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# ONE WEEK'S BUDGET

FOR A FAMILY OF FIVE

**I**S your family eating more than the proportionate amounts of the several kinds of food set forth in this pamphlet?

The food situation makes it imperative that such foods as are needed to maintain physical efficiency should be consumed only in sufficient, and not in excessive, quantities. Do not help the Hun at meal time.

Compare this budget with your own.

A study of this will convince you that it is possible to conserve  
Beef, Bacon, Fats and Wheat

GIVING THE FAMILY SUFFICIENT FOOD  
AND SAVING FOR THE SOLDIERS  
AND THE ALLIES OVERSEAS

ISSUED UNDER AUTHORITY OF

THE CANADA FOOD BOARD

OTTAWA, 1918