

A STUDY OF SOME OF THE FOOD MANAGEMENT PRACTICES AMONG
YOUNG HOMEMAKERS WHOSE HUSBANDS ARE STUDENTS
AT THE VIRGINIA POLYTECHNIC INSTITUTE

by

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CHAPTER I

INTRODUCTION

With the lowering of the age at which many young people are facing the responsibility of marriage, the very young homemaker finds that she also is faced with the task of feeding a family.

Many of the young couples are confronted with the problems of pursuing an education as well as establishing and maintaining a home and family simultaneously. Usually their resources of money, time, and energy are limited. Success or failure of the family at this point may be affected by management practices, to say the least.

Today's grocery stores have created a more complex problem for the homemaker. With more than 6,000⁽¹⁾ items available in the average grocery store, the shopper is compelled to make many decisions when purchasing the supply of groceries. The consumer-shopper has the choice of good or poor decisions which in turn may determine whether or not the family will receive good nutritional benefits from the money spent.

Many of the habits formed in the early years of marriage will be practiced until the marriage is dissolved. If the management practices are good, then many of the problems encountered in later years may be more easily solved. One

who learns to manage well on a limited budget of resources should have less difficulty in successful management when and if resources become more abundant.

Purpose

The purpose of the study is twofold: (1) it is an effort to determine some of the problems in food management of young homemakers; and (2) it makes recommendations for more effective teaching of food management to students living in the home management residence of the School of Home Economics.

Limitations

This study was limited to a group of young homemakers whose husbands were students at the Virginia Polytechnic Institute during the 1961-62 academic school year.

Procedure

A group of wives of the Association of Married Students were asked to participate in the survey. A schedule form relating to practices in family food management was developed by the author. A copy of the questionnaire used is included in the Appendix. Pretesting of this schedule was done with a group of young married women for the purpose of checking clarity and understanding of procedure and terms

used. Necessary revisions were made. Schedules were mailed to 200 young homemakers who were members of the Association of Married Students of the Virginia Polytechnic Institute. Eighty of these forms were completed and returned. Results were coded, tabulated, and summarized.

CHAPTER II

REVIEW OF LITERATURE

A common topic of discussion among homemakers is that of feeding the family: food costs, availability of food, grocery stores, preparation, likes and dislikes and various other factors pertinent to family food management.

Janey⁽²⁾, from a study of dual-role homemakers in Giles County, Virginia, concluded that in general the homemakers who were subjects of this investigation were poor managers of time, energy, and available resources, and that they had inadequate knowledge of nutrition. Kitchen as well as shopping habits were poor.

Perhaps one of the reasons for lack of managerial skills is that the homemakers have failed to learn and practice the process of management. Dr. Irma Gross⁽³⁾, in speaking before the participants of the Workshop in Home Management and Family Housing held at the Virginia Polytechnic Institute, July, 1961, stated that

Management consists of a series of decisions concerning the use of resources to achieve family goals. All three steps of the management process: planning, controlling, and evaluating are essential to good management. There is reason to believe that many homemakers are poor managers because they fail in the planning step. In planning the individual is challenged to think through the

possible ways of using his resources to achieve goals⁽⁴⁾.

In a talk prepared for one of the sessions of the 1960 annual meeting of the American Home Economics Association, Elizabeth W. Crandall⁽⁵⁾ made the following statement concerning decision-making:

Many people avoid decision-making by operating through habit or routine.

A pattern for family food planning would include a plan for good nutrition, family meals, and planned shopping⁽⁴⁾.

In a study by Hunter⁽⁶⁾ in which homemakers were asked to name their home problems, 65 per cent named "time" as the most difficult problem, and close to 40 per cent named "money". In a Wisconsin study⁽⁷⁾, 37 per cent of the homemaker's time was spent in food preparation and cleaning up after meals. A similar type study in New York⁽⁷⁾ revealed that 23 per cent of the homemaker's time was spent in meal preparation while 13 per cent was used for dishwashing.

Time and money are important factors in family food management. One of the reasons for the complexity of these problems is today's food market. The contemporary shopper is confronted with about 6,000 items as compared with 867 items found in the average grocery store of 1928, and food scientists predict that in the next 10 years, the number will greatly increase⁽¹⁾.

In a Du Pont Company survey⁽⁸⁾ of the shopping habits of American housewives, less than one shopper in five reported the use of a complete grocery list. Seven out of 10 purchases were made on impulse.

All Americans are coaxed to use prepared, no-fuss, no-mess meals bought at extra cost. Packaging and disposing are not a free dividend. In some instances the package costs as much as the product inside, and it is estimated that the average American family spends \$500 of its yearly income for packages⁽⁹⁾. Presently, the trend in production and consumption is the increase in processing and marketing services. Processing has resulted in labor-saving goods for the consumer⁽¹⁰⁾.

Use of convenience foods requires constant decision making regarding nutritional values, and acceptability, and expenditure of such resources as time, energy, knowledge, money and equipment ⁽¹¹⁾.

As much as three-fourths of the amount of time of food preparation can be saved by the use of convenience foods⁽¹¹⁾.

In the spring of 1955, the average money value per week of all food and beverages consumed at home equalled \$6.70 per person in the low-income families, \$8.06 in medium income families, and \$9.46 in households of the high-income bracket⁽¹²⁾. Engel's law states that even though high-income groups spend more money per person for food than those in low-income groups, the high-income groups spend smaller proportions of their incomes for food. Thus, the

higher the income, the smaller the percentage of it that goes for food.

Often the subject over which family disagreements arise is the grocery bill. When the budget is analyzed at a period in which family tensions are at a peak and funds at an ebb, it is difficult to evaluate objectively⁽¹³⁾.

Cost of food does not reflect the nutritional value or the palatability of the meals served⁽¹⁴⁾.

In a study conducted in the United States in the spring of 1955, in about three out of 10 households, the calcium intake was less than the allowances recommended by the National Research Council. About one in four of the families had diets which were low in the intake of ascorbic acid. A slightly smaller number of families reported that they consumed less than the recommended allowances in vitamin A, riboflavin, and thiamine. About one in 10 received inadequate amounts of iron, protein, and niacin⁽¹⁵⁾. In the South, the dietary levels were lower than in the United States as a whole⁽¹⁶⁾.

One of the major factors considered by the homemaker in the purchase and service of food is enjoyment. This factor accounts for the popularity of expensive cuts of meat, fancy cheeses, superior grade fruit and other costly items⁽¹⁷⁾.

In an Ohio study⁽¹⁸⁾ of family marketing practices, two-thirds of the families reported that they shopped once a

week for groceries, three per cent made their purchases daily or as food was needed, and 18 per cent had an irregular pattern for shopping. Two-thirds of the wives shopped for food, 24 per cent of the husbands and wives shopped together, and seven per cent of the husbands did the shopping alone. Three per cent of the households had other arrangements such as ordering by telephone.

The best way to make decisions is according to a plan (16). This method is known as budgeting and is the first step towards scientific management. In this approach, one makes a plan for budgeting of resources such as time, energy, and money. A plan for shopping, a plan for meal preparation and clean-up is important for the homemaker who has as her goal a well organized system for feeding her family.

Whenever two or more people live together and share expenses, managerial problems and decisions become involved with personal relationships⁽²⁰⁾. Even though the home economics student living in the home management residence has, somewhat independently, the responsibility of making decisions and putting them into action, the other residents should fit effectively into the plan.

Of foremost importance to the resident in the home management house is time management. For the student who is carrying a full-load of credit hours and at the same time accepting her responsibility in the home management residence,

the invaluable experience should carry over to her future role either as dual-role or full-time homemaker⁽²²⁾.

In a research project⁽²³⁾ designed for comparison of home management house practices and procedures, the average cost per person per day for food was \$0.90. The highest cost was \$1.57, and a low cost of \$0.60 was reported by a college whose religious convictions did not permit the eating of meat. Of the colleges whose programs included a plan for food budgets at different economic levels, the low cost was \$0.80 to \$0.85 per day, the moderate cost \$0.90 to \$1.00, and the high cost was \$1.15.

Summary

The literature reveals that the task of feeding the family is a complex one. However, this duty may be made easier and more enjoyable by good management of time, energy, money, and other available resources.

CHAPTER III

RESULTS

Purpose of Study

The purposes of this study were (1) to determine some of the problems in family food management of young homemakers; and (2) to make recommendations for more effective teaching of food management to students living in home management residence at the Virginia Polytechnic Institute. Eighty young homemakers whose husbands were students at the Virginia Polytechnic Institute for the 1961-62 academic year served as subjects.

Ages of Homemakers

Almost three-fourths of the young homemakers participating in this survey were between the ages of 20 and 25 years. An analysis of the data in Table 1 will show that 13 per cent of the group were under 20 years of age and 13 per cent were over 25, while 74 per cent were in the 20-to-25 years age group.

Number and Ages of Children

The average size family of the respondents of this questionnaire was 2.7 persons. Of the 80 participants, 56 per cent had children. In these families there was a total

of 58 children. As Table 2 shows, there were more children under the age of two than in any other age group. Fifty-two per cent were included in the under-two age group. Twenty-eight per cent were ages two to three, 17 per cent were of the four-to-six years age group and three per cent were over age six.

Employment of Homemakers

Fifty-one per cent of the wives were employed outside the home at the time of this survey. In a study conducted by Tyler⁽²⁴⁾, in 1960, using a similar group of young homemakers whose husbands were students at the Virginia Polytechnic Institute, she reported that 57 per cent of these homemakers were gainfully employed outside the home. Examination of the data in Table 3 will show that of the 41 working wives, 76 per cent worked from 30 to 40 hours per week; 17 per cent worked more than 40 hours each week, and two per cent were employed for 20 to 30 hours per week. Five per cent worked away from the home for less than 20 hours each week.

Living Facilities

As shown in Table 4, over one half of the respondents reported that they occupied apartments. Sixty-one per cent were in this category while 31 per cent reported living in trailers, and eight per cent lived in single family residences.

TABLE 1

AGES OF HOMEMAKERS

Age Range	Per Cent
Under 20 years	13
20 - 25 years	74
More than 25 years	13

TABLE 2

AGES OF CHILDREN

Age Range	Per Cent
Under 2 years	52
2 - 3 years	28
4 - 6 years	17
More than 6 years	3

TABLE 3

APPROXIMATE NUMBER OF HOURS PER WEEK EMPLOYED HOMEMAKERS
WORKED OUTSIDE THE HOME

APPROXIMATE NUMBER HOURS EMPLOYED OUTSIDE THE HOME	PER CENT
Less than 20 hours	5
20 - 30 hours	2
30 - 40 hours	76
More than 40 hours	17

TABLE 4

LIVING FACILITIES OF FAMILIES

LIVING FACILITIES	PER CENT
House	8
Apartment	61
Trailer	31

Others in the Household

Only three per cent reported that persons other than family members were living in the household.

