

MINIMUM HEALTH AND DECENCY BUDGET FOR A WORKING-MAN'S FAMILY OF FIVE PERSONS, CONSISTING OF HUSBAND, WIFE, BOY 12 YEARS, GIRL 6 YEARS, AND BOY 2 YEARS

## FOOD

The food budget is calculated for a family of five persons, consisting of husband, wife, and three minor children, dependent on the earnings of the father.

Food experts have estimated that a man who is at moderately hard muscular work must have from 3,000 to 3,200 calories per day. Since about 10 per cent of the calorie value of food is calculated to be wasted in cooking in preparation of the food, etc., it is necessary to purchase 3,500 calories per man per day in food, so that 3,200 calories can be consumed and assimilated. The proportion of food necessary for the husband, wife, and children have been determined by laboratory experiments and estimates made according to age, sex, weight, occupation and activity. Upon this scientific basis this food has been constructed. The combined food requirements of this family is calculated as equal to that of 3.35 adult males.

Below is a list of the kinds and annual quantity of food necessary to provide sufficient nourishing food, with sufficient variety to allow for a proper balance of diet.

ANNUAL QUANTITY OF FOOD FOR A FAMILY OF FIVE, CONSISTING OF FATHER, MOTHER, AND THREE MINOR CHILDREN

Item	Pounds	Item	Pounds
<b>Meat—</b>		<b>Fats: Mixed Fats, Vegetable Oil, etc.—</b>	
Beef, fresh, steak.....	75	Lard.....	37
roast.....	63	Crisco.....	7
stew.....	47	Lard compound.....	13
Beef, salt, corned.....	10	Oleo.....	13
dried.....	1	Mazola, cottonseed oil, etc.....	11
Veal, fresh, cutlet.....	13	Eggs.....	102
roast.....	13	<b>Cereals and their Products—</b>	
stew.....	13	Flour, wheat.....	332
Pork, fresh, chops.....	30	rye.....	12
roast.....	19	graham.....	46
salt, bacon.....	18	Corn meal.....	25
ham and shoulder.....	7	Hominy or grits.....	12
side, dry.....	2	Cream of wheat.....	7
pickled.....	2	Corn flakes.....	4
Mutton, chops.....	28	Rolled oats.....	58
roast.....	28	Bread, wheat.....	457
stew.....	23	rye.....	22
Poultry, hens.....	16	graham.....	2
Sausage.....	10	Rolls.....	22
Liver.....	8	Crackers.....	18
Cooked, meat, ham.....	10	Cake.....	15
Bologna.....	10	Pies.....	4
corned beef.....	10	Macaroni.....	33
<b>Fish—</b>		Spaghetti.....	33
Fresh.....	41	Noodles.....	44
Salt.....	5	Rice.....	44
Canned salmon.....	10	<b>Sugars—</b>	
Canned tuna.....	2	Sugar.....	163
Oysters.....	5	Corn syrup.....	36
Other sea food.....	6	Molasses.....	36
<b>Dairy Products—</b>		Honey.....	10
Milk, whole.....	1,602	Candy.....	10
condensed.....	65	<b>Fresh Fruits—</b>	
evaporated.....	3	Apples.....	219
Cream.....	8	Peaches.....	28
Ice cream.....	80	Bananas.....	54
Butter.....	14	Lemons.....	10
Cheese, Canadian.....	6		
cottage.....	6		