

# Canned and Stored Food Budget

OREGON STATE  
AGRICULTURAL COLLEGE  
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Amounts of canned, dried, and stored  
food needed annually to supply fami-  
lies of various sizes

CAN fruits, vegetables, meats,  
and fish

DRY corn, peas, and fruits in  
an inexpensive, home-made  
drier

STORE vegetables and fruits  
that can be kept in this way

SALT some vegetables. Salt  
and smoke fish and some  
meat

USE the budget to figure how  
much your family will need  
during the winter and  
spring months or until next  
year's supply is available

PROTECT your family's  
health through wise pro-  
vision to meet food needs

Oregon State Agricultural College

Extension Service

Corvallis, Oregon

# Canned and Stored Food Budget

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**A** BUDGET is an estimate of needs. This canned and stored food budget is prepared for the use of Oregon families who have subsistence gardens and others who are on the list of registered unemployed. For families who are in a position to conserve a larger supply and greater variety of food, a larger budget is recommended.

As far as possible food should be stored rather than canned. Storing is cheaper. Drying foods is less expensive than canning them. This budget assumes that some foods will be stored and others will be dried.

The budget provides two servings of potatoes daily, two servings of some other vegetable daily, one serving of fruit daily, and four servings of meat or fish weekly. Of the vegetables, tomatoes are allowed three times a week. Three-fourths of a cup is allowed for each serving.

## I. CAN OR DRY VEGETABLES

Using the table below, figure the amount of vegetables your family will need for ten months when these foods are more difficult to get. Place the amounts in the last column. One vegetable may be substituted for another except in the case of tomatoes. You should have the amount of tomatoes that, according to the budget, your family needs. Corn and peas may well be dried rather than canned. The figures in the table represent the amount of canned products needed. To substitute the amount of dried products needed in any case, use one-half the figure given.

For directions see Extension Bulletin 450, *Home Food Preservation*. This bulletin you can get free of charge from the county extension office or by writing to the Extension Service, Oregon State Agricultural College, Corvallis.

Kind of food	Number of times served per week	Amount needed for one person for one month	Amount needed for family of four for ten months	Amount needed for my family
		Glass No. 2½ jars tin cans	Glass No. 2½ jars tin cans	
Tomatoes and tomato juice .....	3	3 qts or 3	90 qts. or 105	.....
Beans, snap or pole.....	1	2 pts. or 1	65 pts. or 40	.....
Corn .....	1	2 pts. or 1	65 pts. or 40	.....
Peas .....	1	2 pts. or 1	65 pts. or 40	.....
Spinach, chard, or other greens.....	1	2 pts. or 1	65 pts. or 40	.....
Soup mixtures .....	1	1 pt. or ½	40 pts. or 23	.....
<b>TOTAL (not including tomatoes).....</b>		9 pts. or 4½	300 pts. or 183	.....

## II. CAN OR DRY FRUITS

Using the table below, figure the amount of fruits your family will need for ten months. All fruits can be dried successfully. This is a cheaper method than canning. Dried fruit is equal in quantity to twice as much

canned fruit. For directions for canning fruits, see Extension Bulletin 450, *Home Food Preservation*, pages 9 to 12, and for drying see pages 23 to 27. In figuring the amount of dried product needed, use one-half the figure given in the table.

Kind of food	Number of times served per week	Amount needed for one person for one month	Amount needed for family of four for ten months	Amount needed for my family
		Glass No. 2½ jars tin cans	Glass No. 2½ jars tin cans	
Apples, berries, cherries, peaches, pears, plums, prunes, or other fruits	3	3 qts. or 3½	120 qts. or 140	

### III. CAN OR CURE MEAT AND FISH

Using the table below, figure the amount of canned and cured meat and fish that your family will need for ten months. Curing may be less expensive than canning. Variety of flavor is gained by curing a part of the supply and canning the rest. For directions for canning meat and fish see Extension Bulletin 450, *Home Food Preservation*, pages 15 and 16, for curing see pages 29 to 34. In case it is impossible to cure, double the amount canned.