Amount of Education of the Wives

Over half of the respondents had more than a high school education and none had less. A study of the data in Table 5 will show that 40 per cent reported that their formal education ended with high school graduation. Nineteen per cent completed one year of college or vocational school, 16 per cent completed two years, whereas five per cent had finished the third year, and 19 per cent had a college diploma. One per cent reported a Master of Science degree. Tyler⁽²⁴⁾ found that one per cent of the respondents of her study had not graduated from high school, 26 per cent were college graduates, and one per cent had a Master of Science degree.

Home Economics Training in School

Sixty-six per cent of the homemakers stated that they had some home economics training in school. Table 6 shows that 38 per cent had one year of home economics in high school. Thirty-one per cent had taken two years of high school home economics, whereas 15 per cent completed three years and six per cent had taken four years of home economics while in

high school. Of the total reporting having had some home economics training, one per cent had completed one year of college as a home economics major while four per cent had completed two years and four per cent had a bachelor's degree in home economics. One per cent had a Master of Science degree in home economics. Of those who had taken some home economics courses in college as non-home economics majors, the following courses relating to food management had been elected: meal planning, nutrition, and general foods.

Curricula in College

As Table 7 discloses, the largest number of those homemakers who had attended college or vocational school had studied business. Eighteen per cent were in this group. Sixteen per cent studied teacher education, 15 per cent were in home economics, and 15 per cent studied nursing. Nine per cent majored in English and five per cent studied psychology or sociology. Four per cent majored in each of the following: foreign language, fine arts, liberal arts, and history. Two per cent had enrolled in the following curricula: physical education, physics, distributive education, and speech.

Frequency of Use of Appliances

Examination of the data given in Table 8 will reveal that 49 per cent of the respondents had a refrigerator with

TABLE 5

EDUCATION OF HOMEMAKERS

LAST YEAR OF FORMAL EDUCATION COMPLETED	PER CENT
High School graduate	40
1 year college or Vocational school	19
2 years college	16
3 years college	5
College graduate	19
Master's degree	1

TABLE 6

AMOUNT OF HOME ECONOMICS TRAINING IN SCHOOL

AMOUNT OF HOME ECONOMICS TRAINING COMPLETED	PER CENT
1 year high school	38
2 years high school	31
3 years high school	15
4 years high school	6
1 year college as Home Economics major	4

TABLE 6 (Continued)

AMOUNT OF HOME ECONOMICS TRAINING COMPLETED	PER CENT
2 years college as Home Economics major	4
Bachelor's degree in Home Economics	4
Master's degree in Home Economics	1

TABLE 7

CURRICULA OF HOMEMAKERS WHO ATTENDED
COLLEGE OR VOCATIONAL SCHOOL

CURRICULUM	PER CENT
Business	18
Teacher Education	16
Home Economics	15
Nursing	15
English	9
Psychology-Sociology	5
Foreign Language	4
Fine Arts - Art	4
Liberal Arts	4

TABLE 7 (Continued)

CURRICULUM	PER CENT
History	2
Physical Education	2
Physics	2
Distributive Education	2
Speech and Dramatics	2

TABLE 8

FREQUENCY OF USE OF KITCHEN APPLIANCES

Appliance	Daily	2-3 times a week	Weekly	Seldom or Never	No Information
Refrigerator	49				
Freezer	1				1
Refrigerator-Freezer Combination	49				2
Mixer	6	49	24	6	1
Pressure Sauce Pan	3	8	16	11	1
Automatic Toaster	59	23	8	4	1

TABLE 8 (Continued)

Appliance	Daily	2-3 times a week	Weekly	Seldom or Never	No In- forma- tion
Deep Fat Fryer	1	1	4	18	1
Electric Fry Pan	25	26	5	9	1
Waffle Iron	0	5	16	23	1

TABLE 9

SIZE OF REFRIGERATORS AND FREEZERS
AS REPORTED BY HOMEMAKERS

SIZE	PER CENT
<u>REFRIGERATOR</u>	
Less than 6 cubic feet	13
6 - 9 cubic feet	50
More than 9 cubic feet	23
Don't know	11
No information	3
<u>FREEZER</u>	
Less than 3 cubic feet	19
3 - 6 cubic feet	6
More than 10 cubic feet	4
Don't know	23

no separate freezer compartment, 50 per cent reported a refrigerator-freezer combination while one per cent gave no information. Two per cent had freezers and one per cent gave no information. Six per cent had mixers which they used daily, 49 per cent used their mixers two or three times a week, 24 per cent used them weekly, while six per cent reported that they used them seldom or never. Three per cent used their pressure sauce pans daily, eight per cent reported use two or three times per week, 16 per cent used them weekly, and 11 per cent used them seldom or never. Fifty-nine per cent reported use of automatic toasters daily, 23 per cent used them two or three times per week, eight per cent reported weekly use, and four per cent used them seldom or never. One per cent used a deep fat fryer daily, one per cent used it two or three times a week, four per cent reported weekly use, and 18 per cent used their fryers seldom or never. Twenty-five per cent reported the use of electric fry pans daily, 26 per cent used theirs from two to three times per week, five per cent reported weekly use, and nine per cent used theirs seldom or never. Five per cent of those who had access to a waffle iron used it two or three times a week, 16 per cent reported weekly use, and 23 per cent reported that they seldom or never used their waffle irons. One per cent reported ownership of a mixer, pressure sauce pan, automatic toaster, deep fat fryer, electric fry

pan, and waffle iron, but gave no information as to the frequency of use. No one reported the ownership or use of an automatic dishwasher. Although the majority of the respondents interviewed reported frequent use of kitchen appliances, few of the subjects were receiving optimum benefit from the use of these appliances. Janey⁽²⁾ reported that three-fourths of the dual-role mothers of her investigation used electric fry pans and automatic toasters daily or three to four times per week. Sixty-five per cent of these homemakers who owned pressure sauce pans used them often.

Size of Refrigerators and Freezers

Table 9 gives the approximate size of the refrigerators and freezers used by the families. Thirteen per cent reported use of a refrigerator which was less than six cubic feet in size, 50 per cent used one from six to nine cubic feet in size, and 23 per cent reported use of one of over nine cubic feet in size, Eleven per cent did not know the size of their refrigerators and three per cent gave no information.

Twenty-three per cent of those families having access to freezers reported that the size was less than three cubic feet, 19 per cent had one of from three to six cubic feet

and four per cent used one or more than 10 cubic feet in capacity. Twenty-three per cent did not know the freezer size.

Food Produced

Twenty-nine per cent of the families produced some food for their use during the past year. The home grown food consisted exclusively of vegetables. Janey⁽²⁾ reported that 78 per cent of the families who participated in her survey grew vegetables. However, more of the families of the survey done in Giles County, Virginia had better facilities for gardens than did the families of which the husband was enrolled in college.

Food Preserved

An examination of the data in Table 10 will show the amount of canned food preserved by or given to the families. Eighteen per cent had access to from one to eleven quarts of home canned vegetables, nine per cent had access to from 15 to 25 quarts, and 11 per cent had more than 26 quarts of vegetables. Nineteen per cent had a supply of from one to eleven quarts of home canned fruits and juices, nine per cent reported from 12 to 25 quarts and one per cent reported more than 26 quarts. Thirty-six per cent reported a supply

of from one to eleven quarts of jellies and preserves and nine per cent had from 12 to 25 quarts. Twenty-four per cent had a supply of from one to eleven quarts of pickles and three per cent had from 12 to 15 quarts. One per cent reported from one to eleven quarts of canned meat, and one per cent from 12 to 25 quarts.

As Table 11 reveals, 11 per cent of the young homemakers had a supply of from one to 20 pounds of home frozen vegetables, four per cent reported from 21 to 40 pounds, and four per cent had more than 40 pounds. Six per cent reported a supply of from one to twenty pounds of home frozen fruits, and one per cent reported 21 to 40 pounds. Of the homemakers reporting, 10 per cent had from one to 20 pounds of home frozen meat, four per cent had 21 to 40 pounds, and four per cent a supply of more than 41 pounds.

Table 12 shows that 10 per cent of the families stored from one to five bushels of vegetables and three per cent stored six to 15 bushels. One per cent reported storage of one to five bushels of fruit. Three per cent stored from one to five pounds of meat.

Eighty-two per cent of the dual-role homemakers in Janey's study⁽²⁾ reported that they had canned vegetables, 70 per cent canned fruits and juices, and 22 per cent had preserved meat by canning. Forty-two per cent had frozen some vegetables, 34 per cent had frozen fruits and juices,

and 34 per cent had frozen some meat. Fifty-nine per cent reported conservation of vegetables by storage, 12 per cent stored some fruits, and 34 per cent stored some meat.

Considering the amount of home grown food reported by the young homemakers whose husbands were students at the Virginia Polytechnic Institute, good utilization of this food was made. From evidence given there is reason to believe that parents have been generous in giving food from the home supply to these young people.

Storage Space

Table 13 reveals that 50 per cent of the young homemakers questioned reported inadequate facilities for storage of frozen foods; four per cent did not feel that refrigeration space was adequate; 33 per cent wanted more space for staples and supplies; while 25 per cent felt that more space was needed for root vegetables. Eleven per cent reported a need for more space for storage of fruits and 29 per cent stated a need for adequate storage for canned food.

Only 14 per cent of the subjects of Janey's survey⁽²⁾ reported inadequate storage for frozen food, 44 per cent felt that storage cabinet space was inadequate and 41 per cent reported inadequate storage space for fruits and root vegetables.

