

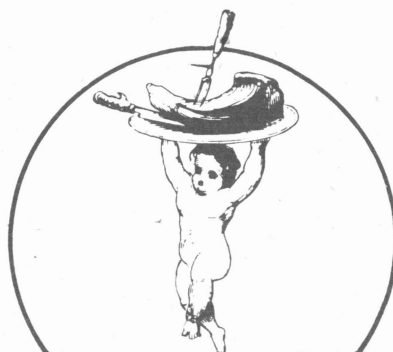
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HOME
FOOD
STORAGE

S H E L F · F R E E Z E R
R E F R I G E R A T O R

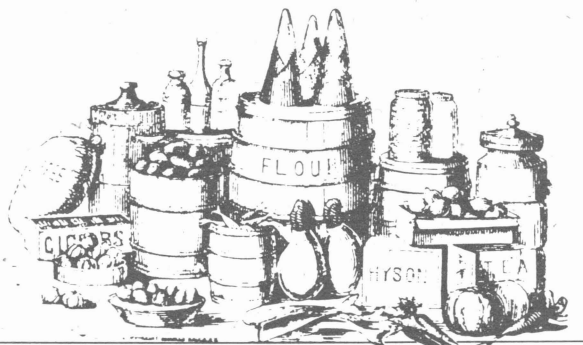


HOME FOOD STORAGE

Household foods are generally stored on shelves, in the refrigerator and in the freezer. Proper food storage is important to help:

- control the cost of food by avoiding waste
- retain nutrients
- preserve flavor, color and texture of food
- prevent illness caused by harmful bacteria

Common bacteria that develop in improperly stored foods and cause illness are Salmonella, Staphylococcus, Clostridium perfringens and Clostridium botulinum.



SHELF

STORAGE

Store foods in the coolest cabinets or pantry and away from appliances which produce heat.

Many staples and canned foods have a relatively long shelf life, but buy only what you expect to use within the time recommended for each product. Put dates on the food packages that are not date coded and use the oldest first. Geographic area affects storage time. Warm and humid climates shorten the shelf life of foods.

Buy packaged food in fresh-looking packages. Dusty cans or torn labels may indicate old stock. Also check for pull dates. Carefully check dented cans for leakage and rust before buying. Do not purchase badly dented and bulging cans.

FOOD

STORAGE TIME

at 70 degrees F or 21 degrees C.

HANDLING HINTS

STAPLES

Baking powder	18 months or expiration date on can	Keep dry and covered.
Baking soda	2 years	Keep dry and covered.
Bouillon cubes or granules	2 years	Keep dry and covered.
Bread crumbs, dried	6 months	Keep dry and covered.
Cereals		
ready-to-eat (unopened)	6-12 months**	
ready-to-eat (opened)	2-3 months	Refold package liner tightly after opening.
cooked	6 months	
Chocolate, pre-melted	12 months	Keep cool.
semi-sweet	2 years	Keep cool.
unsweetened	18 months	Keep cool.
Chocolate syrup		
unopened	2 years**	
opened	6 months	Cover tightly. Refrigerate after opening.

**Total time "unopened" product can be stored at home. If recommendation is for "opened" product, subtract this time from the total storage or "unopened" time.

