 15¢ a dozen.

### Cereals
- Bread, dark and white
- Cornmeal (bulk)
- Corn starch
- Cracked wheat (bulk)
- *Crackers
- Farina (bulk)
- Flours, white and dark
- Macaroni and spaghetti (bulk)
- Rice (bulk)
- Rolled oats (bulk)
- Tapioca

### Sweets
- *Extra canning sugar
- Granulated sugar
- Molasses
- Sirups (cheap)

### Fats
- Butter
- Compound or lard (whichever is cheaper)
- Peanut butter (bulk)
- Salad oil (cheaper kinds)

### Seasonings and miscellaneous
- Baking powder
- Cinnamon
- *Clove
- Mustard
- Pepper
- Salt
- Soda
- Vanilla
- Vinegar
- Yeast
- Laundry soap (cheaper kinds)
- Matches
- Kerosene
- Toilet soap
- Washing powder

### Beverages
- Cocoa
- Coffee
- Postum
- Tea

### Suggestions
- Cheaper grades of canned products are as wholesome as more expensive grades.
- Day-old bread, broken crackers, ungraded vegetables, and fruits may be economical to purchase.
- Larger packages or bulk products are usually economical.
- In most sections of Oregon maximum returns in food value can be obtained by generous use of milk, potatoes, cabbage, onions, tomatoes, sauerkraut, apples, mutton, fish in Western Oregon, eggs, dry beans, rice and cracked wheat.

*Can only be supplied by special permission.