TABLE 10

**FOODS PRESERVED BY CANNING
PERCENTAGE REPORTING**

AMOUNT	VEGETABLES	FRUITS AND JUICES	JELLIES AND PRESERVES	PICKLES	MEAT
1 - 11 quarts	18	19	36	24	1
12 - 25 quarts	9	9	9	3	1
More than 25 quarts	11	1	0	0	0

TABLE 11

**FOODS PRESERVED BY FREEZING
PERCENTAGE REPORTING**

AMOUNT	VEGETABLES	FRUITS AND JUICES	MEAT
1 - 20 pounds	11	6	10
21 - 40 pounds	4	1	4
More than 40 pounds	4	0	4

TABLE 12

FOODS CONSERVED BY STORAGE
PERCENTAGE REPORTING

AMOUNT	VEGETABLES	FRUITS	MEATS
1 - 5 bushels	10	1	3
6 - 15 bushels	3	0	0

Kitchen Arrangement

As Table 14 shows, 49 per cent of the young homemakers felt that their kitchens were not well arranged. Of the wives queried 29 per cent wanted more storage for canned foods, 39 per cent expressed a desire for more counter space, while 20 per cent believed that rearrangement of major pieces of equipment would help the kitchen arrangement. Three per cent noted other needs. Those families occupying trailers reported better arranged kitchens than those living in other dwellings.

This information reveals that much work needs to be done with builders in regard to the need for adequate kitchen facilities and arrangement for efficiency. Also, there is a need for educating homemakers to better arrange their kitchens for efficiency.

Food Management Practices

Place for planning: Forty per cent of the respondents reported having a specific place for planning menus, 51 per cent had a particular place to make out the grocery list, and 45 per cent had a specific place to keep food records. A summary of this information is given in Table 15.

TABLE 13

HOMEMAKERS REPORTING INADEQUACY
OF STORAGE SPACE

SPACE	PER CENT REPORTING IN- ADEQUACY
Frozen food	50
Refrigerated food	4
Staples and supplies	33
Root vegetables	25
Fruits	11
Canned food	29

TABLE 14

HOMEMAKERS REPORTING POOR KITCHEN ARRANGEMENT
AND NEEDS FOR BETTER ARRANGEMENT

NEED	PER CENT
Better kitchen arrangement	49
More storage for canned goods	29
More counter space	39

TABLE 14 (Continued)

NEED	PER CENT
Rearrangement of major pieces of equipment	20
Other	3

TABLE 15

HOMEMAKERS REPORTING SPECIFIC PLACES USED FOR
 PERFORMING PARTICULAR TASKS RELATED TO
 FOOD MANAGEMENT
 PER CENT REPORTING

TASK	KITCHEN TABLE	DESK	COUNTER	FILE	BULLETIN BOARD	TOTAL
Menu Plan- ning	4	23	11	1	1	40
Grocery List	35	9	1	6	0	51
Food Records	14	24	4	3	0	45

Time Spent in Meal Preparation and Clean-Up: Eighty per cent of the homemakers spent more than 40 minutes per day preparing dinner and 43 per cent spent from 21 to 30 minutes cleaning up after this meal. These figures represent the largest amounts of time spent daily for these tasks. Twenty-nine per cent spent from 11 to 15 minutes in preparation of breakfast and 40 per cent spent from one to 10 minutes in cleaning up after this meal which represents the mode of these tasks. Twenty-five per cent of the young homemakers spent from 11 to 25 minutes in lunch preparation and 34 per cent spent one to 10 minutes in cleaning up after lunch. The average time spent in preparation for breakfast was 14 minutes and in cleaning up after breakfast was 14 minutes; for lunch preparation the average was 16 minutes and eight minutes in cleaning up, and for dinner the average time for preparation was 53 minutes, and for cleaning up, it was 26 minutes. The average amount of time spent daily in the kitchen was two hours, 11 minutes. A summary of this information is found in Tables 16 and 17.

In Janey's survey⁽²⁾, the average time in preparation and cleaning up after the morning meal was 42 minutes, 33 minutes was spent for lunch preparation and clean-up, and the average for the evening meal was 76 minutes. The average amount of time spent daily in the kitchen was two hours, 30 minutes.

Thirty-four per cent of the husbands were reported as giving some assistance with meal preparation and clean-up. Six per cent of the homemakers questioned stated that children helped with preparation while four per cent reported that children helped with the clean-up. This low figure is accounted for by the young age of the children of these families. Janey⁽²⁾ reported that 45 per cent of the husbands of the homemakers in her investigation gave some assistance in the kitchen. Could it be that the student husbands were too absorbed in their studies to give assistance in the kitchen?

Difficulty in Getting All Foods Ready for a Meal on Time:

When asked if they had difficulty in getting all foods ready at the same time for a meal, 15 per cent of the homemakers answered in the affirmative and five per cent stated that they sometimes had this difficulty.

Where Meals were Eaten: As shown in Table 18, 78 per cent of the wives ate from 16 to 21 meals at home during the week of the survey and 18 per cent had from 10 to 15 meals at home. Eighty-four per cent of the husbands ate from 16 to 21 meals at home. Fifteen per cent of the wives ate from one to five packed lunches and 16 per cent of the husbands had from one to five packed lunches. Fifteen per cent of the husbands and wives had from one to five meals in restaurants. Eighteen

TABLE 16

TIME SPENT DAILY BY HOMEMAKERS IN MEAL PREPARATION

MEAL	1-10 Min.	11-15 Min.	16-20 Min.	21-30 Min.	31-40 Min.	More Than 40 Min.
Breakfast	14	29	28	15	1	1
Lunch	20	25	20	18	3	4
Dinner	0	0	1	5	11	80

TABLE 17

TIME SPENT DAILY BY HOMEMAKERS IN
CLEANING UP AFTER MEALS

MEAL	1-10 Min.	11-15 Min.	16-20 Min.	21-30 Min.	31-40 Min.	More Than 40 Min.
Breakfast	40	19	10	8	1	3
Lunch	34	23	8	10	0	0
Dinner	4	5	24	43	9	11

per cent of the wives and nine per cent of the husbands had from one to five meals with friends or relatives. One-fourth to one-third of the meals were eaten away from home; however, some of these meals were prepared at home. Perhaps the reason that husbands ate more meals at home than wives is that some of the working wives were too far from home to be there for lunch.

Guests for Meals: Twenty-five per cent of the homemakers reported having guests for meals during the week with a total of 93 guests.

Methods and Factors of Meal Planning: Fifty-six per cent of the young homemakers questioned stated that they planned meals in advance; 31 per cent planned when it was time to prepare the meals, and 13 per cent used both methods. Of the number who planned in advance, 50 per cent of them planned meals daily, 13 per cent planned every two days, and 34 per cent made meal plans weekly. Three per cent planned ahead for times other than those listed above. A summary of this information is given in Table 19. The results show that less than one-half of the homemakers had a systematic weekly plan for meals.

Ninety-five per cent of the homemakers were influenced by the family likes and dislikes when planning menus. Cost was a factor of consideration in 86 per cent of the families, while nutritive value was a factor in 85 per cent of the

TABLE 18

REPORT OF WHERE HUSBANDS AND WIVES ATE MEALS
DURING WEEK OF SURVEY

FAMILY MEMBER	MEALS AT HOME		PACKED LUNCHES 1-5	MEALS IN RESTAURANTS 1-5	MEALS WITH FRIENDS OR RELATIVES 1-5
	16-21	10-15			
Wife	78	18	15	15	18
Husband	84		16	15	9

TABLE 19

MEAL PLANNING PRACTICES OF YOUNG HOMEMAKERS

METHOD	PER CENT
Plan when time to prepare	31
Plan in advance	56
Use both methods	13
Plan daily	50
Plan two days ahead	13
Plan weekly	34
Plan for other lengths of time	3

families. Eighty-eight per cent took into account the foods on hand when planning meals. Other factors as shown in Table 20 are amount of preparation, variety of flavor, variety of texture, season of the year, and weather.

Difficulty in Getting Family Members to Eat Certain Foods:

Thirty-eight per cent of the homemakers said that they had difficulty in getting family members to eat certain foods. Some of the foods named were liver, new dishes, fruit, peanut butter, green vegetables, other vegetables, dairy foods, some meats and particularly lamb, casserole dishes and sea food. A summary of this data can be found in Table 21. Vegetables were most often named as the foods which family members did not want to eat.

Between Meals Snacks: Eighty-three per cent of the young homemakers reported that between meal snacks were eaten by their families and 11 per cent stated that snacks were sometimes eaten. A soft drink was the beverage most often drunk as the evening snack beverage, coffee or tea was most often the morning snack beverage while cake and cookies were the snack foods most often preferred. Analysis of Table 22 will give further information as to the snack foods eaten. These data show that snacks were included in the daily food pattern of most of the families.

TABLE 20

FACTORS CONSIDERED IN MENU PLANNING

FACTORS	PER CENT
Cost	86
Likes and dislikes	95
Nutritive Value	85
Amount of preparation	64
Foods on hand	88
Variety in flavor	68
Variety in texture	33
Season of year	56
Weather	49

TABLE 21

FOODS WHICH HOMEMAKERS HAD DIFFICULTY IN
GETTING FAMILY MEMBERS TO EAT

FOOD	PER CENT
Organ meats	6
New dishes	1
Fruit	5
Green leafy vegetables	20
Other vegetables	24
Dairy foods	4

TABLE 21 (Continued)

FOOD	PER CENT
Some Meats	10
Peanut butter	1
Casseroles	3
Sea food	4

TABLE 22

FOODS PREFERRED AT SNACK TIME

PERCENTAGE REPORTING

FOOD OR BEVERAGE	MORNING	AFTER- NOON	EVENING	BEDTIME
Soft drink	5	20	23	10
Coffee - tea	13	9	5	1
Milk	5	5	11	19
Fruit juice	1	1	4	1
Cake - cookies	13	25	28	24
Pie	0	0	3	1
Ice cream	0	1	0	0
Candy	0	1	0	0
Dessert	0	0	1	1
Popcorn, Potato chips	6	16	23	8

TABLE 22 (Continued)

FOOD OR BEVERAGE	MORNING	AFTER- NOON	EVENING	BEDTIME
Sandwich	0	4	5	4
Pizza	0	0	1	0
Hamburgers, Hot dogs	0	0	0	3
Cereal	0	0	0	3
Eggs	0	0	0	1
Fruit	8	13	7	6

TABLE 23

FREQUENCY OF SHOPPING FOR GROCERIES

ITEM	DAILY	3 TIMES A WEEK	TWICE A WEEK	ONCE A WEEK	OTHER
Milk	1	65	16	16	8
Bread	3	29	41	26	1
Other Gro- ceries	0	1	5	81	12

Factors and Methods Employed in

Shopping for Groceries

Frequency of Shopping: Sixty-five per cent of the homemakers reported that milk was delivered to the home or purchased at the grocery store three times a week. Forty-one per cent of the respondents stated that they shopped for bread twice a week. Eighty-one per cent purchased meat and other groceries once per week. Examination of the data in Table 23 will give a more detailed summary of the frequency of shopping. This information indicates that the homemakers made intelligent decisions in regard to frequency of shopping. Even though storage space was limited, it must have been well utilized.

