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Foods FOR THE Family



Prepared by Consumer Section, Marketing
Service, Department of Agriculture, Ottawa.

Honourable James G. Gardiner, Minister.

CANADA'S FOOD RULES

(Approved by the Canadian Council on Nutrition)

These are the Foods for Health... Eat them Every Day
Drink Plenty of Water

1—MILK:

Children: $1\frac{1}{2}$ pints to 1 quart daily.

Adults: $\frac{1}{2}$ to 1 pint daily.

2—FRUIT:

1 serving tomatoes or citrus fruit or their juices.

1 serving of other fruit.

3—VEGETABLES:

At least 1 serving of potatoes.

At least 2 servings of other vegetables, preferably leafy, green or yellow and frequently raw.

4—CEREALS AND BREAD:

1 serving of a whole-grain cereal and at least four slices of Canada Approved Vitamin B bread (whole wheat, brown or white) with butter.

5—MEAT AND FISH:

1 serving of meat, fish, poultry or meat alternate such as dried beans and peas, nuts, eggs or cheese. Use liver frequently.

In addition, use both eggs and cheese at least 3 times a week.

A fish liver oil, as a source of Vitamin D, should be given to children and expectant mothers, and may be advisable for other adults.

Iodized salt is recommended.



Planning Better Meals



Aim to serve satisfying well-balanced meals every day, using Canada's Food Rules as a guide.

Plan meals for at least two or three days in advance . . . a week is even better. Think in terms of the five food groups rather than of individual foods so that if some are not available you can substitute others from the same group.

Avoid monotony in your meals by varying the ways you cook and serve food. Follow up-to-date cooking techniques for good-tasting, attractive-looking meals . . . usually a well-balanced meal is an appetizing one.

Plan meals which can be easily prepared with the help available. Fancy foods usually take too much time in preparation.

Contrast Needed

Vary colour, texture and temperature of foods in the meal. Colour attracts the eye and adds interest to the meal. Avoid clashes of colour . . . for example, do not serve beets, tomatoes and radishes together. Texture contrast between soft and crisp foods often means the difference between a mediocre and a superb meal. Serve hot foods hot; cold foods cold. Create contrast in the meal by interspersing cold dishes with a hot one or by serving something cold, in the way of a salad or dessert, in a meal otherwise composed of hot dishes.

Plan menus so that meat or other food left from one meal may be attractively served at another. If possible, allow several meals to elapse before left-over foods reappear.

Avoid serving any food twice in a single meal. If it is to be served twice in the same day, vary the form in which it appears. Staple foods, such as bread and butter, are exceptions.

Season well. Seasonings should bring out the natural flavours of a food, not mask it, but judicious seasoning makes the simplest food a treat.



Stretching Food Dollars



1. Keep shopping lists and shop regularly. This saves time and money.
2. Keep nutritional values in mind in making your food purchases. Price by no means indicates food value.
3. Keep up with the current food situation. Listen to the radio and watch the newspaper for food information and market reports.
4. Buy foods which are most plentiful.
5. Buy fruits and vegetables in season when most reasonably priced.
6. Check over all foods on hand before buying additional supplies.
7. Make sure you are getting good value and need what you buy.
8. Buy by weight or quantity . . . never ask for "so many cents worth".
9. Buy staples in quantities for several meals. This does not mean hoarding.
10. Remember that cheaper cuts of meat are as nutritious as steaks and chops. Be sure you get bones and trimmings you pay for. Beef and pork liver are as good for you as calves' liver.
11. Compare prices and quality of bulk and packaged foods. The former are usually cheaper but often require more care in storing. See folder "Cereals and Their Uses".
12. Buy by grade when possible and buy the quality best suited to your needs. See "Consumer's Guide on How To Buy Graded Foods".
13. Read the labels on canned and packaged foods. The label tells you "what" and "how much" you are buying.

Avoid waste by . . .

storing foods properly
using reliable recipes
preparing and cooking food carefully
serving well-cooked food attractively
saving and using left-overs
keeping refrigerator and stove in good working order



Foods We Have



Milk, Butter and Cheese:

Total milk production has reached a high level and a larger production is improbable. Practically all of the butter produced in Canada is consumed by our own people. While Britain is anxious to obtain all of the cheese that Canada can supply, it is expected there will be a reasonable amount available for home consumption.