S H E L F · S T O R A G E ·

FOOD	STORAGE TIME at 70 degrees F or 21 degrees C.	HANDLING HINTS
Cocoa mixes	8 months	Cover tightly.
Coffee		
cans (unopened)	2 years**	
cans (opened)	2 weeks	Refrigerate after opening; keep tightly closed.
instant (unopened)	1-2 years**	
instant (opened)	2 weeks	Use dry measuring spoon.
Cornmeal	12 months	Keep tightly closed.
Cornstarch	18 months	Keep tightly closed.
Flour		
white	6-8 months	Keep in airtight container.
whole wheat	6-8 months	Keep refrigerated. Store in airtight container.
Gelatin, all types	18 months	Keep in original container.
Grits	12 months	Store in airtight container.
Honey	12 months	Cover tightly. If it crystallizes, warm jar in pan of hot water.
Jellies and jams	12 months	Cover tightly, Storage life is lengthened if refrigerated after opening. Surface mold can be removed and produce used.
Non-dairy coffee creamers (dry)		
unopened	9 months**	
opened	6 months	Keep lid tightly closed.
Molasses		
unopened	12 months + **	
opened	6 months	Keep tightly closed. Refrigerate to extend storage life. Remove any light surface mold and use.
Marshmallow creme (unopened)	3-4 months	Cover tightly. Refrigerate after opening to extend storage life. Serve at room temperature.
Marshmallows	2-3 months	Keep in airtight container.
Mayonnaise (unopened)	2-3 months	Refrigerate after opening.
Milk		
condensed or evaporated (unopened)	12 months	Invert cans every 2 months.
nonfat dry		
unopened	6 months**	
opened	3 months	Put in airtight container.
Pasta (spaghetti, macaroni, etc.)	2 years	Once opened, store in airtight container.
Pectin, liquid (opened)	1 month	Re-cap and refrigerate.
Rice		
white	2 years + **	
flavored or herb	6 months	Keep tightly closed.
Salad dressings		
bottled (unopened)	10-12 months**	
bottled (opened)	3 months	Refrigerate after opening.
made from mix	2 weeks	Refrigerate prepared dressing.
Salad oils		
unopened	6 months**	
opened	1-3 months	Small quantities, no refrigeration required. Refrigerate after opening.

Shortenings, solid		
unopened	8 months	Refrigeration not needed.
opened	6 months	Refrigeration not needed.
Sugar		
brown	4 months	Put in airtight container.
confectioners	18 months	Put in airtight container.
granulated	2 years +	Cover tightly.
artificial sweeteners	2 years +	Cover tightly.
Syrups	12 months	Keep tightly closed. Refrigerate to extend storage life. Remove any light surface mold and use.
Tea		
bags	18 months	Put in airtight container.
instant	3 years	Cover tightly.
loose	2 years	Put in airtight container.
Vinegar		
unopened	2 years + **	
opened	12 months	Keep tightly closed. Slightly cloudy appearance doesn't affect vinegar. Distilled vinegar keeps longer than cider vinegar.

MIXED AND PACKAGED FOODS

Biscuit, brownie, and muffin mixes	9 months	Keep cool and dry.
Cakes, purchased	1-2 days	If butter cream, whipped cream or custard frosting, fillings, refrigerate.
Cake mixes (unopened)	9 months	Keep cool and dry.
Angel food (unopened)	12 months	
Casseroles, complete or add own meat	9-12 months	Keep cool and dry.
Cookies		
homemade	2-3 weeks	Put in airtight container.
packaged	2 months	Keep box tightly closed.
Crackers (unopened)	8 months	Keep box tightly closed.
Frosting, canned mix (unopened)	3 months	Store leftovers in refrigerator.
Hot roll mix (unopened)	18 months	If opened, put in airtight container.
Pancake mix (opened)	6-9 months	Put in airtight container.
Piecrust mix (unopened)	8 months	Keep cool and dry.
Pies and pastries	2-3 days	Refrigerate whipped cream, custard, and chiffon fillings.
Potatoes, instant (unopened)	6-12 months	Keep in airtight package.
Pudding mixes (unopened)	12 months	Keep cool and dry.
Rice, mixes (unopened)	6 months	Keep cool and dry.
Sauce and gravy mixes (unopened)	6-12 months	Keep cool and dry.
Soup mixes (unopened)	12 months	Keep cool and dry.
Toaster pastries (unopened)	2-3 months	Keep in airtight package.

CANNED AND DRIED FOODS

Canned foods (unopened)	12 months**	Keep cool.
Canned fruit juices	9 months**	Keep cool.
Canned foods (opened)		All opened canned foods:
baby foods	2-3 days	Refrigerate and cover tightly.

