



BETTER  
FAMILY LIVING  
FOR NATIONAL VICTORY

*Planning*  
**YOUR FAMILY'S  
FOOD SUPPLY**

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## FOOD FOR VICTORY — 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 year-round food supply as planned will reduce cash expenditures for food and will help to conserve commercial food stocks.

### 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.

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| <b>Milk and milk products</b>                                       | —for calcium, protein, vitamin A, nicotinic acid (niacin), and riboflavin.   |
| <b>Eggs</b>   | —for vitamin A, nicotinic acid (niacin), riboflavin, protein, iron.  |
| <b>Tomatoes, citrus fruits, and raw greens</b>                      | —especially for vitamin C—also provides vitamins A, B <sub>1</sub> , riboflavin, iron, and calcium.                                    |
| <b>Vegetables and fruits</b><br>(especially leafy, green or yellow) | —for vitamins A, B <sub>1</sub> , C, riboflavin, and for iron and calcium. Leafy green vegetables are high in nicotinic acid (niacin). |
| <b>Meats, fish, or cheese</b>                                       | —for protein, phosphorus, iron, riboflavin, nicotinic acid (niacin). Vitamins B <sub>1</sub> in pork; A and D in fish.                 |
| <b>Dried beans, peas, nuts</b>                                      | —for protein, vitamin B <sub>1</sub> , calcium, iron.  |
| <b>Cereals—whole grain or enriched</b>                              | —for vitamin B <sub>1</sub> , iron, and nicotinic acid (niacin).   |
| <b>Butter</b>   | —for vitamin A and calories.   |
| <b>Sugar and fats</b>   | —to complete the calories.   |

(For planning meals see Ex. Bul. 562, *Food to Keep You Fit.*)



## 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. Milk and milk products will have to be purchased during the nonproducing period. 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. Two cows may be profitable for a large family. With two cows there may be additional milk for pigs and chickens.

Cream from about 3 gallons of milk is required for 1 pound of butter. One gallon of skim milk will make approximately  $1\frac{1}{2}$  pounds of cottage cheese. One gallon of whole milk will make approximately 1 pound American cheese.

**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. If the flock is mated, it may be replaced by setting 125 eggs and rearing the chicks. By either of these methods, the cockerels will provide fresh meat and a surplus that can be canned or placed in storage lockers. The average production of eggs per hen per year in Oregon is 135 or about 11 dozen.

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

**Pork.** On most farms from one to three hogs can be fed on the scraps from the kitchen and other waste products such as cull fruits and vegetables. Grain is needed to finish off the developed hogs. 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 if more meat is desired, it can be fed to 8 months or a year for baby beef.



**Lamb.** Any waste grass may be used for fattening one or two lambs for fresh meat. One pound of grain a day and fresh pasture will fatten a lamb in approximately 80 to 90 days.

**Dressed weights.** Pork dresses out 70 to 80 per cent of live weight. (A 225-pound hog will dress 170 pounds.)

Lard from a 225-pound hog will average 10 to 12 per cent of its live weight. (25 pounds.)

Beef dresses out 50 to 60 per cent of live weight. (A 550-pound baby beef will dress 300 pounds.)

Veal dresses out 60 to 65 per cent of live weight. (A 150-pound veal will dress 92 pounds.)

Lamb dresses out 45 to 50 per cent of live weight. (An 80-pound lamb will dress 40 pounds.)

Chicken will dress from 65 to 75 per cent of live weight. (A 4-pound chicken will dress 2.8 to 3 pounds.)

**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  $\frac{1}{4}$  to  $\frac{1}{2}$  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. 587.—The Farm and Home Vegetable Garden.
- Ex. Bul. 589.—The Home Garden Planting Plan.
- Ex. Bul. 551.—Garden Insect Pest Control.
- Ex. Bul. 487.—Growing Fall and Early Winter Vegetables.
- Ex. Cir. 339.—Vegetable Storage.
- Ex. Bul. 472.—Uses of Honey.
- Ex. Bul. 513.—Bee Keeping in Oregon.
- Ex. Bul. 562.—Food to Keep You Fit.
- Ex. Bul. 583.—Use Milk, Eggs, and Milk Products.
- Ex. Bul. 586.—When, How Much and What to Feed Milk Cows.
- Ex. Bul. 550.—Swine Management in Oregon.



# PLANNING YOUR FAMILY'S FOOD SUPPLY

Products	FOR ONE PERSON		FOR AVERAGE FAMILY OF FIVE PERSONS		FOR YOUR FAMILY OF ..... PERSONS FOR 19.....				
	Number of servings weekly	Amount <sup>1</sup> needed per year	Amount <sup>1</sup> needed per year	How to produce it	Amount to be preserved for nonproduction months	Amount needed <sup>2</sup> per year	Amount you can produce at home	Amount to be preserved	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	1 cow will produce about 575 gallons of milk per year	Purchase milk during non-producing months.				
Poultry Eggs	7	30 dozen	150 dozen	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.				
Chicken (meat)	1	30 pounds	150 pounds						
Meat Beef Pork Lamb Rabbit Fish Game	6	110 pounds	550 pounds (300 beef) (210 pork) (40 lamb)	1 beef—550 pounds 2 hogs—225 pounds each 1 lamb—80 pounds	Beef and pork may be frozen, cured, or canned.				
Vegetables Tomatoes, citrus fruit or other vitamin C-rich foods	7	100 pounds	500 pounds	Plant $\frac{1}{4}$ to $\frac{1}{2}$ acre depending on fertility of soil. (See Ex. Bul. 552)	150 quarts of tomatoes to serve three times a week for 10 months.				
Leafy, green, or yellow vegetables Beet Greens Asparagus Brussels Sprouts Broccoli Cabbage Gr. Beans Endive—curly Gr. Limas Kale Gr. Peppers Turnip Greens Swiss Chard Spinach Carrots Squash Yellow Corn	7	168 pounds (56 pints canned or frozen.) (40 pounds stored.)	840 pounds	Included in acreage listed above under vegetables.	280 pints canned, frozen, or brined. 200 pounds stored. Rotate plantings of leafy vegetables for year-round supply. Store root crops. (See Ex. Bul. 552)				
Other vegetables Beets Parsnips Cauliflower Radishes Cucumbers Rutabagas Onions Turnips Parsley (yellow and white)	7	112 pounds	560 pounds	Included in acreage listed above under vegetables.	Stored				
Dried beans, peas, nuts	2	10 pounds	50 pounds	Included in acreage listed above under vegetables.	50 pounds stored.				
Potatoes or sweet potatoes		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 1,000 pounds	$\frac{1}{2}$ acre	250 quarts canned or frozen. 50 pounds dried. 250 pounds stored.				
Jelly, jam, preserves, honey, sirup and sugar	4	50 pounds	250 pounds		80 $\frac{1}{2}$ pints				
Fats, other than butter		24 pounds	120 pounds	Lard and bacon from two hogs butchered. Suet from beef.	Lard—50 pounds Bacon—50 pounds Suet—10 pounds				
Flour and cereals		192 pounds	960 pounds	Wheat can be ground or cooked whole for breakfast cereals.					

<sup>1</sup>Amounts given for one person are approximate. Amount for family of five persons (includes man, very active; woman, moderately 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.

<sup>2</sup>For approximate amounts, multiply amount needed for one person by number in family.