Day of the Week that Shopping was Done: Fifty per cent of the homemakers questioned said that the major portion of their marketing was done on Thursday. Sixteen per cent shopped on Friday, and 14 per cent on Saturday. Other times account for less than 10 per cent on any one day as Table 24 reveals. There is evidence that shopping patterns of the young homemakers were good since week-end purchasing usually provides opportunities for "specials" and in some stores the fresh vegetables arrive the latter part of the week.

Factors in Choice of Grocery Store: Ninety-three per cent of the wives reported that price influenced their choice of a grocery store, 86 per cent were influenced by availability of

good meat, 74 per cent shopped where a variety of products was offered, whereas a convenient location and good fresh vegetables were listed as important to 61 per cent of the respondents. Fifty-three per cent were influenced by premium stamps. A study of Table 25 will give a summary of the factors of influence in the young homemaker's choice of grocery stores. These data indicate that the young homemakers were aware of the important factors in choosing a food market.

Planning as a Factor in Grocery Shopping: Eighty-three per cent of the shoppers made a list before going to the grocery store while 12 per cent chose everything as they shopped. Sixty-nine per cent reported that they supplemented their lists from displays. As shown in Table 26, 39 per cent of the respondents planned the menus and then bought the groceries while 56 per cent bought the groceries and then planned the meals. Five per cent stated that they practiced both methods.

Family Grocery Shopper: In 50 per cent of the families, the wives did the grocery shopping alone, 40 per cent of the husbands and wives shopped together, and 10 per cent of the husbands did the shopping alone. This information is found in Table 27. These data indicate that more interest in food marketing was shown by these husbands than those who took part in an Ohio study⁽¹⁸⁾, in which two-thirds of the wives did the shopping alone, 24 per cent of the husbands and wives shopped together, and seven per cent of the husbands did the marketing alone.

TABLE 24

DAY OF WEEK MAJOR PART OF MARKETING IS DONE

DAY	PER CENT
Monday	9
Tuesday	5
Wednesday	3
Thursday	50
Friday	16
Saturday	13
No specific day	4

TABLE 25

FACTORS OF INFLUENCE IN CHOICE OF GROCERY STORE

FACTOR	PER CENT
Price	93
Parking space	39
Stamps	53
Specific brands	34
Store extends credit	1
Good fresh vegetables	61
Convenient location	61

TABLE 25 (Continued)

FACTOR	PER CENT
Attractive store and displays	29
Friendly management	46
Good meat	86
Variety of products	74
Other	8

TABLE 26

PLANNING HABITS RELATED TO GROCERY SHOPPING AS
REPORTED BY HOMEMAKERS

HABIT	PER CENT
Follow list	83
Choose everything while shopping	12
Follow list but supplement from displays	69
Plan menus and then buy groceries	39
Buy groceries and then plan menus	56
Use both methods	5

Weekly Grocery Bill: As Table 28 shows, forty-one per cent of the families spent from \$10.00 to \$15.00 per week for groceries. Twenty-five per cent had a weekly expenditure of from \$5.00 to \$10.00, and 25 per cent spent from \$15.00 to \$20.00 weekly at the food market. These figures are exclusive of non-food items which are available in the grocery stores. The average weekly expenditure per family was \$13.75; the average daily expenditure for food per person was \$0.73; the weekly average per person was \$5.09. These figures are lower than the national average established in 1955 of \$6.07 per person in the low-income group⁽¹²⁾. Janey⁽²⁾ reported that the families in her investigation spent an average of \$19.52 per week for food.

Nutritional Adequacy of Meals Served for One Week

Found in Table 29 are the scores given according to the nutritional adequacy of the week's menus. Basis for scoring was the score sheet compiled by the Virginia Extension Service. A copy of this score sheet is found in the Appendix. A total of eight to ten points was rated as "good", five to seven points was given a "fair" rating, and four or less points was scored as "poor".

Thirty-four per cent of the menus were classified as "good", 48 per cent were "fair", and 11 per cent were scored

TABLE 27

FAMILY MEMBERS WHO USUALLY SHOP FOR GROCERIES

FAMILY MEMBER	PER CENT
Husband	10
Wife	50
Husband and wife together	40

TABLE 28

APPROXIMATE AMOUNTS SPENT WEEKLY FOR GROCERIES

AMOUNT	PER CENT
\$ 5.00 - 10.00	25
\$10.00 - 15.00	41
\$15.00 - 20.00	25
\$20.00 - 25.00	6
\$25.00 - 30.00	3

as "poor". Three of the respondents gave inadequate information for scoring and four per cent gave no information. The inadequacies most often found were the lack of green leafy vegetables, yellow vegetables, and citrus fruit. Less than one-half of the menus were classified as "good". There is evidence that these young homemakers need to practice good menu planning in order to feed their families adequately. Perhaps they need more instruction in this field.

Frequency of Purchase of Food Items

A summary of the frequency of the purchase of food items is given in Table 30. Some of the outstanding facts revealed are that 53 per cent of the families seldom or never purchased cooked cereals, 94 per cent seldom or never bought whole wheat flour, and 67 per cent seldom or never purchased non-fat dry milk. Less than one-half of the families regularly purchased organ meats of any kind. Ninety-seven per cent of the homemakers reported that they seldom or never bought herring or mackerel. Soft drinks were one of the most popular items as 39 per cent reported purchase of them once or twice a week and 48 per cent bought soft drinks every eight days to one month. Even though the food expenditure for food was low, it is questionable as to whether or not the families received optimum benefit from the money spent.

TABLE 29
NUTRITIONAL ADEQUACY OF MEALS
SERVED FOR ONE WEEK

RATING	PER CENT
Good	34
Fair	48
Poor	11
Inadequate In- formation	3
No Information	4

TABLE 30

FREQUENCY OF PURCHASE OF GROCERY ITEMS
AS REPORTED BY HOMEMAKERS

Item	Every 1-2 days	Once or twice a week	8 days-1 month	Seldom or Never
<u>Breads</u>				
Regular loaf, white French or Vienna	26	66	4	4
Brown 'N Serve Rolls or Loaf	1	11	26	62
Whole wheat loaf	0	15	14	71
Packaged Rolls, ready to eat	0	6	16	77
Doughnuts or Breakfast buns	0	9	37	54
<u>Cereals</u>				
Cooked cereals such as oatmeal, grits, cream of wheat	1	8	38	53
Ready to eat cereals	0	30	54	16
Variety package of ready to eat cereals (individual packages)	0	3	10	87
<u>Baby Foods</u>				
	0	24	10	66
<u>Crackers and Other Similar Items</u>				
Graham crackers	0	6	46	48
Ritz, Saltine, Variety Crackers, Potato Chips, Corn Chips, Potato Sticks	3	27	50	20

TABLE 30 (Continued)

Item	Every 1- 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
<u>Meals and Flours</u>				
Cornmeal	0	6	46	48
Flour, All-purpose	0	3	73	24
Flour, Whole wheat	0	0	6	94
<u>Spaghetti, Macaroni Similar Items</u>				
Macaroni, Spaghetti	0	10	82	8
Noodles	0	3	40	57
Rice, regular	0	3	27	70
Rice, Minute	0	4	38	58
<u>Dairy Products, Similar Items</u>				
Butter	1	16	13	70
Margarine	1	36	52	11
Cheese, Cheddar	0	20	44	36
Cheese Spreads	0	1	19	80
Cottage Cheese	0	6	29	65
Cream, Half and Half or Coffee	0	4	5	91
Whipping Cream	0	1	8	91
Sour Cream	1	0	14	85
Buttermilk	0	3	11	86
Whole Milk	49	36	1	14
Skim Milk	8	6	4	82
Dry Non-fat Milk	1	8	24	67
Evaporated Canned Milk	0	9	41	50
Ice Cream	0	6	30	64
Whipped Topping, pres- surized can	0	0	6	94
Eggs, large	1	48	8	43
Eggs, Medium	1	26	25	48
Eggs, Small	1	0	6	93

TABLE 30 (Continued)

Item	Every 1- 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
<u>Meat, Fish, Poultry</u>				
Ground Beef	1	65	28	6
Chuck Roast, Beef	0	4	57	39
Rib Roast, Beef	0	3	23	74
Round Steak	0	10	41	49
Sirloin, T-bone, Porterhouse steak	0	10	35	55
Beef Liver	0	8	24	68
Calves Liver	0	4	15	81
Pork Liver	0	0	11	89
Lamb Chops	0	1	13	86
Leg of Lamb	0	0	1	99
Pork Chops	0	30	54	16
Pork Roast	0	3	31	66
Spareribs	0	1	25	74
Picnic Ham	0	1	33	66
Smoked Ham	0	3	23	74
Bacon, Sausage	2	45	46	7
Veal Chops	0	3	10	87
Veal Roast	0	0	0	100
Whole Fryer	0	13	25	62
Cut-up Fryer	0	30	45	25
Stewing or Roast- ing Hen	0	1	20	79
Chicken Livers	0	3	13	84
Separate parts such as breasts	0	19	30	51
Fresh Ocean Fish	0	10	23	67
Fresh Shrimp	0	3	11	86
Oysters, Lobster	0	3	7	90
Kidney	0	0	3	97
Heart	0	0	0	100
Brains	0	0	0	100
Weiners	0	25	54	21
Luncheon Meat	0	36	44	20

TABLE 30 (Continued)

Item	Every 1-2 days	Once or twice a week	8 days-1 month	Seldom or Never
<u>Canned Meats and Seafood</u>				
Corned Beef	0	4	30	66
Corned Beef Hash	0	0	19	81
Luncheon Meat such as Spam	0	3	35	62
Crabmeat, Shrimp	0	1	11	88
Sardines	0	1	21	78
Tuna	0	18	64	18
Salmon	0	3	30	67
Herring, Mackerel	0	0	3	97
<u>Canned Fruits and Juices</u>				
Apples and Applesauce	0	20	64	16
Apricots	0	5	18	77
Cherries, Red	0	4	20	76
Figs	0	1	0	99
Fruit Cocktail	0	11	65	24
Grapefruit, Orange Sections	0	13	15	72
Lemon Juice	0	0	25	75
Orange, Grapefruit Juice	3	35	27	35
Peaches, Pears	0	21	53	26
Pineapple	0	10	53	37
Pineapple, Grape Juice	0	6	28	66
<u>Dried Fruits</u>				
Apples	0	0	3	97
Apricots, Peaches	0	0	4	96
Figs, Dates	0	0	6	94
Prunes	0	0	24	76
Raisins	0	0	53	47