S H E L F S T O R A G E

FOOD	STORAGE TIME at 70 degrees F or 21 degrees C.	HANDLING HINTS	
fish and seafood	2 days	To avoid metallic taste, transfer foods in cans to glass or plastic storage containers, if kept more than one day.	
fruit	1 week		
meats	2 days		
pickles and olives	1-2 months		
poultry	2 days		
sauce, tomato	5 days		
vegetables	3 days		
Fruits, dried	6 months to 1 year		Keep cool in airtight container; if possible, refrigerate.
Vegetables, dried	6 months to 1 year		
Catsup, chili sauce			Refrigerate for longer storage.
unopened	12 months**		
opened	1 month		
Mustard, prepared yellow		May be refrigerated. Stir before using.	
unopened	2 years**		
opened	6-8 months		
Spices and herbs		Store in airtight containers in dry places away from sunlight and heat. At times, check aroma; if faded replace. Whole cloves, nutmeg and cinnamon sticks maintain quality beyond 2-year period.	
whole spices	1-2 years		
ground spices	6 months		
herbs	6 months		
herb/spice blends	6 months		
Vanilla		Keep tightly closed. Volatile oils escape.	
unopened	2 years**		
opened	12 months		
Other extracts opened	12 months	Keep tightly closed. Volatile oils escape.	
OTHERS			
Cheese, parmesan (grated)		Refrigerate after opening. Keep tightly closed.	
unopened	10 months**		
opened	2 months		
Coconut (shredded, canned or packed)		Refrigerate after opening.	
unopened	12 months**		
opened	6 months		
Meat substitutes, textured protein products (e.g., imitation bacon bits)	4 months	Keep tightly closed. For longer storage, refrigerate.	
Metered-calorie products, instant breakfast	6 months	Keep in can, closed jars or original packets.	
Nuts		Refrigerate or freeze for longer storage	
in shell or cracked	6 months		
nutmeats, packaged (unopened)			
vacuum can (unopened)	1 year**		
other packaging	3 months**		
Peanut butter		Refrigeration not needed. Keeps longer if refrigerated. Use at room temperature.	
unopened	6-9 months		
opened	2-3 months		

Peas and beans, dried	12 months	Store in airtight container in cool place.
Popcorn	2 years	Store in airtight container.
Vegetables, fresh		
onions	2 weeks	Keep dry and away from sun. For longer storage,
potatoes, white	2 weeks	keep at about 50 degrees F. Don't refrigerate
sweet potatoes	2 weeks	sweet potatoes.
Whipped topping, dry	12 months	Keep cool and dry.
Yeast, dry	Expiration date on package	



REFRIGERATOR

STORAGE

Store food in the home refrigerator from 34 degrees F or 1 degree C to 40 degrees F or 3 degrees C. Foods spoil rapidly above 40 degrees F or 3 degrees C.

The temperature in frostless and self-defrosting refrigerators is fairly uniform throughout the cabinet, including the storage area in the door.

In refrigerators that must be defrosted manually, the coldest area outside the freezing is the chill tray just below it. The area at the bottom of the cabinet is the warmest. The door and hydrator storage areas are usually several degrees higher than the rest of the refrigerator.

When air circulates in the refrigerator, the cooler air moves downward and forces the warmer air near the bottom to rise. This air motion dries out any uncovered or unwrapped food.

In most refrigerators, with the control set for normal operation, the temperature in the general storage area is below 40 degrees F or 3 degrees C. You can check the temperature in a refrigerator by placing a refrigerator thermometer at different locations in the cabinet. If the temperature is above 40 degrees F or 3 degrees C, regulate the control to lower the temperatures.

Frequent opening of the refrigerator door, especially on warm, humid days, or an accumulation of thick frost on the freezing unit, raises the temperature of the refrigerator.