Milk and milk products should have a prominent place in the day's meals. Use milk as a beverage for children and also in cooking . . . "two milk dishes a day" is a good rule to follow. Use the butter ration mainly as a spread. Cheese is a protein food which can be used as a main course dish. Since it is a concentrated food, cheese should be served with bulky foods such as cereals, fruits and vegetables. For suggestions regarding uses, see folder "Cheese Dishes".

Fruits and Tomatoes:

Canada's 1945 apple crop was one of the smallest in years and, as a result, fresh and dried apples and apple juice will be scarce during the winter months. The amount of fruits canned this year is considerably lower than that canned last year. This is particularly true of pears and plums. Poor growing weather reduced the 1945 tomato crop and, as a result, canned tomatoes and tomato juice will not be so plentiful as usual.

For breakfast serve fruit or tomato juice as often as possible; for lunch or dinner serve fruit as dessert, raw, cooked or combined with other foods such as cereals.

Vegetables:

With the exception of potatoes, the over-all vegetable supply picture is fairly good. There was a short crop of potatoes in Canada in 1945 but the deficit is being made up by shipments from the United States where a large crop was harvested. There will be a fairly good supply of canned peas and beans but rather a small supply of corn.

Vegetables are important items of a well-balanced diet. Make the most of root vegetables . . . potatoes, carrots, beets, turnips and parsnips. Serve cabbage often, raw or cooked. Supplement these with home or commercially canned vegetables.



Foods We Have . . .

Meat, Poultry, Fish:

MEAT—Rationing has once more come into effect in Canada. This is welcomed by the average housewife since under meat rationing every one is assured of a fair share of available meat. It is welcomed too because this may be the means of avoiding further reductions in the meagre British meat allowance and, at the same time, assuring liberated countries of at least *some* meat.

The amount of meat available under the new ration is roughly the same as under the former system . . . about 2 pounds per person weekly. The use of tokens enables all consumers to receive exact coupon value for purchases and it enables the small family and persons living alone to buy meats more economically in small amounts suited to their needs.

Make a practice of varying the kind and cuts of meat served as the main course for dinner. If possible use liver, heart, kidney or tongue once or twice a week. For suggestions on buying, care and cooking of meat, see folder "Meat".

POULTRY—Production of poultry continues at a high level but consumption of poultry has kept pace with the increased production. In view of meat rationing, this strong demand will likely continue.

Roast chicken or turkey is a popular choice for the special-occasion dinner. Fowl is excellent in pot pies, fricassees, stews or casseroles. For suggestions on buying, care and cooking of poultry, see folder "Poultry Guide".

FISH—Fisheries production in general is being well maintained, but the needs of the United Nations are so great that there may, at times, be local shortages of certain types of fish. An increased quantity of canned salmon (about 300,000 cases) from the 1945 pack has been released for the domestic civilian market. Although this amount is less than Canadian consumers normally use, it is substantially larger than the amount available during the past two or three years.

Fish belongs to the same food group as meat and makes an excellent main course for dinner. For suggestions on buying and cooking of fish, see bulletin "100 Tempting Fish Recipes".

Fats:

All fats are extremely limited in supply and therefore must be carefully used in the home. For tips on saving fats, see page 11.



. . . How Best to Use Them

Cereals:

Canadian grown cereals, including flours as well as the many other whole-grain or refined products of wheat, oats and barley are plentiful. Good crops have provided an abundant supply, sufficient to meet export needs and to allow for liberal use at home.

From soup to dessert, cereals play an important role in our meals . . . as bread, toast, muffins or hot breads; as breakfast cereals; in soups; in main dishes for lunch or supper and in desserts. For a good selection of practical, tested recipes using these foods, see folder "Cereals and Their Uses".

Eggs:

Production continues at an all-time high. Britain is still taking large quantities of eggs both in the shell and in powdered form but there are ample for home use.

Like meat, eggs are a protein food and may be used alone or combined with cereals or cheese as the main dish. They are also used in cooking and baking to make desserts, cakes and cookies. For suggestions on buying and using eggs, see folder "Eggs".

Save Food by Proper Storage . . .

Keep milk, butter and cheese, covered, in a cool place.

Keep all cereals tightly covered in a cool, dry place. Give special attention to whole grain flours, meals containing germ and any prepared flours containing fat, which are apt to become rancid.

Keep eggs in a cool place, preferably in a refrigerator. Do not wash eggs until just before using.

Keep meat in a cold place. Unwrap and wipe meat with a damp cloth, then cover loosely with waxed paper before storing.