TABLE 30 (Continued)

Item	Every 1-2 days	Once or twice a week	8 days-1 month	Seldom or Never
<u>Fresh Fruits</u>				
Apples	0	26	54	20
Bananas	0	39	51	18
Lemons	0	8	41	51
Oranges, Grapefruit	0	21	56	23
Grapes	0	8	21	71
Pineapple	0	0	4	96
<u>Frozen Fruits and Juices</u>				
Blueberries, Peaches	0	1	3	96
Strawberries	0	1	26	73
Lemonade	0	4	23	73
Orange Juice	0	29	38	33
Grape Juice	0	3	38	79
<u>Beverages</u>				
Coffee, Regular	1	15	49	35
Tea, Bags	1	6	59	35
Tea, Loose	0	3	20	78
Cocoa, Breakfast	0	3	40	58
<u>Soups</u>				
Canned Soup	1	46	46	7
Packaged Dry Soup	0	8	26	66
Frozen Soup	0	0	6	94
<u>Sugar and Sweets</u>				
Brown Sugar	0	1	64	35
Granulated	1	9	81	9
Powdered	0	0	59	41
Honey, Syrup	0	0	48	52
Molasses	0	1	6	93
Marshmallows	0	0	28	72
Jellies and Preserves	1	5	56	38

TABLE 30 (Continued)

Item	Every 1- 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
<u>Vegetables, Canned</u>				
Asparagus, Tips	0	8	19	73
Asparagus, Cut Spears	0	6	21	73
Beans, Kidney	0	3	28	69
Beans, String	0	25	50	25
Pork and Beans	0	23	56	21
Beets	0	9	37	54
Corn	0	24	58	18
Mushrooms	0	1	18	81
Green Leafy such as Spinach	0	14	35	51
Peas	0	36	41	23
Potatoes, White	1	13	26	60
Potatoes, Sweet	0	5	35	60
Onions	0	8	30	62
Mixed Vegetables	0	6	21	73
Tomatoes	0	19	61	20
Tomato Paste, Sauce	0	13	71	16
Tomato, V-8 Juice	1	4	34	61
<u>Vegetables, Dried</u>				
Navy Beans	0	1	24	75
Lima Beans	0	1	14	85
<u>Vegetables, Fresh</u>				
Asparagus	0	3	9	88
String Beans	0	10	39	51
Broccoli	0	3	11	86
Brussels Sprouts	0	1	8	91
Cabbage	0	10	56	34
Carrots	0	16	68	16
Cauliflower	0	3	15	82
Celery	0	9	65	26
Corn	0	11	33	56
Cucumbers	0	14	47	39

TABLE 30 (Continued)

Item	Every 1- 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
<u>Vegetables, Fresh</u> (Cont'd)				
Eggplant	0	1	6	93
Lettuce	0	49	46	5
Mushrooms	0	0	1	99
Onions	0	10	71	19
Parsley	0	0	4	96
Peas	0	4	15	71
Green Pepper	0	11	39	50
Potatoes, White	1	21	68	10
Potatoes, Idaho Bakers	0	9	36	55
Sweet Potatoes	0	5	26	69
Spinach and Other Green Leafy Vege- tables	0	8	32	60
Squash	0	6	15	79
Tomatoes	0	31	50	19
<u>Vegetables, Frozen</u>				
Asparagus	0	3	9	88
Green Beans	0	13	21	66
Lima Beans	0	14	44	42
Broccoli	0	11	48	41
Brussels Sprouts	0	4	28	68
Cauliflower	0	4	19	77
Corn	0	8	24	68
Green Leafy Vegetables	0	14	31	55
Mixed Vegetables	0	5	17	78
Peas	0	14	25	61
Peas and Carrots	0	3	11	86
Potatoes, French Fried	0	8	18	74
Squash	0	3	3	94
<u>Instant Foods</u>				
Instant Coffee	1	9	46	44
Instant Tea	0	0	6	94

TABLE 30 (Continued)

Item	Every 1- 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
<u>Instant Foods</u> (Cont'd)				
Instant Potatoes	0	0	1	99
Instant Pudding	0	3	37	60
<u>Frozen Foods</u>				
Fish Sticks, Breaded Veal, Scallops, Shrimp	0	14	47	39
Shrimp Creole	0	1	4	95
TV Dinner	0	0	10	90
Jiffy Steaks, Ham- burger Patties	0	4	19	77
Pot Pies	0	5	36	59
Waffles, French Toast	0	3	5	92
Pizza	0	0	9	91
Cakes, Pies	0	5	21	74
Cookie Dough	0	0	9	91
Biscuits, Rolls	0	5	23	72
<u>Mixes</u>				
Bisquick	0	0	25	75
Cake, Cookie, Ginger- bread	0	9	66	25
Candy, Frosting	0	4	21	75
Cornbread	0	0	15	85
Muffin, Pancake	0	1	49	50
Pie Filling, Pudding	0	3	54	43
Roll	0	1	11	88
<u>Canned</u>				
Biscuits, Rolls	0	3	38	59
Spaghetti, Beef Stew	0	0	26	74
Chinese Dinner	0	0	14	86

TABLE 30 (Continued)

Item	Every 1- 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
<u>Miscellaneous</u>				
Prepared Potato Salad	0	4	4	92
Prepared Gelatin Salad	0	0	1	99
Ready-cut Cole Slaw	0	0	3	97
Chicken Salad, Other Prepared Meat Salads	0	1	14	85
Dips	0	3	17	80
Grated Cheese	0	0	23	77
Bakery Cakes, Pies	0	1	16	83
Soft Drinks	3	39	48	10
Candy	0	8	32	60
Cookies	0	18	45	37
Peanuts	0	0	15	85

CHAPTER IV

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of this study was (1) to determine some of the problems in family food management of young homemakers and (2) to make recommendations for more effective teaching of food management to students living in the home management residence of the School of Home Economics.

With the use of schedules especially prepared for this study, information relating to food management was collected from a group of 80 young homemakers whose husbands were students at the Virginia Polytechnic Institute during the 1961-62 academic year. A summary of the results shows that:

1. Almost three-fourths of the homemakers were from 20 to 25 years of age. The average size family of the respondents was 2.7 persons. Fifty-six per cent of the homemakers had children, and 52 per cent of the children were under age two. Only three per cent of the children were over age six.
2. Fifty-one per cent of the wives were employed outside the home.
3. Sixty-one per cent of the families lived in apartments, 31 per cent in trailers, and eight per cent lived in houses.

4. Sixty per cent of the homemakers had more than a high school education, and 66 per cent had some training in home economics.
5. More than three-fourths of the homemakers reported ownership or use of mixers and automatic toasters; over one-half of them owned or used electric fry pans. Less than one-half reported ownership or use of waffle irons, pressure sauce pans, and deep fat fryers. Even though the majority of the homemakers owning kitchen appliances reported frequent use of them, few received optimum benefit from the use of them.
6. Twenty-nine per cent of the families raised some food for their use. Results show that a generous amount of this food was conserved. There is indication that the families of these young people were generous in giving them food from the home supply.
7. Forty-nine per cent of the homemakers felt that their kitchens were not well arranged. More counter space was most often listed as a need. There is evidence that some work with builders is needed in regard to adequate kitchen facilities. Homemakers need some instruction in kitchen arrangements.
8. Fifty-seven per cent of the respondents reported a specific place for making grocery lists, 48 per cent

had a place for making menus, and 49 per cent had a particular place for keeping food records. These results show the need for more organized planning for food management.

9. Eighty per cent of the homemakers spent an average of 14 minutes in preparing breakfast and 14 minutes in cleaning up after this meal; the average for lunch preparation was 16 minutes and 8 minutes for cleaning up, and for dinner the average preparation time was 53 minutes and 26 minutes for clean-up. The homemakers spent an average of two hours, 11 minutes daily in the kitchen.
10. Less than one half of the husbands were reported as giving assistance in the kitchen.
11. Twenty per cent of the homemakers had difficulty in getting all foods ready on time for a meal.
12. Fifty-six per cent of the homemakers planned meals in advance, 31 per cent planned meals when it was time to prepare them and 13 per cent used both methods. Of those who planned in advance, 50 per cent planned ahead daily. This information shows that few of the homemakers had a systematic weekly plan for meals.
13. When planning menus, more than three-fourths of the homemakers took into consideration cost, likes and dislikes, nutritive value, and foods on hand.

14. Thirty-eight per cent of the homemakers had difficulty in getting family members to eat certain foods. Vegetables were most often named as foods which the family members did not like to eat.
15. Ninety-four per cent of the families ate between-meal snacks, which indicates that snacks were included in the daily food pattern of most of the families. Soft drinks and coffee and tea were the beverages preferred. Cake and cookies were snack foods most often eaten.
16. One half of the families reported that the major portion of the grocery shopping was done on Thursday, 16 per cent shopped on Friday, and 14 per cent on Saturday. These results indicate that the young homemakers had a good system for shopping.
17. More than three-fourths of the families were influenced by cost and availability of good meat in their choice of grocery store.
18. Eighty-three per cent of the homemakers used a list when shopping for groceries while 12 per cent chose everything as they shopped.
19. Fifty-six per cent of the homemakers bought the groceries and then planned the menus. Thirty-nine per cent planned the meals and then bought the groceries. Five per cent used both methods.

20. In one-half of the families, the wives did the grocery shopping, 40 per cent of the husbands and wives shopped together, and 10 per cent of the husbands did the food marketing. There is an indication that husbands showed much interest in food marketing.
21. Forty-one per cent of the families spent from \$10.00 to \$15.00 weekly for groceries, 25 per cent spent from \$5.00 to \$10.00 and 25 per cent spent from \$15.00 to \$20.00. The weekly average expenditure per family was \$13.75, and the daily average cost per person for food prepared at home was \$0.73.
22. Forty-eight per cent of the homemakers served meals which were scored as "fair". Thirty-four per cent of the homemakers received a "good" rating for meals served, and 11 per cent of the meals were judged as "poor". It is questionable as to whether or not the families received optimum benefit from the money spent.

Conclusions

Analysis of the data obtained in this study showed that the homemakers who participated were generally conservative in the spending of the food dollar; the majority seemed to have budgeted their time reasonably well, but there were more than 65 per cent of them who did not serve, during the week in

which records were kept, meals which contained all the nutrients necessary for a well-balanced diet. This information indicates the need for education for better spending of the food dollar.