Use food stored in the refrigerator quickly — don't depend on maximum storage time.

Clean the refrigerator regularly to cut down on food odors. Remove spoiled foods immediately to prevent decay from spreading to other foods.

REFRIGERATOR STORAGE

FOOD

STORAGE TIME

at 70 degrees F or 21 degrees C.

HANDLING HINTS

DAIRY PRODUCTS

Butter	1-2 weeks	Wrap or cover tightly. Hold only 2-day butter supply or 2-week margarine supply in butter keeper.
Margarine	2 weeks	
Buttermilk	3-5 days	Cover tightly. Flavor not affected if buttermilk separates; re-mix before serving.
Cheese		Keep all cheese tightly packaged in moisture-resistant wrap. If outside of hard cheese gets moldy, just cut mold away — it won't affect flavor and will be safe to eat. For longer storage, see freezer storage chart.
cottage, ricotta	5-7 days	
cream, neufchatel	2 weeks	
hard and wax-coated		
cheddar, Edam, Gouda, Swiss, brick, etc.;		
large pieces		
unopened	3-6 months	
opened	3-4 weeks	
sliced	2 weeks	
Parmesan, Romano	2 months	
(grated and opened)		Refrigerate after opening. (See Shelf Storage Chart.)
Processed (opened)	3-4 weeks	Refrigerate slices of processed cheese and cheese food. Refrigerate loaves and jars after opened. Most squeeze packages and aerosol cans don't need refrigeration (check label).
Cream (light, heavy or half-and-half)	1 week	Cover tightly. To prevent bacteria from spreading into leftover cream, don't return unused cream to original container.
Coffee lightener, liquid	3 weeks	Don't return unused portion to original container.
Dips, sour cream, etc.		
commercial	2 weeks	Keep tightly covered.
homemade	2 days	Keep tightly covered.
Eggs		
in shell	1 week	Store covered. Keep small end to center yolks.
whites	3 days	Store in covered container.
yolks	3 days	Cover yolks with water, store in covered container.
Milk		
evaporated (opened)	1 week	Keep covered.
homogenized, reconstituted	1 week	Keep containers tightly closed, Don't return unused milk to original container.
dry nonfat and skimmed		
sweetened and condensed (opened)	1 week	Keep covered.
Sour cream	2 weeks	Keep covered.
Whipped topping		
in aerosol can	3 months	
prepared from mix	3 days	Keep covered.
bought frozen (once thawed)	2 weeks	Keep covered.
Yogurt	7-10 days	Keep covered.

FRUITS AND VEGETABLES - FRESH

Fruit

bananas	3-5 days	Refrigerate only when fully ripe. Discard bruised or decayed fruit. Don't wash before storing. Store in crisper or moisture-resistant bag or wrap.
apples	1 month	
berries, cherries	2-3 days	
citrus fruit	2 weeks	
Citrus juice (bottled, reconstituted, frozen or canned)	6 days	Keep fruit juice tightly covered. Transfer canned juice to glass or plastic container.
Melons	1 week	Wrap cantaloupe and honeydew to prevent odor from spreading to other foods in refrigerator.
Other	3-5 days	Wrap cut surfaces of citrus fruit and cantaloupe to prevent vitamin loss.
Vegetables		
asparagus, corn in husks	1-2 days	Keep moist; refrigerate.
beans, green or wax	1-2 days	Keep in crisper or moisture-resistant wrap or bag.
beets, carrots and radishes	1-2 days	Remove leafy tops; keep in crisper.
cabbage and celery	1-2 weeks	Keep in crisper or moisture-resistant wrap or bag.
lettuce, head (unwashed)	5-7 days	Store in moisture-resistant wrap, bag or lettuce keeper.
lettuce, head (washed and thoroughly drained)	3-5 days	Store away from other vegetables.
mushrooms	1-2 days	Do not wash before storing.
onions, potatoes and sweet potatoes		Refrigeration not needed. (See Shelf Storage Chart.)
shredded cabbage, leaf or Bibb lettuce and salad greens	1-2 days	Keep in moisture-resistant wrap or bag.
tomatoes, ripe	1-2 days	Ripen tomatoes at room temperature away from direct sunlight; then refrigerate.
unshelled peas, limas and spinach	3-5 days	Keep in crisper or moisture-resistant wrap or bag.