Planning the Family Meals



Here is a simple guide to planning well-balanced, interesting meals for the family . . . a method by which a whole month's menus can be evolved by merely combining three of the suggested suppers or luncheons with the ten basic dinners.

Breakfast, of course, is important and should not be overlooked, but since this meal is more or less standard, varying little from day to day, it requires less planning than the other two meals.

These meal patterns are designed to provide meals which contain at least a minimum of the essential foods but do not call for the extravagant use of relatively scarce foods.

DINNER MENUS

Tomato Juice Spicy Pot Roast (2) Browned Potatoes Turnips Onions Baked Lemon Pudding (1) <i>Serve with suppers</i> Nos. 2, 5, 7, 8, 9	Beef Roly Poly (2) (using left-over pot roast) Baked Potatoes Carrots Barley Pudding (4) <i>Serve with suppers</i> Nos. 1, 2, 4, 5, 7, 9
Sausage Strudel (2) Baked Potatoes Scalloped Tomatoes Rolled Oat Batter Pudding (4) <i>Serve with suppers</i> Nos. 2, 3, 6, 8, 9	Liver Patties with Sunshine Sauce (2) Boiled Noodles (4) Green Beans Chocolate Mint Pie (1) <i>Serve with suppers</i> Nos. 1, 3, 4, 5, 6, 7, 8, 9
Lamb Stew with Vegetables and Dumplings (2) Steamed Carrot Pudding <i>Serve with suppers</i> Nos. 1, 2, 3, 4, 6, 8, 9, 10	Boiled Fish with Parsley Sauce Boiled Potatoes Diced Beets Lemon Snow with Custard Sauce (1) <i>Serve with suppers</i> Nos. 1, 2, 3, 5, 10
Beefsteak and Kidney Pie (2) Baked Potatoes Baked Squash Ginger Apple Upside-down Cake (1) <i>Serve with suppers</i> Nos. 3, 6, 8, 9, 10	Tomato Juice Chicken Pie (6) Carrots Peas Pudding Delight (4) <i>Serve with suppers</i> Nos. 3, 5, 6, 7, 9
Baked Stuffed Heart with Onion Gravy Baked Potatoes Mashed Squash Angel Bread Pudding with Whipped Jelly Sauce (1) <i>Serve with suppers</i> Nos. 1, 4, 7, 8, 9, 10	Vegetable Plate: Baked Stuffed Potatoes with Bacon Garnish Cabbage with Cheese Sauce Spinach Whole Kernel Corn Chocolate Crumb Pudding (1) <i>Serve with suppers</i> Nos. 2, 7, 9, 10

NOTE.—Specific recipes for numbered dishes will be found in the following publications, available free of charge, from the Department of Agriculture, Ottawa. (1) Wartime Sugar Savers; (2) Meat Folder; (3) Cheese Dishes; (4) Cereals and Their Uses; (5) Eggs; (6) Poultry Guide

Start the Day with a Good Breakfast

Fruit, Fruit Juice or Tomato Juice
 Cereal . . . hot cooked or ready-to-eat with top milk
 Toast, Muffins or Rolls
 Jam, Marmalade, Honey or Syrup
 Coffee or tea for adults
 Milk or cocoa for children

To above menu, bacon, eggs, sausages or fish may be added

SUPPER OR LUNCHEON MENUS

1. Cream of Tomato Soup Jellied Vegetable Salad Canned Fruit Cookies	2. Savoury Spaghetti (4) Cole Slaw Squash Chiffon Pie (1)
3. Potato Cheese Soup (3) Peanut Butter and Jelly Sandwiches Caramel Pudding (1)	4. Tomato Cheese Sandwiches (3) Green Salad Grape Sponge with Custard Sauce (1)
5. Cheese Puffit (3) Cole Slaw Canned Fruit Honey Bran Muffins (4)	6. Cream of Green Pea Soup Potato and Vegetable Salad Delmonica Pudding (1)
7. Eggs a la King (5) Green Salad Canned Fruit Cookies	8. Corn and Cheese Casserole (3) Beet and Celery Salad Tea Biscuits with Jam or Jelly
9. Baked Beans Cole Slaw Spanish Cream (1)	10. Golden Soup (4) Cottage Cheese in Tomato Jelly Salad Pancakes with Maple Syrup or Honey

NOTE.—Canada Approved Vitamin B bread (whole wheat, brown or white) and butter to be added to meals where required. To suggested dinners and luncheons, milk should be added for children, tea or coffee for adults. Some adults may prefer milk as beverage for one meal.