Recommendations

The investigator makes the following recommendations for more effective teaching of food management to students living in the home management residence.

1. A moderate food budget modified as necessary to meet changes in food costs should be used.
2. Some experience should be given in the planning and preparing of adequate low cost meals.
3. Trips to the grocery stores should be well planned and restricted to not more than two per week and preferably one.
4. Use of kitchen appliances for optimum efficiency should be emphasized.
5. Factors important in the selection of a food market should be studied in regard to the local grocery stores.
6. Advantages of using some of the convenience foods should be considered. Some of these factors are cost, time, acceptability, and palatability.

7. All food plans, market lists, and menus should be studied carefully to offer the residents optimum nutrition for the money spent.

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APPENDIX

SCHOOL OF HOME ECONOMICS
VIRGINIA POLYTECHNIC INSTITUTE
BLACKSBURG, VIRGINIA

MARCH 17, 1962

Dear Young Homemaker:

As home economists we are interested in the food management practices of busy young homemakers. The attached survey form has been devised in an effort to collect information on this subject.

This knowledge is most important to us as it will be used as a basis for teaching meal management and home management to our students in preparation for their tasks as home managers. By participating in this survey you will help us move toward our objectives in teaching better food management, and we hope that you, too, will receive benefit from it.

You are not being asked to sign your name, therefore, all information will be confidential. A numbering system will be used in keeping account of forms returned. However, numbers will be erased before any data are analyzed.

If at all possible, please complete and return the form in the self-addressed envelope not later than March 31. Thank you for your co-operation.

Sincerely yours,

Mrs. Dorothy Jean Herndon

Approved by:

Dr. Laura Jane Harper, Dean
School of Home Economics

SCHEDULE FORM

Food Management Practices of Young Homemakers

In order to get a general picture of the food management practices of young homemakers whose husbands are students at the Virginia Polytechnic Institute, we need some background information about age, education, and number of hours employed away from the home.

Please give information in spaces below:

1. Age of wife last birthday _____ years

2. Do you have children? Yes _____ No _____

3. If, yes, give age and sex of each child.

	Sex	Age
(1)	_____	_____
(2)	_____	_____
(3)	_____	_____
(4)	_____	_____
(5)	_____	_____

4. Are you employed outside the home? Yes _____ No _____

5. If yes, state the number of hours per week that you work away from the home. _____ hours

6. Check your present living facilities:

House _____	Live with parents or in-laws _____
Apartment _____	Other (indicate type of dwelling) _____
Trailer _____	

7. Do you have anyone other than members of your family as listed above living in your household? Yes ____ No ____
8. If yes, state sex and give age group in which they belong:

Sex	Child	Teen-ager	Young Adult	Middle Age	Elderly

9. What was the last year of school that you completed? _____
10. Have you had any home economics training in school?
Yes ____ No ____
11. If yes, give the amount of training:
- (a) ____ no. years -- high school
- (b) ____ no. years -- college if home economics major
- (c) ____ no. years -- college if major other than home economics
12. If you answered (c) above stating that you elected some home economics courses in college, check below any courses pertaining to foods and nutrition or home management which you took.
- Meal Planning _____ Home Management _____
- Nutrition _____ Experimental Foods _____
- General Foods Course _____ Other (list) _____
13. If you attended college, what was your major field of study? _____

14. We are interested in knowing about some of the kitchen appliances which you own or use. Please check information below.

Appliance	Do you have?		How often do you use it?			
	Yes	No	Daily	2-3 times per week	Weekly	Seldom
Refrigerator						
Refrigerator-Freezer Combination						
Freezer						
Mixer						
Pressure sauce pan						
Automatic Toaster						
Deep fat fryer						
Electric fry pan						
Waffle Iron						
Dish washer						

15. Size of refrigerator: less than 6 cu. ft. _____, 6-9 cu. ft. _____, over 9 cu. ft. _____, don't know _____.
16. Size of freezer (either combination or separate) in cubic feet _____, don't know _____.

17. Did you raise any of your own food this past year?

Yes _____ No _____

18. If yes, check the kinds of food that you raised.

Vegetables _____

Fruits _____

Meat _____

19. We would like to have some idea of the amount of food that you have preserved or stored during the past year. Include any food which was given to you by friends or relatives.

Food	Canned (estimate in quarts)	Frozen (estimate in pounds)	Stored - without canning or freez- ing (estimate in bushels or suit- able measure*)
Vegetables			
Fruits and Juices			
Jellies and Preserves			
Pickles			
Meat			

* Indicate measure used if different from bushel.

20. Please indicate in the spaces on the next page whether or not you think that your storage space is adequate for the items listed.

Space	Adequate	Inadequate
Frozen food		
Refrigerated food		
Staples and supplies		
Root vegetables		
Fruits		
Canned food		

21. Do you think that your kitchen is well arranged?

Yes _____ No _____

22. If no, check the items which would make for better conditions!

More storage for canned goods _____

More counter space _____

Rearrangement of major pieces of equipment _____

Other (specify) _____

23. Do you have a specific place to perform the following tasks?

Task	Yes	No	Where is it done?
Menu planning			
Grocery list			
Food records*			

* Grocery sales slips, old menus, guest meals file and similar records.

24. We are interested in knowing the amount of time spent in meal preparation and cleaning up after meals:

Family Member	<u>Time Spent Daily (in minutes)</u>					
	Meal Preparation			Cleaning up After Meal		
	Break-fast	Lunch	Dinner	Break-fast	Lunch	Dinner
Wife						
Husband						
Children						
Other person						

25. Do you have difficulty in getting all foods for a meal ready at the same time? Yes _____ No _____
26. We need some information about where meals were eaten this past week.

Family Member	No. meals at home	No. packed lunches eaten	No. meals eaten in restaurants	No. meals with friends or relatives
Wife				
Husband				
Children				
Other				

27. Did you have guests for any meals during the past week?
Yes _____ No _____

28. If yes, how many guests and for which meals

Day	Number Guests	Breakfast	Lunch	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

29. Some housewives like to plan each meal when it is time to prepare it; others prefer to plan it in advance.

Which method do you use?

Plan when it is time to prepare _____

Plan in advance _____

30. If you plan meals in advance, how far in advance do you plan?

Daily _____

Monthly _____

Two days _____

Other (Specify) _____

Weekly _____

31. What things do you take into consideration when planning meals? Check below those which apply to you.

Cost _____ Likes and dislikes _____ Nutritive value _____

Amount of preparation _____ Foods on hand _____ Variety

in flavor _____ Variety in texture _____ Season of

Year _____ Weather _____

32. Do you have difficulty in getting family members to eat certain foods? Yes _____ No _____

33. If yes, name some of the foods which they do not like to eat. _____

34. Do you and your family eat between meal snacks?

Yes _____ No _____

35. If yes, what do you usually eat and/or drink at snack time?

Morning _____

Afternoon _____

Evening _____

Bedtime _____

36. One of the major problems facing today's homemakers is that of marketing for groceries. How often is shopping done for the following items?

Item	Daily	3 times a week	Twice a week	Once a week	Other
Milk					
Bread					
Meat					
Other Groceries					

37. What day of the week is the major part of your marketing done?

Monday _____ Tuesday _____ Wednesday _____ Thursday _____

Friday _____ Saturday _____ Sunday _____

38. Check the items which influence your shopping or choice of grocery store.

44. Since so many items are available in today's grocery store, we would like to know some of the things which you purchase. Please check the items which you buy and frequency of purchase.

Item	Every 1 or 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
<u>Breads</u>				
Regular loaf, white French or Vienna				
Brown 'N Serve Rolls or Loaf				
Whole wheat loaf				
Packaged rolls, ready to eat				
Doughnuts or Break- fast bun ^s				
<u>Cereals</u>				
Cooked cereals such as oatmeal, grits, cream of wheat				
Ready to eat cereals				
Variety package of ready to eat cereals (individual pkgs.)				
<u>Baby Foods</u>				
<u>Crackers and Other Similar Items</u>				
Graham crackers				
Ritz, Saltine, Variety Crackers Potato Chips, Corn Chips, Potato Sticks				

ITEM	Every 1-2 days	Once or twice a week	8 days-1 month	Seldom or Never
<u>Meals and Flours</u>				
Cornmeal				
Flour, All-purpose				
Flour, Whole wheat				
Spaghetti, Macaroni, Similar Items				
Macaroni, Spaghetti				
Noodles				
Rice, regular				
Rice, Minute				
<u>Dairy Products, Similar Items</u>				
Butter				
Margarine				
Cheese, Cheddar				
Cheese Spreads				
Cottage Cheese				
Cream, Half and Half or Coffee				
Whipping Cream				
Sour Cream				
Buttermilk				
Whole milk				
Skim milk				
Dry Non-fat milk				
Evaporated Canned milk				
Ice Cream				
Whipped topping, pressurized can				
Eggs, large				
Eggs, Medium				
Eggs, small				
<u>Meat, Fish, Poultry</u>				
Ground Beef				
Chuck Roast, Beef				

Item	Every 1- 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
Rib Roast, Beef				
Round Steak				
Sirloin, T-bone, Porterhouse steak				
Beef Liver				
Calves Liver				
Pork Liver				
Lamb Chops				
Leg of Lamb				
Pork Chops				
Pork Roast				
Spareribs				
Picnic Ham				
Smoked Ham				
Bacon, Sausage				
Veal Chops				
Veal Roast				
Whole Fryer				
Cut-up Fryer				
Stewing or Roast- ing Hen				
Chicken Livers				
Separate parts, such as breasts				
Fresh ocean fish				
Fresh shrimp				
Oysters, Lobster				
Kidney				
Heart				
Brains				
Weiners				
Luncheon Meat				
<u>Canned Meat and Seafood</u>				
Corned Beef				
Corned Beef Hash				
Luncheon Meat, such as Spam				
Crabmeat, shrimp				
Sardines				
Tuna				
Salmon				

Item	Every 1-2 days	Once or twice a week	8 days-1 month	Seldom or Never
<u>Herring, Mackerel</u>				
<u>Canned Fruits and Juices</u>				
Apples and Applesauce				
Apricots				
Cherries, red				
Figs				
Fruit Cocktail				
Grapefruit, Orange Sections				
Lemon Juice				
Orange, Grapefruit Juice				
Peaches, Pears				
Pineapple				
Pineapple, Grape Juice				
<u>Dried Fruits</u>				
Apples				
Apricots, Peaches				
Figs, Dates				
Prunes				
Raisins				
<u>Fresh Fruits</u>				
Apples				
Bananas				
Lemons				
Oranges, Grapefruit				
Grapes				
Pineapple				
<u>Frozen Fruits and Juices</u>				
Blueberries, Peaches				
Strawberries				
Lemonade				
Orange Juice				
Grape Juice				