MEAT, FISH AND POULTRY - FRESH, UNCOOKED

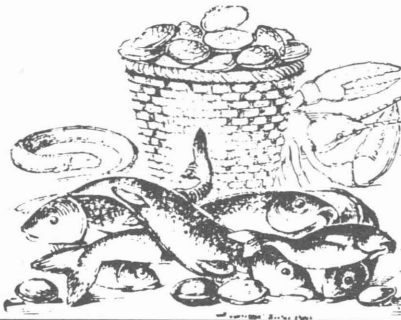
Meats: beef, lamb, pork and veal		
chops	2-5 days	Store meat, poultry and fish in retail packages or wrap loosely in waxed paper (except fish). Store in coldest part of refrigerator.
ground meat	1-2 days	
roasts	2-5 days	
steaks	2-5 days	
stew meat	1-2 days	
variety meats (liver, heart, etc.)	1-2 days	
Poultry		
ready-to-cook chicken, duck or turkey	2 days	
Fish and shellfish		
Fresh cleaned fish, including steaks and fillets	2 days	
Seafood including shucked clams, oysters, scallops and shrimp		
Clams, crab and lobster in shell	2 days	Cook only live lobster.

CURED AND SMOKED MEATS

Bacon	5-7 days	Keep wrapped. Store in coldest part of refrigerator or in meat keeper. Times are for opened packages of sliced meats. Unopened vacuum packs keep about 2 weeks.
Bologna loaves, liverwurst	4-5 days	
Corned beef	5-7 days	
Dried beef	10-12 days	

REFRIGERATOR STORAGE

FOOD	STORAGE TIME	HANDLING HINTS	
at 70 degrees F or 21 degrees C.			
Dry and semi-dry sausage (salami, etc.)	14-21 days	Store in refrigerator unless label indicates refrigeration is not needed.	
Frankfurters	1 week		
Hams			
whole	1 week		
canned (unopened)	6 months		
Liver sausage	4-5 days		
Luncheon meats	3-5 days		
Sausage, fresh or smoked	1-2 days		
OTHER FOODS			
Canned goods			If not used in 1 day, transfer to glass or plastic container to avoid metallic taste. Cover and refrigerate. Keep covered. Keep covered. Don't store in refrigerator door; temperature fluctuation and jarring lower quality.
fruits (opened)	1 week		
vegetables (opened)	2-3 days		
puddings, custards (opened)	1-2 days		
Leftover gravy and broth	2 days		
Refrigerated biscuits, rolls, pastries and cookie dough	Expiration date on label		
Mayonnaise (opened)	3 months		
Nuts	6 months		



FREEZER STORAGE

The best temperature for frozen foods storage is at 0 degrees F or -17 degrees C. The temperature should not reach higher than 5 degrees F or -15 degrees C. Check the temperature with a thermometer, or use this rule

of thumb: If the freezer can't keep ice cream brick-solid, the temperature is above the recommended level.

The freezing compartments of some home refrigerators are not designed to give a temperature of 0 degrees F or -17 degrees C, the temperature needed for prolonged storage of frozen foods. Hold frozen foods in these compartments only a few days. In refrigerator freezers where temperature can be maintained at 0 degrees F or -17 degrees C in the freezer cabinet, food may be kept for the same storage periods as in a freezer.

Date food packages with an "expiration date" according to maximum storage time recommended if they are not date coded. Longer storage is not dangerous, but flavors and textures deteriorate.

