

How Mac & Cheese Become an American Classic

Earlier in history, macaroni and cheese became a popular dish to serve. It remained a favorite meal mainly in the South. However, the no-frills dish, which would become America's family dinner favorite was popularized and promoted as a boxed variety by Kraft in 1937 and became available in local markets as an easy, nutritious, and economical dish. The Depression and two World Wars stimulated macaroni and cheese as a budget-friendly and wholesome dinner dish to feed entire families. Making its way into children's diets, it filled school lunch trays and still today remains an ultimate comfort food in the United States for dinners and social celebrations.