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Supplement for Report of Oregon State Nutrition for Defense Committee

Report of School Lunch Committee to the State Joint Committee on the Health and Physical Fitness of the School Child

"Total Defense demands manpower. The full energy of every American is necessary. Efficiency and stamina depend on proper food.

"We do not lack, as we will not lack, the means of producing food in abundance and variety. Our task is to translate this abundance into reality for every American family."

Franklin D. Roosevelt

"America faces today one of the greatest crises in her history--a crises of such broad significance that we cannot afford to compromise our national strength in any way. We propose to come out of this conference (in Washington, May, 1941) with the objectives of a national nutrition policy clearly and vigorously set forth."

Paul V. McNutt

Inspired by the urgent request of the President, the nation has organized to carry out a nutrition program as the basis of sound health defense at home. All other health programs such as control of communicable diseases, correction of remediable defects of children and draftees, exercising for fitness with Gene Tunney, stepping up our recreation programs for morale and physical fitness are based on the assumption that there are properly nourished bodies for a foundation. Particular emphasis is being laid on the responsibility of each individual to build up and maintain his own fitness. This means first of all that he must have and practice good food habits. To this end an intensive and extensive national nutrition program is being carried to every community and individual in the country.

Where do the schools fit into this general nutrition program?

First, the educator's responsibility is his own fitness. We know what is needed for sound body growth or development and maintenance. Are you applying this knowledge in your daily eating?

Second, the educator's responsibility is for the children under his guidance. This responsibility he shares with the parents. Helping these children to know and appreciate basic food needs and how to meet them, and helping them to develop good food habits has for a long time been a regular part of the school program. Now the school is asked also to interpret the special need for individual fitness today and to reemphasize the need for adequate food in attaining this end.

Plan of Action to Carry the Nutrition Program into Your School:

A. Stress nutrition in the usual classes.

- (a) Health
- (b) Homemaking
- (c) Science
- (d) Social science

- B. Carry it beyond these usual classes
- (a) by use of the noon lunch period
 - (b) by special food discussions in auditorium or assembly periods as part of each individual's defense responsibility for keeping themselves fit.
 - (c) by correlating nutrition teaching with the teaching in other departments.
- C. Coordinate your program with a community program which reaches parents also.

METHODS:

For A.

- (a) Re-examine nutrition material in your regular texts. Be sure you have late editions with correct information based on scientific discovery and research; nutrition; nutrition knowledge is constantly expanding.
- (b) Get a bibliography of authentic books on nutrition from State Library or local libraries for your own supplemental reading.
- (c) Watch for articles in current educational journals.

For B.

Have a constructive noon lunch program. This need not necessarily mean a hot lunch project. It may be done;

- (1) By making the noon lunch period a part of the health teaching program, using it as a practical demonstration of proper eating practices.
- (2) By making this a cooperative school effort, letting each department contribute in some manner.
- (3) By meeting with parents to discuss (a) what part of the child's daily food should be included in his noon meals; (b) how lunches packed at home may meet this need; or (c) if one hot dish is prepared at school, how this may be planned to supplement the lunch brought from home.
- (4) By following this with like discussions with all children. Have some groups, older girls or homemaking class or Boy Scouts, demonstrate lunch planning and packing.
- (5) By watching for inadequate lunches. Try to find cause for them and plan some way to improve the food for these children without the knowledge of the children.
- (6) By providing a set time and place for eating lunch. Try to make this an opportunity for social training as well as for eating.
- (7) By serving, when possible, a hot lunch or one hot dish to supplement the lunch brought from home.
- (8) By getting information on setting up a hot lunch program from your county school superintendent or your principal.
- (9) By using "The School Lunch," Extension Bulletin 455 - (free from Extension Service, Oregon State College) for help with home-packed lunches or hot dishes made at school. Use U.S.D.A.

Miscellaneous Publication #246, "Menus and Recipes for Lunches at School," if you have a hot lunch program. Use the pamphlet, "Eat the Right Food," issued jointly by the Bureau of Home Economics, Children's Bureau, Office of Education, and Public Health Science, as a sound basis for your daily diet.

- (10) If you have a school lunch program, examine it critically. Does it contain all the essential elements of a good school lunch program?

For C.

- (a) Talk over plans with your county nutrition chairman and her school lunch committee chairman.
- (b) Ask about the materials and services available from the agencies represented on your county nutrition committee and the state nutrition committee.
- (c) Use the knowledge and services of your public health nurse, your county home demonstration agent, and your 4-H club leaders.
- (d) Ask for nutrition films now available through the State Board of Health.

Recapitulation:

CAPITALIZE ON YOUR CURRENT INTEREST IN NUTRITION FOR DEFENSE.

VITALIZE YOUR NUTRITION TEACHING.

INTEGRATE NUTRITION TEACHING WITH ALL AREAS OF LEARNING AT EVERY GRADE LEVEL AND WITH THE COMMUNITY.

UTILIZE INTERESTS, MATERIALS, AND OPPORTUNITIES FOR NUTRITION TEACHING AVAILABLE IN YOUR COMMUNITY.

Submitted--

Working Committee Nutrition of the
School Child
State Joint Committee on Health and
Physical Fitness