	Every 1- 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
<u>Beverages</u>				
Coffee, Regular				
Tea, Bags				
Tea, Loose				
Cocoa, Breakfast				
<u>Soups</u>				
Canned Soup				
Packaged Dry Soup				
Frozen Soup				
<u>Sugar and Sweets</u>				
Brown Sugar				
Granulated				
Powdered				
Honey, Syrup				
Molasses				
Marshmallows				
Jellies and Preserves				
<u>Vegetables, Canned</u>				
Asparagus, Tips				
Asparagus, Cut Spears				
Beans, Kidney				
Beans, String				
Pork and Beans				
Beets				
Corn				
Mushrooms				
Green Leafy, such as Spinach				
Peas				
Potatoes, White				
Potatoes, Sweet				
Onions				
Mixed Vegetables				
Tomatoes				
Tomato Paste, Sauce				
Tomato, V-8 Juice				

Item	Every 1-2 days	Once or twice a week	8 days-1 month	Seldom or Never
<u>Vegetables, Dried</u>				
Navy Beans				
Lima Beans				
<u>Vegetables, Fresh</u>				
Asparagus				
String Beans				
Broccoli				
Brussel Sprouts				
Cabbage				
Carrots				
Cauliflower				
Celery				
Corn				
Cucumbers				
Eggplant				
Lettuce				
Mushrooms				
Onions				
Parsley				
Peas				
Green Pepper				
Potatoes, White				
Potatoes, Idaho Bakers				
Sweet Potatoes				
Spinach and other Green Leafy Vegetables				
Squash				
Tomatoes				
<u>Vegetables, Frozen</u>				
Asparagus				
Green Beans				
Lima Beans				
Broccoli				
Brussel Sprouts				
Cauliflower				
Corn				
Green Leafy Vegetables				
Mixed Vegetables				

Item	Every 1- 2 days	Once or twice a week	8 days- 1 month	Seldom or Never
<u>Vegetables, Frozen</u> (Cont'd)				
Peas				
Peas and Carrots				
Potatoes, French Fried				
Squash				
<u>Instant Foods</u>				
Instant Coffee				
Instant Tea				
Instant Potatoes				
Instant Pudding				
<u>Frozen Foods</u>				
Fish Sticks, Breaded Veal, Scallops, Shrimp				
Shrimp Creole				
TV Dinner				
Jiffy Steaks, Hamburger Patties				
Pot Pies				
Waffles, French Toast				
Pizza				
Cakes, Pies				
Cookie Dough				
Biscuits, Rolls				
<u>Mixes</u>				
Bisquick				
Cake, Cookie, Ginger- bread				
Candy, Frosting				
Cornbread				
Muffin, Pancake				
Pie Filling, Pudding				
Roll				
<u>Canned</u>				
Biscuits, Rolls				
Spaghetti, Beef Stew				
Chinese Dinner				

Item	Every 1-2 days	Once or twice a week	8 days-1 month	Seldom or Never
<u>Miscellaneous</u>				
Prepared Potato Salad				
Prepared Gelatin Salad				
Ready-cut Cole Slaw				
Chicken Salad, other prepared meat Salads				
Dips				
Grated Cheese				
Bakery Cakes, Pies				
Soft Drinks				
Candy				
Cookies				
Peanuts				

45. If you consider last week as a typical week, list below the menus for each of the meals served for seven days. If you wish, you may keep a record of the foods served this week.

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				

45. (Continued)

Breakfast	Lunch	Dinner	Snacks
Friday			
Saturday			
Sunday			

CODE

Card 1 - Lines 1,2,3
Schedule Number

Card 1 - Line 4
Age of Homemaker
Under 20 1
20-25 2
Over 25 3

Card 1 - Line 6
Child Under 2
Male 1
Female 2

Card 1 - Line 8
Child 2-3
Male 1
Female 2

Card 1 - Line 9
Second Child 2-3

Card 1 - Line 10
Child 4-6
Male 1
Female 2

Card 1 - Line 11
Second Child 4-6
Male 1
Female 2

Card 1 - Line 12
Child Over 6
Male 1
Female 2

Card 1 - Line 13
Second child over 6
Male 1
Female 2

Card 1 - Line 14
Outside Employment
Yes 1
No 2

Card 1 - Line 15
No. Hours Employed
Less than 20 1
20-30 2
30-40 3
More than 40 4

Card 1 - Line 16
Living Facilities
House 1
Apartment 2
Trailer 3
With parents 4
or in-laws
Other 5

Card 1 - Line 17
Others Living in the Home
Yes 1
No 2

Card 1 - Lines 18, 19
Age and sex of Others in Home
Child-Male 01
Child-Female 02
Teenager-Male 03
Teenager-Female 04
Young adult-Male 05
Young adult-Female 06
Middle age-Male 07
Middle age-Female 08
Elderly-Male 09
Elderly-Female 10

Card 1 - Lines 20,21
Age and sex of Others in Home
Second group
Same as 18-19

Card 1 - Lines 22, 23
Amount of Education
Completed elementary school 01
Completed 1 year high school 02
2 years high school 03

Card 1-Lines 22, 23 (Cont'd)
 3 years high school 04
 4 years high school 05
 Completed 1 year college 06
 2 years college 07
 3 years college 08
 4 years college 09
 Master's Degree 10

Card 1 - Line 24
Home Economics Training
 Yes 1
 No 2

Card 1 - Line 25
Amount of Home Economics Training
 1 year high school 1
 2 years high school 2
 3 years high school 3
 4 years high school 4
 1 year college 5
 2 years college 6
 3 years college 7
 4 years college 8
 Master's Degree 9

Card 1 - Line 26
No. Home Economics Courses In College if not Home Economics Major
 1 1
 2 2
 3 3
 4 4
 5 5

Card 1 - Line 27
Classification of Courses
 Meal Planning 1
 Nutrition 2
 General Foods 3
 Home Management 4
 Experimental Foods 5
 Other 6

Card 1 - Line 28
Major Field of Study in College
 Home Economics 01
 Business 02

Card 1 - Line 28 (Cont'd)
 Teacher Education 03
 English 04
 Nursing 05
 Journalism 06
 Psychology or Sociology 07
 Foreign Language 08
 Physical Education 09
 Physics 10
 Fine Arts or Art 11
 Liberal Arts 12
 Distributive Education 13
 History 14
 Speech 15

Card 1 - Line 30
Appliances and Frequency of Use
 Refrigerator
 Yes, no further information 1
 No 2
 Yes, Use daily 3
 Yes, use 2-3 times a week 4
 Yes, use weekly 5
 Yes, use seldom or never 6

Card 1 - Line 31
Refrigerator-Freezer Combination
 Same as Line 30

Card 1 - Line 32
Freezer
 Same as above

Card 1 - Line 33
Mixer
 Same as Line 30

Card 1 - Line 34
Pressure Sauce Pan
 Same as Line 30

Card 1 - Line 35
Automatic Toaster
 Same as Line 30

Card 1 - Line 36
Deep Fat Fryer
 Same as Line 30

Card 1 - Line 37
Electric Fry Pan
 Same as Line 30

Card 1 - Line 38
Waffle Iron
 Same as Line 30

Card 1 - Line 39
Dishwasher
 Same as Line 30

Card 1 - Line 40
Size of Refrigerator
 Less than 6 cu. ft. 1
 6-9 cu. ft. 2
 Over 9 cu. ft. 3
 Don't know 4

Card 1 - Line 41
Size of Freezer
 Less than 3 cu. ft. 1
 3-6 cu. ft. 2
 6-10 cu. ft. 3
 Over 10 cu. ft. 4
 Don't know 5

Card 1 - Line 42
Food Raised
 Yes 1
 No 2

Card 1 - Line 43
Kind of Food Raised
 Vegetables 1
 Fruit 2
 Meat 3
 Vegetables & Fruit 4
 Vegetables & Meat 5
 All 6

Card 1 - Line 44
Vegetables Canned
 1-11 quarts 1
 12-25 quarts 2
 More than 26 quarts 3

Card 1 - Line 45
Vegetables Frozen
 1-20 pounds 1
 21-40 pounds 2
 More than 41 pounds 3

Card 1 - Line 46
Vegetables Stored
 1-5 bushels 1
 6-15 bushels 2
 16-25 bushels 3
 More than 25 bushels 4

Card 1 - Line 47
Fruit Canned
 Same as Line 44

Card 1 - Line 48
Vegetables Frozen
 Same as Line 45

Card 1 - Line 49
Fruit Stored
 Same as Line 46

Card 1 - Line 50
Jellies and Preserves Canned
 Same as Line 44

Card 2 - Lines 1, 2, 3
Schedule Number

Card 2 - Line 4
Pickles Canned
 Same as Card 1, Line 44

Card 2 - Line 5
Meat Canned
 Same as Card 1, Line 44

Card 2 - Line 6
Meat Frozen
 Same as Card 1, Line 45

Card 2 - Line 7
Meat Stored
 1-5 pounds 1
 6-15 pounds 2
 16-25 pounds 3
 Over 25 Pounds 4

Card 2 - Line 8
Storage for Frozen Food
 Adequate 1
 Inadequate 2

Card 2 - Line 9
Storage for Refrigerated Food
 Adequate 1
 Inadequate 2

Card 2 - Line 10
Storage for Staples
 Adequate 1
 Inadequate 2

Card 2 - Line 11
Storage for Root Vegetables
 Adequate 1
 Inadequate 2

Card 2 - Line 12
Storage for Fruit
 Adequate 1
 Inadequate 2

Card 2 - Line 13
Storage for Canned Goods
 Adequate 1
 Inadequate 2

Card 2 - Line 14
Kitchen Well Arranged
 Yes 1
 No 22

Card 2 - Line 15,16,17,18
Changes Needed in Kitchen
 Storage, Counter 1
 Space 1
 Rearrangement of Equipment 2
 Other 3

Card 2 - Line 19
Specific Place for Menu Planning
 No 2
 Yes, Kitchen Table 3

Card 2 - Line 19 (Cont'd)
 Yes, Desk 4
 Yes, Counter 5
 Yes, File 6
 Yes, Bulletin Board 7