Package frozen foods in moisture-vapor-proof packages or freezer containers. Holes in freezer packages cause freezer burn.

When shopping, pick up frozen foods just before going to the checkout counter. Purchase only the foods that are frozen solid. Place them in the home freezer as soon as possible. Cook or thaw according to label instructions.

Place foods to be frozen in the coldest part of the freezer. Freeze no more than three pounds per cubic foot of freezer space within 24 hours. Keep the freezer full for best results. Also keep a written inventory of freezer contents.

FOOD	STORAGE TIME	HANDLING HINTS
	at 70 degrees F or 21 degrees C.	
MEAT, HOME FROZEN		
Bacon (A)		A. Freezing cured meats is not recommended. Saltiness encourages rancidity. If frozen, use within a month.
Corned beef (A)		
Frankfurters (B)	2 weeks	
Ground beef, lamb and veal	2-3 months	
Ground pork		B. Freezing is not recommended. Emulsion may be broken and product will "weep."
Ham and picnic, cured (A)		
Luncheon meat (B)		
Roasts		
beef	6-12 months	C. Freezing alters flavor. Check for holes in trays and plastic wrap of fresh meat. If none, freeze in this wrap up to 2 weeks. For longer storage, seal in package. Put two layers of waxed paper between individual hamburger patties.
lamb	6-12 months	
veal	4-8 months	
pork	4-8 months	
Sausage, dry, smoked (C)		
Sausage, fresh, unsalted	2-3 months	
Steaks and chops		
beef	6-12 months	
lamb	6-12 months	
veal	4-8 months	
pork	6-9 months	
Venison, game birds	8-12 months	
Fish, home frozen and purchased frozen fillets and steaks from "lean" fish: cod, flounder, haddock, sole, redfish, sheephead	6 months	Same as meat, home frozen. Keep purchased frozen fish in original wrapping; thaw in refrigerator or in cold water. Follow cooking directions on label.
"Fatty" fish: bluefish, perch, mackerel, salmon	2-3 months	
Breaded fish	3 months	
Clams	3 months	
Cooked fish or seafood	3 months	
King crab	10 months	
Lobster tails	3 months	
Oysters	4 months	
Scallops	3 months	
Shrimp, uncooked	12 months	

FREEZER STORAGE

FOOD	STORAGE TIME at 70 degrees F or 21 degrees C.	HANDLING HINTS
<p>Poultry, home frozen or purchased frozen</p> <ul style="list-style-type: none"> chicken, whole or cut up chicken livers cooked poultry duck and turkey 	<ul style="list-style-type: none"> 9 months 1-2 months 6 months 12 months 	<p>Same as meat, home frozen.</p>
FRUITS AND VEGETABLES		
<p>Fruit, home frozen or purchased frozen</p> <ul style="list-style-type: none"> berries, cherries, peaches pears, pineapple, etc. citrus fruit and juice frozen at home fruit juice concentrates <p>Vegetables</p> <ul style="list-style-type: none"> home frozen purchased frozen: cartons, plastic bags or boiling bags 	<ul style="list-style-type: none"> 12 months 6 months 12 months 8 months 8 months 	<p>Freeze in moisture-vapor-proof container.</p> <p>Celery, salad greens and tomatoes do not freeze successfully.</p>
COMMERCIAL FROZEN FOODS		
<p>Also see: meats, fish and poultry; fruits and vegetables; dairy products.</p>		
<p>Baked goods</p> <ul style="list-style-type: none"> yeast bread and rolls, baked rolls, partially baked bread, unbaked quick bread, baked cake, baked, unfrosted angel food chiffon, sponge cheese cake chocolate fruit cake yellow or pound cake, baked and frosted cookies, baked pie, baked fruit pie, unbaked <p>Main dishes</p> <ul style="list-style-type: none"> meat, fish, poultry pies and casseroles TV dinners: shrimp, ham, pork and frankfurter TV dinners: beef, turkey, chicken and fish 	<ul style="list-style-type: none"> 3 months 2-3 months 1 month 2-3 months 2 months 2 months 2-3 months 4 months 12 months 6 months 8-12 months 8-12 months 1-2 months 8 months 3 months 3 months 	<p>Freezing does not freshen baked goods. It can only maintain the quality (freshness) the food had before freezing.</p>

