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Minutes of Meeting
Oregon Nutrition Committee for Defense
June 25, 1943

A meeting of the State Nutrition for Defense Committee was held in the Oregon Building, Portland, at 7 o'clock, June 25. Members present were Miss Milam, Dr. Fincke, Mrs. Sager, Mrs. Rapp, Mrs. Mack, Mr. Burtner, Mr. Seymour, Mr. Ireland, Miss Kohlhagen, Mr. Wiegand, Dr. DeCamp, and Miss Alexander. Others present were Mrs. Isabel Costigan (Regional Nutritionist), Mr. Hazencamp (Food Distribution Administration), Mrs. Laughton, Mrs. Calhoun, Mrs. Dorothy Robinson, Miss Sue Sidey, Mr. Broeg (Regional Industrial Nutritionist), Mr. Hal Short (Public Relations Director with Defense Council), Mrs. Webster (Consultant, Industrial Nursing, State Board of Public Health), Miss Potter (Field Agent, O.C.D.), and Mrs. Jeanette Hendricks (Wheat Flour Institute).

Miss Milam reported that an executive committee meeting had been held in the afternoon, at which time reports were given of the work of most of the subcommittees. The following subcommittees now are included in the State Nutrition Committee: School Lunch; Boys' and Girls' Health; Nutrition in Higher Educational Institutions; Press; Radio; Land-Use; Exhibit; Food Preservation; Materials; War Time Adjustments in Food; Nutrition Courses; Industrial Nutrition; and Hotels and Restaurants.

Miss Milam announced that executive secretaries are to be appointed for all the states to aid in carrying out the nutrition program. It is hoped that the Oregon appointment will be made by July 1. The present secretary of the committee has been recommended for the position.

Miss Milam announced also that the committee's proposed project of a nutrition workshop to be taught at the Teachers' College in Monmouth has been processed and that \$1500 has been approved for this work.

Miss Milam reported on the national Nutrition for Defense Conference held May 27, 28, and 29 in Washington, D. C.

It was decided to have a national food and nutrition week in October or early November. The executive committee has made the proposal that the Exhibit subcommittee start plans for such a week in Oregon.

Delegates at the conference were given assurance that more useful films will be available soon. Films, including the film strip, "Improved Mess Management" made for the army, were shown. Delegates were assured also that more effective and interesting means of teaching nutrition would be available, and puppet shows, radio scripts, and posters were mentioned.

At the conference each state delegate was called upon for a report of some phase of his committee's work. From Oregon the request was for additional information about the Subcommittee on War Time Adjustments in Food.

The first day of the conference was devoted to giving a general picture of the food situation. Most of this information has appeared in the press, but a few interesting figures were quoted. Food going to the army and for lend-lease in 1941 was 6%; in 1942, 13%; and in 1943, 25% or more. The changing of a large group of men from civilian life to the army has changed food consumption as an average civilian man uses 3 to 4 lbs. of food a day and a man in the armed forces about $5\frac{1}{2}$ lbs. a day. To emphatically stress that waste must stop, it was stated that

in 1942 5% of our food went to our allies, 5% to the armed forces, and 15% was wasted. There is not only waste in institutions, hotels, and restaurants, but in not using foods when they should be used, by wrong cooking, "sink waste", unharvested crops, etc. When it is known that 100,000 to 200,000 tons of food go overseas in one month, the importance of food conservation is realized.

Delegates to the conference were told of research now being conducted on concentrated foods, including macaroni, dried fish pellets, and dried bananas. It was stated at the conference that our vegetable proteins are plentiful, and that the vitamin situation is good--largely because of victory gardens--although there is a shortage of Vitamin C. There has been a great increase in the production of the soy bean, and as this product will be available over the country, there is need to teach the consumer how to use it. Fats are not abundant and while there is enough for physical needs, there is not enough for psychological desires. Margarine production has increased 180%. The "enrichment of flour and bread" program is going forward, and the recommendation that has been made is to increase the vitamin enrichment of bread and flour beyond that which is now in effect.

Conference members were urged to start clean plate campaigns, and to make suggestions to housewives to not peel potatoes, stop kitchen sink waste, and watch the garbage.