To Save Sugar



1. Watch where the sugar goes in your home . . . how much is used in cooking? on cereals? in tea? in coffee? . . . cut down where it is needed least.
2. Don't experiment with your sugar ration . . . use tested recipes.
3. Use more hot breads than cakes and cookies . . . they require very little sugar.
4. Cultivate a taste for less sweet foods . . . if necessary, use more starchy foods which are also energy producers.
5. Serve hot desserts . . . they seem sweeter than cold ones.
6. Try reducing the sugar by one quarter when making your pre-war desserts . . . they will taste just as good.
7. Make cakes without frosting.
8. Cook dried fruits in water in which they have been soaked . . . little or no sugar will be needed for sweetening.
9. Add sugar to stewed fruit *after* cooking and while it is still warm . . . you will find less will be needed.
10. Add raisins to cooked cereals for a change . . . this saves sugar in sweetening. If adding $\frac{1}{2}$ cup raisins to cereals, hot breads or desserts, the sugar in the recipe may be cut in half.
11. If sugar is used in hot beverages, it should be stirred until completely dissolved.
12. To substitute honey for sugar in making cakes, use 1 cup honey for each cup of sugar called for in recipe and reduce the liquid in recipe by one-quarter.

How to Measure

Measure all ingredients accurately, using level measurements.

Use standard measuring cups and spoons.

Sift flour once before measuring, then spoon lightly into measuring cup.

Pack brown sugar lightly into measuring cup.

To measure fat: . . . e.g. $\frac{1}{4}$ cup: Fill measuring cup $\frac{3}{4}$ full with cold water, add fat until water rises to 1 cup level, making sure all of the fat is covered with water.

Grease spoons or cups lightly before measuring molasses, honey or syrups.



To Save Fats



1. If butter was formerly used in baking cakes, cookies, etc., try other mild-flavoured fats. They will give good results.
2. Use fats other than butter in making cream sauces for vegetables. If you wish to use butter in some sauces, try cutting the amount called for in the recipe by one-half. Make no other changes.
3. For table use, make individual servings either as butter-balls or squares.
4. Use soft butter . . . it spreads easily and goes further.
5. For sandwiches, beat $\frac{1}{2}$ cup milk or water into $\frac{1}{2}$ cup soft (not melted) butter. Butter one slice of the bread with this spread and the other with filling.
6. Do not put butter on steaks, chops, etc., before serving.
7. Select recipes for cakes, pudding sauces, etc., which call for only moderate amounts of fat.
8. Grease pans with mild-flavoured fats. Save butter and shortening wrappers for this purpose.
9. Collect every bit of fat and render it down for cooking purposes. Cut away the excess fat from roasts, steaks or chops. Save all meat drippings . . . they can be used in meat and vegetable dishes and for pan frying. Do not use butter for pan-frying. Fats from bacon, sausages, spareribs, etc., are excellent for this purpose.
10. In roasting meats and poultry, pour off excess fat during cooking, leaving only sufficient fat in the pan for basting and later for making gravy. In this way the fat is not darkened to the same extent it would be if left in pan for full roasting time.
11. Use grated cheese on vegetables in place of butter and use cheese with crumbs for topping casserole dishes, etc.

Uses for Left-Over Fats

For Baking: rendered and clarified fresh pork, veal and poultry fats; also a mixture of beef and fresh pork fat.

For Pan Frying: rendered and clarified fresh and smoked pork, beef, lamb, veal and poultry fats.

For Deep Fat Frying: rendered and clarified fresh pork fat.



Cooking Hints



Milk:

In heating milk, use very low heat, do not boil . . . use a double boiler, if possible. When scalding milk, do not discard the scum that forms on top . . . it contains valuable milk solids. To prevent milk from sticking during heating, rinse pan with cold water or lightly grease the bottom of the pan.

Cheese:

Cook cheese at a low temperature. High temperature toughens proteins and therefore makes cheese less easily digested. When making cheese sauce, add cheese at the last and cook only until melted. Any uncooked mixture of cheese, eggs and milk to be cooked in oven, should be oven-poached, that is, placed in a pan of hot water, in a moderate oven. Scalloped or other cheese dishes made with cooked foods should be baked for only sufficient time to thoroughly heat the mixture. See folder, "Cheese Dishes".

Fruit:

Fruit should be cooked slowly, either simmered, steamed or baked in a small quantity of water. Less sugar will be required, the fruit will be more tender and the flavour better if the sugar is added after the fruit is cooked. Dried fruits should be washed thoroughly before cooking. Soak dried fruit in water to cover before stewing or cook, unsoaked, in a slow oven, in water, closely covered.