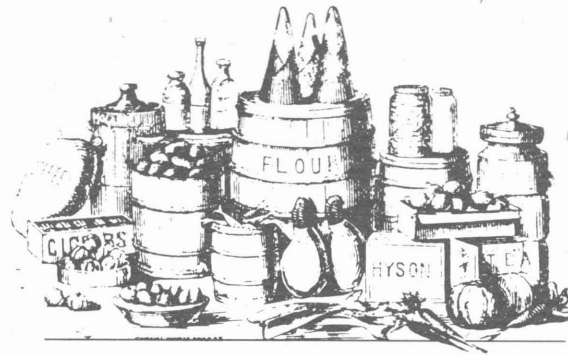
DAIRY PRODUCTS

Butter	6-9 months	Store in moisture-vapor-proof freezer package.
Margarine	12 months	Do not freeze. Emulsion will break and product will separate.
Whipped butter and margarine		Do not freeze.
Buttermilk, sour cream and yogurt		
Cheese		
Camembert	3 months	Thaw in refrigerator.
cottage, farmer cheese (dry curd only)	3 months	Thaw in refrigerator. Do not freeze creamed cottage cheese — it gets mushy.
Neufchatel		Do not freeze.
Hard cheese		
cheddar	6 weeks	Cut and wrap cheese in small pieces. When frozen, may show mottled color due to surface moisture. Thaw in refrigerator.
Edam, Gouda, Swiss, brick, etc.	6-8 weeks	Becomes crumbly after thawing. Still good for salads and melting.
Process cheese food products (loaf, slices)	4 months	
Roquefort, blue		
	3 months	
Cream: light, heavy, half-and-half	2 months	Heavy cream may not whip after thawing. Use for cooking. Thaw in refrigerator.
whipped	1 month	Make whipped cream dollops; freeze firm. Place in pastic bag or carton; seal. Store in freezer. To thaw, place on top of dessert.
Eggs		
in shell		Do not freeze.
whites	12 months	Store in covered container. Freeze in amounts for specific recipes.
yolks	12 months	For sweet dishes, mix each cup yolks with 1 tablespoon corn syrup or sugar. For other cooking, substitute ½ teaspoon salt for sugar.
Ice cream, ice milk and sherbet	2 months	Cover with plastic wrap or foil after each use to prevent drying out.
Milk	1 month	Allow room for expansion in freezer container. Thaw in refrigerator. Freezing affects flavor and appearance. Use in cooking and baking.

FROZEN FOODS

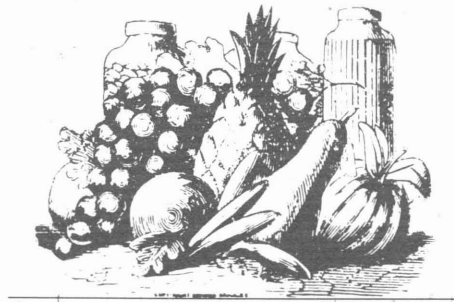
Also see: meats, fish and poultry; fruits and vegetables; dairy products. Store in moisture-vapor-proof materials.

Bread	3 months	Package foods tightly in moisture-vapor-proof wrap or watertight freezer containers. For casseroles, allow room for expansion during freezing.
Cake	3 months	
Casseroles: meat, fish and poultry	6 months	
Cookies, baked and dough	3 months	
Nuts		
salted	6-8 months	
unsalted	9-12 months	
Peanut butter		
unopened	1 year	
opened	6 months	
Pies, unbaked fruit	8 months	



This booklet was written by Marilyn Haggard,
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