BETTER
FAMILY LIVING
FOR NATIONAL VICTORY

Planning

YOUR FAMILY'S FOOD SUPPLY

Prepared by

MABEL C. MACK

Extension Nutritionist

Oregon State System of Higher Education
Federal Cooperative Extension Service
Oregon State College
Corvallis

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MAKE THE FARM FEED THE FAMILY

A Food for Victory program starts at home with a plan to make the farm feed the family. With year-round plans, the family starts to work—growing vegetables, gathering fruit, raising cows for milk, animals for meat, chickens for meat and eggs—producing food that can be stored or preserved for use in the nonproductive season.

Food may be produced without making a plan, but planning helps to assure the family of having the right foods in sufficient quantity. Planning may mean the difference between good and poor family nutrition. Production of the family's year-round food supply as planned will conserve commercial food stocks for our armed forces, our allies, and our defense workers.

A GUIDE FOR PLANNING

Diet plans, prepared by the U. S. Bureau of Home Economics, in accordance with the recommended allowances of the new yardstick for good nutrition are used as a guide for planning.

In these diet plans, foods are grouped according to their contributions to the diet.

Plan to use foods from each of these groups daily:

Milk	Children, 3 to 4 cups Adults, 2 cups	For calcium, protein, vitamin A, riboflavin and niacin
Tomatoes, citrus fruits, or raw greens	1 serving	For vitamin C; also provides iron, calcium, vitamins A, B_1, and riboflavin
Leafy, green, or yellow vegetables	1 serving	For vitamins A, C, niacin and riboflavin; calcium, and iron
Potatoes	1 or more servings	For vitamins C, B_1; iron and calcium
Other vegetables and fruits	2 servings	For vitamins A, B_1, C, riboflavin; iron and calcium
Eggs	1 daily, if possible	For protein, iron, vitamin A and riboflavin
Meat, fish, poultry, cheese, dried beans, peas, nuts	1 or more servings	For protein, phosphorus, iron; vitamin B_1, riboflavin and niacin
Cereals and bread (whole grain or enriched)	2 servings	For vitamin B_1, iron, niacin and calories
Butter	1 to 5 tablespoons	For vitamin A and calories

FACTS TO CONSIDER IN PLANNING AND PRODUCING THE FAMILY FOOD SUPPLY

Milk and milk products. The dairy cow can supply at least one-fifth of the farm family's food. The average cow, if given proper care, will produce 575 gallons of milk in a year. This will supply the family with a liberal amount of milk, cream, butter and cottage cheese. For a constant supply of dairy products through the year, two cows are needed—one should calve in the spring and one in the fall.

Cream from about 3 gallons of milk is required for 1 pound of butter. One gallon of skim milk will make approximately 1½ pounds of cottage cheese. One gallon of whole milk will make approximately 1 pound American cheese.

On small acreages, milk goats may be an economical source of milk supply.

Eggs and poultry. A flock of twenty-five mature pullets housed each fall will amply supply the egg and poultry meat requirements of the average family for the year. These birds should be slaughtered and consumed as they go out of production throughout the year.

The flock may be replaced by the purchase of 75 chicks in March or April where facilities for brooding and rearing are available. The flock may be replaced by setting 125 eggs and rearing the chicks. The average production of eggs per hen per year in Oregon is 135 or about 11 dozen. If facilities are available, the size of the family flock may be increased to maximum capacity of poultry house.

Meat supply. The meat supply for a family of five can be produced by growing and fattening one baby beef, two pigs, and a lamb.

Pork. On most farms one hog can be fed on the scraps from the kitchen and other waste products, supplemented by grain and pasture. Grain is needed to finish off the developed hog. To keep a continuous supply of pork products, feed one pig until it reaches a weight of 225 pounds and butcher it. Have another one half grown and start a third one when the oldest is butchered.

Beef. Skim milk, grain, and grass will fatten a veal in 3 or 4 months, or it can be fed to 8 months or a year for baby beef.

Lamb and mutton. Fatten one or two lambs for fresh meat. One pound of grain a day and fresh pasture will fatten a lamb in approximately 50 to 60 days.

Goats. Young goats are another good source of meat.

Rabbits. Meat production is extremely high in relation to the amount of forage fed to rabbits.

TABLE OF APPROXIMATE DRESSED WEIGHTS

Kind of meat	Live weight	Dressed weight	Dressed weight
	Pounds	*Per cent*	*Pounds*
Beef	550	50-60	300
Pork	225	70-80	170
Lard	225	10-12	25
Veal	150	60-65	93
Lamb	80	45-50	40
Chicken	4	65-75	3
Rabbits (fryers)	4	50-57	2.2

The Home Vegetable Garden. A very large portion of the year's food supply for the family can be provided at a small outlay of money through a carefully planned home garden.

Locate the garden on rich soil near the house, using from ¼ to ½ acre. Fertilize and prepare soil thoroughly. Make the garden profitable by using good soil, good seed, good fertilizer, and controlling garden pests. Plan for your garden to include a sufficient quantity of vegetables high in nutritive value, with special emphasis on tomatoes, leafy, green, and yellow vegetables.