Kind of food	Number of times served per week	Amount needed for one person for one month	Amount needed for family of four for ten months	Amount needed for my family
		Glass No. 2½ jars tin cans	Glass No. 2½ jars tin cans	
Canned meat and fish	2	3 pts. or 2	120 pts. or 70	
Cured meat and fish	2	3 pounds	110 pounds	

### IV. STORE VEGETABLES AND FRUITS

Using the table below, figure the amount of stored vegetables and fruits your family will need for ten months or until the next season's supply will be available. Certain vegetables are more valuable food than others. These, in the list below, are cabbage, carrots, greens, and potatoes. Increase these vegetables if other vegetables listed are not available. For directions on storing vegetables, see Extension Bulletin 452, *Vegetable Storage*.

Kind of food	Number of times served per week	Amount needed for one person for one month	Amount needed for family of four for ten months	Amount needed for my family
		Pounds	Pounds	Pounds
Beets		¾	30	
Cabbage		2	75	
Carrots		2½	100	
Chard, kale, and other greens		½	20	
Onions	*	½	20	
Parsnips		½	20	
Rutabagas		1½	60	
Squash		2	80†	
Turnips		½	20	
Potatoes	2	28	1100‡	
Apples and other fruit	4	10	400	

\*Seven servings from the group per week should be allowed.

†The equivalent of 20 fruits weighing 4 pounds each.

‡Or 11 sacks.

## SUPPLEMENTARY TABLE

This table is added for the use of farm families who find it possible to provide themselves with an optimum amount of eggs, dairy products, and wheat.

### YEAR'S BUDGET FOR DAIRY PRODUCTS, POULTRY, WHEAT

Kind of food	Amount needed for one person	For a family of four		Amount needed for my family	Suggestions on supply
		Amount needed	Provided by		
Milk for drinking and cooking Children, nursing and prospective mothers, 1 quart daily .....	91 gallons	275 to 320 gallons	2 cows (alternate freshening)		Use surplus milk in making cottage-cheese and American cheese.
Adults, 1 pint daily .....	46 gallons				
Milk for butter ( $\frac{1}{2}$ lb. a week per person)..... <i>or</i>	78 gallons	312 gallons			6 gallons of whole milk yields 5 pounds of American cheese. The cream from 2 $\frac{1}{2}$ to 3 gallons of milk is required to make 1 pound of butter.
Butter .....	26 pounds	104 pounds			
Eggs 1 daily .....	31 dozen	122 dozen	24 pullets		Production of farm flocks varies from 9 to 14 dozen eggs per hen per year. Set twice as many eggs as number of chickens desired. Hatch will average half roosters and half pullets. Figure 10 per cent mortality on chicks.
Poultry 1 serving weekly .....	13 chickens	52 chickens	Hatch 130 chickens		
Wheat for cereal, 1 serving daily .....	70 pounds or 1 1/6 bushel	5 bushels			1 quart of wheat produces from 2 to 3 quarts cooked.
Wheat for flour .....	350 pounds or 6 bushels	24 bushels			1 bushel (60 pounds) of wheat produces approximately 40 pounds whole wheat flour. Wheat can be cleaned and ground at home in hand or power mill or sent to local mill. Allow 8 per cent loss in cleaning.

#### Bulletins

The following publications may be obtained free of charge from the County Extension Agent or by writing the Extension Service, Oregon State Agricultural College, Corvallis.

HE 454. Making American Cheese in the Home.

HE 416. Salmon, Kippered or Jerked.

Extension Bulletin 450. Home Food Preservation.

Extension Bulletin 456. Low Cost Menus for One Month with Recipes.

Extension Bulletin 455. The School Lunch.

Extension Bulletin 453. Uses of Whole Wheat in the Home.

Extension Bulletin 443. The Farm Vegetable Garden.

Extension Bulletin 457. Planting the Subsistence Vegetable Garden.

U. S. Dept. of Agric. Leaflet, Preserving Eggs in Water Glass.

Extension Bulletin 452. Vegetable Storage.