

THE HOMEMAKER'S WARTIME GUIDE TO PLANNING NUTRITIOUS MEALS



WARTIME MEAL PLANNER BLANK

SHOPPER AND POINT BUDGETER

**Distributed in the Interest of
Your Family's Health and the Government's
Wartime Food and Nutrition Program**

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THE GOVERNMENT FOOD RULES
... The "Basic Seven" ...

For Health... eat some food
from each group...every day!



Perhaps you are one of those who isn't sure whether you are eating enough of the right foods. If you follow the Government Food Rules every day, if you are feeling well and if your weight is within the normal range, there is little likelihood of your suffering from malnutrition.

Here are the reasons why you should eat these foods every day!

(Numbers preceding Food Groups below refer to numbers shown on Government Food Chart)*

1 GREEN AND YELLOW VEGETABLES

2 ORANGES, TOMATOES, GRAPEFRUIT

3 POTATOES AND OTHER VEGETABLES AND FRUITS

BECAUSE THEY GIVE — Calcium for bones and teeth. Iron for healthy blood. Other necessary minerals. Sugar and starch for energy to work and play. Vitamins for health and vigor.

4 MILK AND MILK PRODUCTS

BECAUSE THEY GIVE — Calcium for bones and teeth. Protein for growth, muscle and repair of the body. Sugar for energy to work and play. Vitamins for health and vigor.

5 MEAT, POULTRY, FISH, OR EGGS

BECAUSE THEY GIVE — Protein for growth, muscle and repair of the body. Iron for healthy blood. Vitamins for health and vigor.

6 BREAD, FLOUR, AND CEREALS

BECAUSE THEY GIVE — Iron for healthy blood. Starch for energy to work and play. Protein for growth, muscle and repair of the body. Vitamins for health and vigor.

7 BUTTER AND FORTIFIED MARGARINE

BECAUSE THEY GIVE — Fat for energy to work and play. Vitamins for health and vigor.

A handy list of foods to help make your selections ... Grouped According to the "Basic Seven"

1 GREEN AND YELLOW VEGETABLES*

GREEN
Artichokes (French)
Asparagus
Beans
green
lima
Broccoli
Brussels Sprouts
Cabbage
Chard
Chinese Cabbage
Collards
Greens
beet
dandelion
mustard
turnip
kale
Onions, green
Okra
Parsley
Peas
Peppers, green
Spinach

YELLOW
Beans, yellow
Carrots
Corn
Pumpkin
Rutabaga
Squash
Turnip
Sweet Potatoes

2 ORANGES, TOMATOES, GRAPEFRUIT*

Oranges
Tomatoes
Grapefruit
Lemons
Limes
Tangerines
Cabbage, raw
Salad greens
celery cabbage
chicory
endive
escarole
kale
lettuce
romaine
spinach
watercress

3 POTATOES AND OTHER VEGETABLES AND FRUITS*

VEGETABLES
Beets
Cauliflower
Corn, white
Eggplant
Garlic
Leek
Mushrooms
Onions
Parsnips
Potatoes
Radishes
Turnips (white)

4 MILK AND MILK PRODUCTS

Fresh Milk
Buttermilk
Evaporated Milk
(1 cup = 1 cup fresh milk)

FRUITS

Apples
Apricots
Avocados
Bananas
Berries
Blackberries
Blueberries
Cranberries
Raspberries
Strawberries (and others)
Cherries
Currants
Dates
Figs
Grapes
Melons (Summer-Winter)
Nectarines
Olives
Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranate
Prunes
Quince
Raisins
Rhubarb

Ice Cream (1 generous serving = 1/2 cup of fresh milk)
American Cheddar (1/8 lb. = approx. 1 pt. milk)

5 MEAT, POULTRY FISH + OR EGGS

MEAT (all cuts)
Beef
Lamb
Pork
Veal
Luncheon Meats

GLANDULAR AND OTHER MEATS

Brains
Heart
Kidney
Livers
Oxtails
Pig's feet
Scrapple
Spleen
Sweet Breads
Tongue
Tripe

POULTRY
Chicken, broiler, fryer, roaster, pullet, and fowl
Duck
Goose
Guinea Fowls

Pigeons or Squabs
Turkey

FISH
Clams
Codfish (salt)
Crabs
Frog Legs
Haddock
Halibut
Herring
Lobster
Mackerel (salt)
Oyster
Perch
Salmon
Sardine
Shrimp
Tuna
Turtle (and all other fish)

EGGS
(Also may be used as main dish instead of meat)

MEAT EQUIVALENTS
(If used with Milk or Cheese)

Dried Beans
Kidney
Lima
Navy
Pinto (and others)
Dried Peas
Lentils
Nuts
Peanut butter
Soybeans

6 BREAD, FLOUR, AND CEREALS

BREAD
Bran
"Enriched" white
Oatmeal
Rye
Whole wheat

CEREALS
(whole grain or enriched)
Cooked
Cornmeal
Farina
Hominy grits
Rolled Oats
Rice

Ready-to-Eat
Bran
Corn flakes
Rice flakes
Shredded wheat
Wheat cakes, etc.

