

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

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Food	One adult		Parents and one child		Parents and two children		Parents and three children		Parents and four children		Parents and five children	
	Quantity	Cost	Quantity	Cost	Quantity	Cost	Quantity	Cost	Quantity	Cost	Quantity	Cost
Vegetables and fruits												
*Potatoes	4 to 7 lb.		10 lb.		15 lb.		20 lb.		22 lb.		24 lb.	
Tomatoes, No. 2½ cans.....	1		2		2		3		4		4	
Leafy, green and yellow vegetables (cabbage, carrots, spinach, string beans, peas)	3 lb.		5 lb.		6 lb.		7 lb.		9 lb.		12 lb.	
Dried beans or peas.....	½ to ¾ lb.		1 to 1½ lb.		1½ lb.		2 lb.		2½ lb.		3 lb.	
Dried fruit	½ lb.		1 lb.		1½ lb.		1½ lb.		2 lb.		2½ lb.	
Other vegetables or fruit (onions, beets, turnips, etc.) (apples, pears, berries, etc.)	2 lb.		4 to 5 lb.		6 lb.		7 lb.		8 lb.		10 lb.	
Bread, cereals, flour												
Bread or flour (part whole wheat).....	4 to 7 lb.		10 lb.		12 lb.		14 lb.		16 lb.		18 lb.	
Rolled oats, wheat.....	½ to 1 lb.		1½ lb.		2 lb.		2½ lb.		3 lb.		3½ lb.	
Rice, macaroni	½ to 1 lb.		1½ lb.		2 lb.		2½ lb.		3 lb.		3½ lb.	
Flour other than for bread.....	½ to 1 lb.		3 lb.		3½ lb.		4 lb.		4½ lb.		5 lb.	
†Milk, fresh												
(Allow ½ amount if evaporated).....	1 to 3½ qt.		10 qt.		16 qt.		21 qt.		25 qt.		28 qt.	
Fats												
Butter	¼ lb.		¾ lb.		¾ lb.		1 lb.		1¼ lb.		1½ lb.	
Peanut butter	¼ lb.		¾ lb.		¾ lb.		1 lb.		1 lb.		1 lb.	
Lard and other fats	¼ lb.		¾ lb.		1 lb.		1 lb.		1¼ lb.		1½ lb.	
Sugars												
Sugar, brown and white	1 lb.		1½ to 2 lb.		2 lb.		2½ lb.		3 lb.		4 lb.	
Sirup			½ pt.		½ pt.		½ pt.		1 pt.		1½ pt.	
Eggs, cheese, meat, fish												
Eggs	1 to 3 eggs		½ doz.		¾ doz.		1 doz.		1 doz.		1 doz.	
Cheese	½ lb.		¾ lb.		¾ lb.		¾ lb.		¾ lb.		¾ lb.	
Lean meat or fish	¾ lb.		2 lb.		3 lb.		3½ lb.		4 lb.		4½ lb.	
Salt pork or bacon	¼ lb.		1 lb.		1 lb.		1½ lb.		2 lb.		2½ lb.	
Accessories												
‡Coffee	½ lb.		½ lb.		½ lb.		½ lb.		½ lb.		½ lb.	
‡Tea	½ lb.		½ lb.		½ lb.		½ lb.		½ lb.		½ lb.	
Cocoa			¼ lb.		¼ lb.		½ lb.		¾ lb.		1 lb.	
Baking powder												
Baking soda												
Salt												
Pepper												
Spices												
Vinegar												
Total Cost per Week												

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 ½ 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.

Cooperative Extension Work in Agriculture and Home Economics

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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)
Wieners
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

*Can only be supplied by special permission.

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.

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
*Cloves
*Mustard
Pepper
Salt
Soda
Vanilla
Vinegar
Yeast
Laundry soap (cheaper kinds)
Matches
Kerosene
Toilet soap
Washing powder

Beverages

Cocoa
Coffee
Postum
Tea