Card 2 - Line 20
Specific Place for Making Grocery List
 Same as Card 2, Line 19

Card 2 - Line 21
Specific Place for Keeping Food Records
 Same as Card 2, Line 19

Card 2 - Line 22,23, 24
Time Spent in Breakfast, Lunch, Dinner Preparation by Wife
 1-10 minutes 1
 11-15 minutes 2
 16-20 minutes 3
 21-30 minutes 4
 31-40 minutes 5
 More than 40 minutes 6

Card 2 - Lines 25,26,27
Time Spent in Breakfast, Lunch, Dinner Clean-up by Wife
 Same as Lines 22,23,24

Card 2 - Lines 28,29,30
Time Spent in Breakfast, Lunch, Dinner Preparation by Husband
 Same as Lines 22, 23, 24

Card 2 - Lines 31,32,33
Time Spent in Breakfast, Lunch, Dinner Clean-up by Husband
 Same as Lines 22, 23, 24

Card 2 - Lines 34,35, 36
Time Spent in Breakfast, Lunch, Dinner Preparation by Children
 Same as Lines 22, 23, 24

Card 2 - Lines 37,38,39
Time Spent in Breakfast, Lunch, Dinner Clean-up by Children
 Same as 22, 23, 24

Card 2 - Lines 40, 41, 42
Time Spent in Breakfast, Lunch,
 Dinner Preparation by Others
 Same as Lines 25, 26, 27

Card 2 - Line 46
Difficulty Getting Meal Ready
 Yes 1
 No 2
 Sometimes 3

Card 2 - Line 47
Wife's Meals at Home
 1-5 meals 1
 6-9 meals 2
 10-15 meals 3
 16-21 meals 4

Card 2 - Line 48
Wife's Packed Lunches Eaten
 Same as Card 2, Line 47

Card 2 - Line 49
Wife's Meals in Restaurant
 Same as Card 2, Line 47

Card 2 - Line 50
Wife's Meals with Friends
 or Relatives
 Same as Card 2, Line 47

Card 3, Lines 1, 2, 3
Schedule number

Card 3 - Line 4
Husband's Meals at Home
 Same as Card 2, Line 47

Card 3 - Line 5
Husband's Packed Lunches
 Eaten
 Same as Card 2, Line 47

Card 3 - Line 6
Husband's Meals in Restaurant
 Same as Card 2, Line 47

Card 3 - Line 7
Husband's Meals with Friends
 or Relatives
 Same as Card 2, Line 47

Card 3 - Line 8
Children's Meals at Home
 Same as Card 2, Line 47

Card 3 - Line 9
Children's Packed Lunches
 Eaten
 Same as Card 2, Line 47

Card 3 - Line 10
Children's Meals in Restaura-
 ants
 Same as Card 2, Line 47

Card 3 - Line 11
Children's Meals with Friends
 or Relatives
 Same as Card 2, Line 47

Card 3 - Line 12
Other's Meals at Home
 Same as Card 2, Line 47

Card 3 - Line 13
Others' Packed Lunches Eaten
 Same as Card 2, Line 47

Card 3 - Line 14
Others' meals in Restaurants
 Same as Card 2, Line 47

Card 3 - Line 15
Others' meals with Friends or
 Relatives
 Same as Card 2, Line 47

Card 3 - Line 16
Guests for Meals
 Yes 1
 No 2

Card 3 - Lines 17 - 37
Number guests for meals on
 Specific Days

Card 3 - Line 38
When Meals Planned
 Time to Prepare 1
 Advance 2
 Both methods 3

Card 3 - Line 39
Advance Meals Planned
 Daily 1
 Two days 2
 Weekly 3
 Monthly 4
 Other 5

Card 3 - Lines 40 - 48
Factors Considered in Menu Planning
 Check () 1

Card 3 - Line 49
Family eat Certain Foods
 Yes 1
 No 2

Card 3 - Line 50
Foods Family Dislikes
 Check () 1

Card 4 - Lines 1, 2, 3
Schedule Number

Card 4 - Lines 4 - 12
Foods Family Dislikes
 Check () 1

Card 4 - Line 13
Are Snacks Eaten?
 Yes 1
 No 2
 Sometimes 3

Card 4 - Lines 14 - 17
Beverage Preferred as Snacks
 Soft drink 1
 Coffee or Tea 2
 Milk 3
 Fruit Juice 4

Card 4 - Lines 18 - 21
Sweets Preferred as Snacks
 Cake, Cookies 1
 Pie 2
 Ice Cream 3
 Candy 4
 Dessert 5

Card 4 - Lines 22 - 26
Starchy-Fatty Snacks Preferred as Snacks
 Popcorn, Potato Chips
 Crackers 1

Card 4 - Lines 26 - 29
Other Snacks Preferred
 Sandwich 1
 Pizza 2
 Hot dogs, hamburgers 3
 Cereal 4
 Eggs 5

Card 4 - Lines 30 - 33
Fruit Preferred as Snacks
 Citrus fruit 1
 Other fruit 2
 Not specified 3

Card 4 - Lines 34 - 37
Frequency Purchase of Meat, Bread, Other Vegetables
 Daily 1
 Three times a week 2
 Twice a week 3
 Once a week 4
 Monthly 5
 Other 6

Card 4 - Line 38
Shopping Day
 Monday 1
 Tuesday 2
 Wednesday 3
 Thursday 4
 Friday 5
 Saturday 6

Card 4 - Lines 39 - 49
Factors in Choice of Grocery Store
 Check () 1

Card 4 - Line 50
Grocery List Made
 Check () 1

Card 5 - Lines 1, 2, 3
Schedule Number

Card 5 - Line 4
Choose Everything When
Shopping
 Yes 1

Card 5 - Line 5
Supplement List
 Yes 1

Card 5 - Line 6
Family Grocery Shopper
 Husband 1
 Wife 2
 Husband & Wife
 Together 3
 Other 4

Card 5 - Line 7
Plan Meals and Then Buy
Groceries
 Yes 1

Card 5 - Line 8
Buy Groceries and Plan Meals
 Yes 1

Card 5 - Line 9
Amount of Weekly Grocery Bill
 Less than \$5.00 1
 \$5.00 - \$10.00 2
 \$10.00 - \$15.00 3
 \$15.00 - \$20.00 4
 \$20.00 - \$25.00 5
 \$25.00 - \$30.00 6
 \$30.00 - \$40.00 7
 More than \$40.00 8

Card 5 - Lines 10 - 50
Frequency of Purchase of
Grocery Items
 Every 1-2 days 1
 Once or twice a week 2
 8 days - 1 month 3
 Seldom or Never 4

Cards 6,7,8,9 - Lines 1,2,3
Schedule Number

Cards 6,7,8 - Lines 4 - 50
Frequency of Purchase of
Grocery Items
 Same as Card 5, Lines 10-50

Card 9 - Lines 4 - 28
Frequency of Purchase of
Grocery Items
 Same as Card 5, Lines 10-50

MF-341, Recut
 Janet L. Cameron/ca
 February, 1959

COOPERATIVE EXTENSION WORK IN
 AGRICULTURE AND HOME ECONOMICS
 VIRGINIA POLYTECHNIC INSTITUTE AND
 THE UNITED STATES DEPARTMENT OF
 AGRICULTURE COOPERATING. BLACKSBURG,
 VIRGINIA

SCORE FOR CHECKING FOOD RECORDS

Green or yellow vegetables (all greens, carrots,
 sweet potatoes, winter squash, broccoli)..... 1 point

Tomatoes or citrus fruits (1 orange, $\frac{1}{2}$ grape-
 fruit, $\frac{1}{2}$ cup tomato juice, 1 cup raw
 cabbage, fresh or frozen strawberries,
 cantaloup, watermelon, leafy green lettuce)... 2 points

Other fruits or vegetables:

Count all other fruits and vegetables here.

2 servings..... 2 points
 1 serving 1 point

Milk:

3 cups or glasses..... 3 points
 2 cups or glasses..... 2 points
 1 cup or glass..... 1 point

Alternates for 1 cup ($\frac{1}{2}$ pint) milk:

$1\frac{1}{2}$ oz. yellow cheese 1- $\frac{2}{3}$ cups of ice
 15 oz. cream cheese cream
 11 oz. cottage cheese 3 cups of milk
 sherbet

In food prepared with milk, each serving can
 count for:

$\frac{1}{2}$ cup of milk in creamed soups
 $\frac{1}{4}$ cup of milk in scalloped or cream vegetables,
 fish, eggs, or meat.
 $\frac{1}{4}$ cup of milk in desserts such as puddings, cus-
 tards, and cream pies.

Meat, Egg, Fish, Poultry:

2 servings (2 oz. or more)..... 2 points
 1 serving..... 1 point

Possible Score.....10 points

* * * *

SCORE FOR CHECKING FOOD RECORDS (Continued)

Do Not Include Scores Below Except as Separate Facts of Interest.

Count "Good" meals which provide from 8 to 10 points.
Count "Fair" meals which provide from 5 to 7 points.
Count "Poor" meals which provide 4 or less points.

BREAKFAST - "Good" - Score 3
points (Includes-fruit,
egg, or meat, cereal or
bread, and milk for child-
ren.)

"Fair" - Score 2 points
(Includes some of foods
in "Good")

"Poor" - Score 1 point
(No fruit, milk, egg or
meat)

No Breakfast - Score 0

SNACKS - Should be good
food. You may want to
give "credit" for good
ones.

If 1 or more fruits -
1 point

If 1 or more glasses
milk - 1 point

If sandwich - 1 point

ABSTRACT

The purpose of this study was (1) to determine some of the problems in family food management of young homemakers whose husbands were enrolled at the Virginia Polytechnic Institute, and (2) to make recommendations for more effective teaching of food management to students living in the home management residence.

Using a group of 80 young homemakers whose husbands were enrolled at the Virginia Polytechnic Institute, information relating to family food management was collected.

Analysis of the data obtained revealed that the young homemakers were generally conservative in the spending of the food dollar; the majority seemed to have budgeted their time reasonably well, but more than one-half of them did not practice good nutritional habits in feeding their families.

The investigator recommends that the following ideas be incorporated into the teaching of food management to students living in the home management residence: (1) experience in planning and preparing low cost meals as well as moderate cost meals should be offered, (2) factors in selection of grocery stores should be considered and marketing trips should be well planned and limited, (3) efficiency in the use of kitchen appliances should be emphasized, and (4) the ultimate goal should be optimum nutrition for the money spent.