PASTES
Macaroni
Noodles
Spaghetti

CRACKERS

7 BUTTER AND FORTIFIED MARGARINE

Butter
Margarine
fortified with Vitamin A

*May be fresh, canned, frozen or dried, and may be served either raw or cooked.

†May be fresh, canned, salted, or smoked.

... PLAN YOUR MEALS FOR THE WEEK IN THE BLANK SPACES BELOW ...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
LUNCH BOX							

HOW TO USE THE MEAL PLANNER BLANK

TODAY, because of food shortages and point rationing, it's more important than ever that meals be planned in advance. It's also important to the health of every member of the family that meals be planned to obtain greatest nutritional value. This Meal Planner Blank has been designed to help you easily solve these problems.

First look over this blank to understand the reference helps that have been included to simplify planning and shopping. On the inside at the top left are the U.S. Government Food Rules. All you need do is just make sure that foods from the "Basic Seven" pattern are included in each day's meals and you'll be eating the right foods.

At the top (inside) are the "reasons why you should eat these foods every day." Read this carefully if you want to know what each of the food groups contributes to the body.

The third reference inside this folder is the "Handy list of foods grouped according to the "Basic Seven'." This list makes it easy to select "alternate" and "equivalent" foods that may be used instead of those difficult to obtain.

The lower section of the inside contains blank spaces to write in a full week's menus, including breakfast, lunch, dinner, and lunch box. If no lunch box is needed, use space for other notes.

PLANNING NUTRITIOUS MEALS

The Government Food Rules or "Basic Seven" serves as the pattern for planning each day's meals. The chart to the extreme right of this page shows how a typical daily menu has been planned according to the "rules."

The foods bracketed in the last column are the same as those listed under the "Breakfast," "Lunch," and "Dinner" menus. They merely have been rearranged to show that foods from each of the Government Food Rules groups have been included in at least one of the day's meals.

To plan your own meals here's what you do:

- Write down in the blank spaces (on the inside) your menus for each meal for the entire week. For variety refer to the "Handy List of Foods."
- Check your menus with the Government Food Rules to make sure the meals for each day include the "Basic Seven."
- If a food from one of the groups hasn't been included in the meals for the same day, rearrange or change the menu and add a food from the missing group.

USING THE SHOPPING LIST

The shopping list on the back of the blank provides spaces for filling in the foods to be purchased, quantities needed, the "point value" of foods rationed, and the prices. Here's how to use this list:

- List in the second column the "Items" needed.
- Combine quantities needed of identical foods and list in "Amount" column.
- If you must use a point rationed food, determine the weight needed. Write it in "Weight" column. Check net weights to make sure you obtain full value for points spent. Familiarize yourself with net weights of standard containers.
- List in the "Total Points" column the current point values specified on the Official Table of Point Values.
- Check all rationed food groups (processed foods, meats, etc.) to avoid exceeding weekly budgeted allowances.
- Fill in "Cost" column.

At the end of the shopping list is a convenient section to budget your points for each group of rationed foods. Based on your family's allowance, fill in the number of points you can "spend" for First Week, Second Week, etc. This record will help you "spread" your point "expenditures" for each ration period.

Typical Daily Menus Planned According to

BREAKFAST

Half Grapefruit
Soft Cooked Eggs
Toasted Enriched
White Bread
Butter or
Fortified Margarine
Cocoa Made With
Milk

LUNCH

Cream of Tomato Soup
Crackers
Carrot Sticks
Apple Pie
Milk

DINNER








Beef Liver
and Fried Onions
Browned Potatoes
String Beans
Whole Wheat Bread
Butter or
Fortified Margarine
Cookies
Sliced Oranges
Coffee

— NOTE —

Foods and meals "carried" or "eaten out" should be considered in planning the full day's meals.

GOVERNMENT FOOD RULES

Showing How Food Groups Are Included

1	GREEN AND YELLOW VEGETABLES . . .  some raw — some cooked, frozen or canned	{ Carrot Sticks String Beans
2	ORANGES, TOMATOES, GRAPEFRUIT . . .  or raw cabbage or salad greens	{ Half Grapefruit Sliced Oranges Cream of Tomato Soup
3	POTATOES AND OTHER VEGETABLES AND FRUITS  raw, dried, cooked, frozen or canned	{ Fried Onions Browned Potatoes Apples (in pie)
4	MILK AND MILK PRODUCTS  fluid, evaporated, dried milk or cheese	{ Milk Cream of Tomato Soup Cocoa Made With Milk
5	MEAT, POULTRY, FISH, OR EGGS  or dried beans, peas, nuts or peanut butter	{ Beef Liver Soft Cooked Eggs
6	BREAD, FLOUR, AND CEREALS  natural whole grain—or enriched or restored	{ Toasted Enriched White Bread Whole Wheat Bread
7	BUTTER AND FORTIFIED MARGARINE  (with Vitamin A added)	{ Butter or Fortified Margarine on Toast and Whole Wheat Bread