References.

Ex. Bul. 551—Garden Insect Pest Control.
Ex. Bul. 487—Growing Fall and Early Winter Vegetables.
Ex. Cir. 339—Vegetable Storage.
Ex. Bul. 586—When, How Much, and What to Feed Milk Cows.
Ex. Bul. 550—Swine Management in Oregon.
S. C. I. 282—Rabbit Production for Meat.
Ex. Bul. 526—Feeding Laying Hens.
Ex. Bul. 549—Chick Brooding and Rearing.
Ex. Bul. 602—Brooding and Rearing Turkeys.
Ex. Bul. 596—Home Food Preservation—Canning, Drying, Salting.
Ex. Bul. 593—Food Preservation by Freezing.
Ex. Bul. 600—Curing Meats and Fish.

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Wm. A. Schoenfeld, Director
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PLANNING YOUR FAMILY'S FOOD SUPPLY

	FOR ONE PERSON		FOR AVERAGE FAMILY OF FIVE PERSONS			FOR YOUR FAMILY OF ..... PERSONS FOR 19.....				
1 Products	2 Number of servings weekly	3 Amount* needed per year	4 Amount* needed per year	5 How to produce it	6 Amount to be preserved for nonproductive months	7 Amount needed per year (Multiply amounts in column 3 by number in family)	8 Amount you can produce at home	9 Amount to be preserved	10 Amount to be purchased	11 Amount actually used
Milk—Whole 1 quart daily (children) 1 pint daily (adults) Butter Cheese	 21 7 21 1	 91 gallons–child 46 gallons–adult 26 pounds 6 pounds	 365 gallons 130 pounds 30 pounds	 Keep 1 or 2 cows. 1 cow will produce about 575 gallons of milk per year.	 With one cow purchase milk during nonproducing months.					
Poultry Eggs Chicken (meat)	 7 1	 30 dozen 32 pounds	 150 dozen 160 pounds	 Keep 25 mature pullets. Replace flock each year by buying 75 chicks or by setting 125 eggs.	 Cockerels, and hens that are poor layers, will provide fresh meat and a surplus to preserve by canning or freezing.					
Meat Beef Rabbit Pork Fish Lamb Game Chevon (Goat)	6	110 pounds	550 pounds (300 beef) (210 pork) (40 lamb)	1 beef—550 pounds 2 hogs—225 pounds each 1 lamb—80 pounds	Meat and fish may be frozen, cured, or canned.					
Tomatoes, citrus fruits, or other vitamin C rich foods, including: Cabbage Raw salad greens Broccoli Strawberries Kale Melons	7	100 pounds	500 pounds	Plant ¼ to ½ acre vegetable garden. (For detailed plans see Ext. Bul. 614.)	250 quarts of tomatoes to serve 4 times a week for 10 months.					
Leafy, green, or yellow vegetables Cabbage Kale Carrots Lettuce Broccoli Green beans Brussels Green limas Sprouts Green peppers Greens: Peas Beet Squash Turnip Yellow corn Mustard	7	164 pounds (56 pints canned or frozen.) (40 pounds stored.)	820 pounds	Included in above vegetable garden. Rotate plantings of leafy vegetables for year-round supply, when possible.	280 pints canned, frozen, or brined. 400 pounds stored. Store root crops. (See Ex. Bul. 601 on Vegetable Storage.)					
Other vegetables Beets Parsnips Cauliflower Radishes Cucumbers Rutabagas Onions Turnips Parsley (yellow and white)	7	112 pounds	560 pounds	Included in above vegetable garden.	Stored					
Dried beans, peas, nuts	3	15 pounds	75 pounds	Included in above vegetable garden.	75 pounds stored					
Potatoes or sweet potatoes	10	160 pounds	800 pounds	1,200 linear feet	800 pounds stored					
Fruits Apples Berries Apricots Cherries Peaches Pears Melons Plums Rhubarb Prunes Grapes	7-14	112-224 pounds (50 quarts canned or frozen.) (10 pounds dried.) (50 pounds stored.)	560 to 1,100 pounds	¼ acre	250 quarts canned or frozen 50 pounds dried 250 pounds stored					
Sweets Sugar Honey, molasses and syrup		38 pounds† 12 pounds	190 pounds 60 pounds							
Fats, other than butter		33 pounds	165 pounds	Lard and bacon from two hogs butchered. Suet from beef.	Lard—50 pounds Bacon—50 pounds Suet—20 pounds					
Flour and cereals Whole grain or Enriched		200 pounds	1,000 pounds	cereals. Wheat can be ground or cooked whole for breakfast						

* Amounts given for one person are approximate. Amount for family of five persons (includes man, very active; woman, very active; 1 girl, 16 years; 1 boy, 14 years; 1 child, 9 years) is based on a moderate-cost adequate diet planned by yardstick of good nutrition. Amounts stated are subject to Federal rationing.

† This includes sugar for canning.