Good Food for Little Money
to protect the health of children

Lucy H. Gillett

The less money a family or a community has to spend, the more necessary it is to spend that money to the best advantage.

Study the following and help to save the children from future suffering by vigorously emphasizing the need of foods that will protect health:

**Milk**

1 quart per child per day if possible; at least a pint.

A tall can of evaporated milk with an equal amount of water added is as good for children as one quart of pasteurized milk. Use it in soups, cocoa, desserts, and to drink.

**Vegetables and Fruit**

Potatoes and one or more of these daily: carrots, turnips, beets, onions, cabbage, spinach, lettuce, escarole, peas, beans, or other vegetables; oranges, apples, bananas, or other fruit.

A raw vegetable, such as chopped cabbage or grated carrot, at least 3 or 4 times a week.

Oranges or tomatoes every day if possible.

Canned vegetables may be used in place of fresh vegetables when cheaper.

**Bread and Cereals**

Bread and cereals, one or both at every meal. Dark or whole grain bread and cereal are best for growth; use at least once daily.

**Eggs, Meat, Fish, Cheese, Dried Beans, Peas and Lentils**

One or more of these foods daily if possible.

An egg at least every other day but never more than one egg daily. Brown eggs and white eggs are equally good.

Use meat never more than once daily.

Cottage and cream cheese may be given to young children.

**Fats and Sweets**

Enough fat to make food palatable, but avoid large amounts.

Fried foods should not be given to children.

Use sugar only in cooked foods.

**A WEEK’S FOOD ORDERS FOR FAMILIES OF VARIOUS SIZES**

<table>
<thead>
<tr>
<th></th>
<th>THREE</th>
<th>FOUR</th>
<th>FIVE</th>
<th>SIX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk (quarts)</td>
<td>14</td>
<td>21</td>
<td>25</td>
<td>28</td>
</tr>
<tr>
<td>Tomatoes (pounds)</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Vegetables (pounds)</td>
<td>14</td>
<td>20</td>
<td>25</td>
<td>32</td>
</tr>
<tr>
<td>Fruits (pounds)</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Bread and cereals (pounds)</td>
<td>10</td>
<td>14</td>
<td>17</td>
<td>20</td>
</tr>
<tr>
<td>Eggs (number)</td>
<td>6</td>
<td>9</td>
<td>12</td>
<td>18</td>
</tr>
<tr>
<td>Fats (pounds)</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Sweets (pounds)</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Meats, fish, cheese, dried beans, peas, and lentils (pounds)</td>
<td>4</td>
<td>5</td>
<td>7</td>
<td>8</td>
</tr>
</tbody>
</table>

Milk, eggs, vegetables, whole grain bread and whole grain cereals provide maximum food value at a minimum cost. Tomatoes, oranges and other citrus fruit have such valuable qualities that they should be provided at least three or four times weekly.

**IMPORTANT**

Children must have proper food during their growing years. The choice of food must not be left to chance. To satisfy hunger is not enough. Food must build up sound bodies, vigorous health and strength in order to develop resistance to disease. If children do not get essentials for normal growth and development at this time, there is a grave danger that they will suffer physically in later years.

AMERICAN CHILD HEALTH ASSOCIATION
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