Vegetables:

Best methods are baking and steaming. If boiling vegetables (except potatoes) cook, tightly covered, as quickly as possible, in a minimum amount of boiling, salted water until just tender. Potatoes, when boiled, require water to cover. Salt added during cooking helps to preserve colour. *Soda should not be added* since it destroys vitamins.

Prepare only enough vegetables for one meal and do so just before cooking. Serve as soon as cooked. Use left-over vegetable stock and liquid from canned vegetables in soups, sauces and gravies. For salads, cut or shred vegetables *just before* serving.



Cooking Hints



Cereals:

Cereals should be well cooked to develop flavour and make them easily digested. To avoid lumping in cooking breakfast cereals, sprinkle gradually into boiling salted water, stirring constantly, until thickened. Cook over direct heat a few minutes then finish over hot water. See folder "Cereals and Their Uses".

Macaroni, spaghetti, noodles, etc., should be cooked in rapidly boiling, salted water until just tender, then drained and rinsed in cold water to separate the pieces.

To avoid lumping in making sauces or gravies and in thickening stews, first mix the flour or cornstarch with either a little cold liquid, creamed or melted fat or sugar, then combine with liquid and stir until mixture thickens. Continue to cook until there is no flavour of raw starch.

Meat, Poultry, Fish:

Meat and poultry are more tender and juicy with less shrinkage, if cooked at low temperature. Roast meat and poultry in a slow to moderate oven, uncovered, without the addition of water. Less tender cuts need long slow cooking in moist heat (pot roasting, braising, stewing) to make them tender. See "Meat" folder for times and temperatures for cooking meat . . . also "Poultry Guide" for cooking poultry.

Let roasts and poultry stand in warm place for short time before carving. This allows the meat to absorb the juices and makes for more economical and easier carving.

Fish may be baked, broiled, steamed or boiled. Unlike meat or poultry, it is recommended that fish be baked at a high temperature. Juices "set" on contact with high temperature, and long slow cooking is not required since fish has little connective tissue to be softened. For suggestions on buying, care and cooking of fish, see bulletin "100 Tempting Fish Recipes".



Cooking Hints



Eggs:

In cooking eggs, use low temperature since excessive heat makes them tough and leathery. In poaching eggs, drop them into boiling, salted water, swirling water around each egg as it is dropped in, then cook below the boiling point. To avoid having shells of eggs crack while soft or hard-cooking them, start the cooking in cold water. After hard-cooking eggs, put them immediately into cold water to help prevent a dark ring forming around the egg yolks and to make them easier to peel.

When adding eggs to puddings and sauces, combine the beaten eggs with a little of the hot mixture, then stir into the pudding or sauce.

Eggs may be added to foods for thickening purposes . . . one egg is considered approximately equivalent to 1 tablespoon flour or $1\frac{1}{2}$ teaspoons cornstarch in thickening power.

Eggs are also used as a leavening agent. It is best if whites and yolks are beaten separately . . . whites until stiff and yolks until thick and lemon coloured. One egg, thus beaten, is approximately equivalent to $\frac{1}{2}$ teaspoon baking powder in leavening power.

Yolks and whites of cold eggs are easier to separate but egg whites beat up lighter and more quickly when not too cold. Don't beat egg whites until you are ready to use them. They separate if allowed to stand after beating.

If you cannot use all the *unbroken* left-over egg yolks the same day, save them for use the next day by covering them with cold water and storing them in the refrigerator. See "Egg Folder".

Dried Beans and Peas:

Before cooking dried beans or peas, they should be soaked in cold water overnight. Beans should be drained and then cooked slowly in fresh water until tender. Since beans have a bland flavour, give special attention to seasoning. In making pea soup the water in which the peas are cooked may be used.



List of Publications



"Canadian Grown Apples"

"Cereals and Their Uses"

"Cheese Dishes"

"Consumer's Guide On How To Buy Graded Foods"

"Eggs"

"Freezing Fruits and Vegetables"

"Home Preservation of Meats, Poultry and Soups"

"Household Storage of Fruits and Vegetables"

"Meat Folder"

"Poultry Guide"

"Sugar Savers"

"The Lunch Box Is On The March"

"Wartime Home Canning of Fruits and Vegetables"

Available from Department of Agriculture, Ottawa

"100 Tempting Fish Recipes"

Available from Department of Fisheries, Ottawa

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