It was emphasized that the present food problem will make it necessary to change food habits, that people will have to eat foods new to them. It was also felt important to convince the housewife not to spend ration points if the food is not necessary.

Miss Milam summarized specific conference suggestions as follows: reduce fat consumption; increase cereal consumption; use more vegetable protein (such as soy bean); protect meat and dairy consumption and share with others; stop waste; be ready to help other people change food habits as well as changing our own; help people see the big role of food and nutrition in the war. She stated that delegates left the conference feeling that persons closest to the nutrition program believed that much had been accomplished in $2\frac{1}{2}$ years but that an enormous amount was left to do, and that nutrition education must do the work--that the only effective way of achieving elimination of waste and sharing food was through obtaining the understanding and cooperation of the people.

At the Washington Conference a brief report was given of the Hot Springs Food Conference. It was felt that this conference was the beginning of a concerted effort for a better fed world.

Mr. Broeg explained the industrial nutrition program, the purpose of which is to provide means by which workers in industry can obtain more foodstuffs. If additional ration books are given to these workers in heavy industry, discrimination would be shown and point rationing would break down. The solution seems to be to provide an in-plant feeding program, in which the government will cooperate with interested industries. The "middle shift meal", taking the place of the cold lunch, can provide 35% to 40% of the daily food requirement. There is an attempt now to interest plants in installing equipment for such a program. Mr. Broeg stated that an industrial nutritionist would be stationed near this region, probably in Seattle, to aid in the development of the program, and he also offered his services to this area.

Posters developed by the Industrial Nutrition Subcommittee of the California Bay Area Nutrition Committee were shown the group. These posters were financed from a grant made that committee by the Tuberculosis Association.

Mrs. Calhoun reported that the Portland subcommittee on industrial nutrition is doing all possible, but that their work has been mainly in educating people to pack better lunches.

Mrs. Costigan gave a brief report of work being done in the regional office. Plans are being made now to give aid by the reimbursement of funds to schools that could not otherwise sponsor school lunch programs, but congressional action is needed. As food demonstrations are useful in persuading people to change food habits, the Food Distribution Administration is to have a bank for ration stamps to use for such demonstrations. The number of points to be allowed for each demonstration has been suggested as ten, but perhaps this will not be enough. The weekly publication of the regional Food Distribution Administration office, "Radio Round-up on Food," was mentioned. Work has also been started on a similar publication for newspaper people. The regional office also puts out material to encourage the use of special foods. Attention was called to the skit, "It's Up To You," which appears in a recent issue of Consumers' Guide. Copies of the following bulletins are available in the regional office: Fight Food Waste in the Home; Vitamins from Farm to You; Cheese in Your Meals; Egg Dishes at Low Cost; Recipes to Match Your Sugar Ration; Dried Fruits in Low Cost Meals; Root Vegetables in Low Cost Meals; Green Vegetables in Low Cost Meals. There is also for distribution a bulletin on available films. Mr. Deacon Williams is to be added to the staff of the regional office to help with dramatic material, etc. Mrs. Costigan displayed to the group a carton that has been manufactured for the storage of dried foods.

Mr. Wiegand reported on commercial preservation of food and other food situation items of interest. Dehydration has not yet reached consumers as those foods are going to the armed forces. Canneries in this defense area are handicapped because it is difficult to get labor, and it is impossible to pay higher labor costs with the present price of canned foods. Some canneries have been forced to close. The preservation of victory garden products will be a problem. Storage lockers cannot handle the increased load, and not enough dehydrators are available to dry it. The Food Industries Department at the College has sponsored several dehydration schools this year, not only for processors but for homemakers and other interested persons. Under the direction of the Vocational Education Department, ten community canning centers are being set up to give out information and to help people with food conservation. As a service to home canners, the Food Industries Department has been testing pressure cooker gauges, and recording for the owner how much the particular gauge is off in its reading.

Mrs. Mack reported on the Food Preservation Committee. A mimeographed set of recommendations to serve as a guide in county food preservation programs has been sent to each county nutrition chairman and each chairman of the food preservation subcommittee.

The meeting was adjourned at 9:30.

Respectfully submitted,

Frances Alexander

Frances Alexander, Secretary of Oregon
Nutrition Committee for Defense

Oregon State College
School of Home Economics
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