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REPORT OF OREGON'S STATE NUTRITION FOR DEFENSE COMMITTEE

Food Preservation

In 1942 county food preservation committees were set up by county nutrition committees in 20 counties. Food preservation demonstrations were arranged by county nutrition committees and given by state Extension staff members in 27 of the 36 counties.

The work of the counties in 1942 emphasized the preservation of year-round family food supply and the use of correct methods of preservation by canning, freezing, drying, and storing. In some counties, county or community cooperation was secured in purchasing and transporting surplus foods for preservation from adjacent counties. Also in some communities, a community school lunch canning project was established.

In 1943 to date, 18 counties have appointed food preservation subcommittees, and these committees have met and prepared plans for the county program this year. The county food preservation committees will continue development of the food preservation program now under way through: county conferences; leader training meetings for all home economics trained women who will assist in food preservation; community demonstrations and preservation clinics given by these leaders; and publicity campaigns by radio, press, and circular letters.

School Lunch

The School Lunch Committee is merged with a similar group working officially with the State Joint Committee on Health and Physical Fitness (representing the State Department of Education and State Board of Health). In this capacity, a manual on The School Lunch Program to be distributed by the State Department of Education is being prepared. Local workers of all agencies represented are being urged to plan for the school lunch for next year by (1) including funds in the school budget for equipment, wages, and food, (2) by growing victory gardens, (3) by canning all possible foods. Information is being collected routinely by members of the committee regarding school lunch programs throughout the state.

Nutrition Courses

The subcommittee on nutrition courses reports that Red Cross nutrition courses have been and still are being conducted in some of the counties, and in Portland there have been continuous offerings of these courses.

Nutrition in Colleges

The Institutions of Higher Learning cooperating in the Nutrition for Defense Program have given during the year suggestions for better meal planning and uses of alternate foods in stretching the food ration points. This was accomplished in several institutions through individual conferences with batching students, and managers of sorority, fraternity, and cooperative groups. As a means of emphasizing food conservation, one honor society secured data from thirteen cooperative and sorority houses on the amount of waste in food per woman student during one week. The same institution ran a "Food for Victory" column in their student daily publication. All institutions received Federal and School of Home Economics publications sent by the central committee with suggestions for furthering their program.

Wartime Adjustments of Foods

The subcommittee on Wartime Adjustments in Food prepared a leaflet entitled "When Foods are Scarce, Try Alternates" at the request of the Office of Price Administration in the state. More than 75,000 copies have been distributed by them.

This committee deems it highly important to continue to aid the consumer in attaining good nutrition with the rationing system and expects to use the radio largely as a means of reaching this group.

Project

If the \$1,000 which was offered the Committee for a nutrition demonstration becomes available in time, it is planned to carry on at the Oregon College of Education at Monmouth a workshop in the teaching of nutrition in grade schools. Plans have been developed and are awaiting permission to carry them out.

Radio and Press

Through the efforts of the state and county nutrition committee members, considerable time has been devoted to timely radio programs and press articles (with particular emphasis on the local press and community radio stations) dealing with wartime adjustments of food, prevention of waste, the school lunches, stimulation of victory gardens and the best methods of cooking and preserving foods to retain their nutrients and palatability.

Needs

1. Executive Secretary - The State Nutrition Committee needs an executive secretary who can assist in developing the programs in the counties and aid these counties in making the greatest use of their resources. She could also assist in coordinating the county programs with that of the State Committee.
2. Defining of Relationships - There is need for clarification of relationships with the various Federal and state agencies in the light of recent changes. A chart showing interrelationships and responsibilities in these various Federal agencies would help to overcome confusion now existing.
3. Less Pamphlets and More Timely Radio Programs - The states need less pamphlets and printed material and more Federal aid on strong radio programs keyed to assisting the housewife in solving her buying problems growing out of food scarcities, since education in nutrition at this time reaches the people who actually need this help better through the radio than through printed material.