

1943--Letter Number 1  
February 12

To: County Chairmen of Nutrition for Defense and Members of the State Nutrition Committee

From: Chairman of the State Nutrition for Defense Committee

NEWS NOTES, SUGGESTIONS, AND PROGRESS REPORTS THAT WILL BE OF INTEREST TO YOU

SPECIAL GRANT

In December, a letter was received from Miss Rae Russell indicating that \$1000.00 was to be made available for state nutrition committees providing projects, not research, could be selected which appear to have sufficient pattern value so the experience gained from them could be used as a guide for future programs.

The chairman appointed a committee to study suggestions and make recommendations. This committee consists of the following personnel: Miss Florence Beardsley, Miss Bertha Kohlhausen, Mrs. Laura Wells, Miss Vivian Roberts, Miss Dora Sheffsky, Miss Elizabeth Baldwin, and Dr. Margaret Fincke, Chairman. A tentative project on teaching nutrition in grade schools has been considered by this group. The plan proposed is to conduct a workshop during the spring term at the Oregon College of Education at Monmouth, during which time a course of study would be developed and reference material for both the teacher and the child collected or written. The project must be approved in Washington before April and the money must be spent by July. If you have suggestions, please send them in without delay.

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NUTRITION AND MEAL PLANNING COURSES

Please note in the Nutrition News Letter No. 9, for January, 1943, sent from the Office of Defense Health and Welfare Services, Dr. Mitchell says the most important, immediate job for local nutrition committees to do now is to plan for an intensive educational program on meal planning in wartime. This program should teach how to use rationed foods to the best advantage, and how to secure good nutrition even though the family pattern has to be changed somewhat.

How can you go about this? One way, at least, is suggested here; namely, to appeal to home economics teachers to offer their services for such work. All homemaking teachers in each county have received directions for organizing adult education classes in cooperation with the State Division of Vocational Education. A copy of these directions is enclosed. If there are homemaking teachers, or other persons who have had the necessary training in foods and nutrition, willing to teach a homemakers' class in your county, will you send their names to Miss Bertha Kohlhausen, State Supervisor of Home Economics Education, 105 State Library Building, Salem. She, in turn, will contact the local school district so that reimbursement of the teacher's salary can be arranged.

If a Red Cross course in Nutrition is desired by any group, the teacher should secure an application blank for a teacher's certificate from the local Red Cross chapter, and forward this to Mrs. Marian Sniffen, Director of Nutrition Services, Pacific Area, Civic Auditorium, San Francisco.

The state committee will be eager to hear of the classes you are planning to give.

Will you kindly report to me the number of nutrition courses which have been taught in your county since September, 1942. The enclosed form will serve for this report.

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## HANDBOOK FOR FOOD DEMONSTRATIONS IN WARTIME

One excellent way to conduct an educational program on nutrition and meal planning is through the use of demonstrations. A letter from M. L. Wilson, dated January 15, states that the "Handbook for Food Demonstrations in Wartime" will be mailed to us the first part of February, and that additional copies of these will be placed with Miss Russell, whose office address is 785 Market Street, San Francisco.

Please inform Miss Russell the number of handbooks you wish for your county.  
This request is being made in order to save time and postage.

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### AVAILABLE FILMS

Another way of spreading nutrition education is by using films. The following are available to you, and may be ordered through the Visual Instruction Department at Oregon State College. Service fee for use of all subjects except the last is 50 cents per film per day.

Hidden Hunger, Sound, 20 minutes. The need for complete feeding of the human body is presented in story form. Useful as an introduction to a study of nutrition.

For Health and Happiness, Sound, Colored, 10 minutes. Correct development of the child at different ages. Outlines necessary foods for children.

More Life in Living, Sound, 12 minutes. Foods are considered in two classes: protective FOODS AND ENERGY FOODS. Milk is featured as the most valuable protective food.

Food Makes a Difference, Silent, 20 minutes. Demonstrates effect of proper nutrition upon health of a child--strong bodies, white teeth, bright eyes, erect carriage.

Meat and Romance, Sound, 40 minutes. How to buy, cook, and carve meats. Discusses normal and reducing diets.

Food and Nutrition, Sound, 11 minutes. (Rental \$1.50 per day) Animated treatments portray normal dietary requirements of carbohydrates, fats, proteins, minerals, vitamins, and water. An instructional physiological film.

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### AVAILABLE TRANSCRIPTION

Attention was called to the following in Dr. Mitchell's News Letter No. 8: Food is a Weapon. A radio transcription lasting 14 1/2 minutes dramatizing the importance of food in war. Narration is by Ted Di Corsi, well known for his work in "Cavalcade of America" and "March of Time." Pressings are lent to radio stations free, and are available from the Agricultural Marketing Administration Regional Office, 821 Market Street, San Francisco. If you have a radio station in your county it may be well to call this to their attention.

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### VITA-MIN-GO

I am hoping that many of our county nutrition committees may be interested in the use of the revised edition of "Vita-Min-Go" to extend nutrition education in their counties and aid in individualizing nutrition. I believe the proposed offer of \$43.00 per 1000 could result in an excellent sale of these at 10¢ each, and this would serve as a means of developing a fund to care for some financing of the nutrition committees needing funds to carry out their program. Such sales have been suggested by Dr. Mitchell in her News Letter #9.

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## COOPERATION WITH O.P.A.

At the request of Mrs. Lamar Tooze of the Consumers Division of O.P.A., the sub-committee on Wartime Adjustments in Foods of the State Nutrition for Defense Committee has prepared a sheet on alternate foods, to be mimeographed by the O.P.A. and distributed with the ration books.

On January 23, I received the following telegram from Miss Russell: "We expect all nutrition committees to cooperate with representatives Office Price administration during registration second rationing book. This will involve assignment committee representatives preferably trained volunteers or qualified students to registration centers. Detailed instructions mailed soon. Suggest you begin planning immediately."

We have just received mimeographed material describing the program for local nutrition committees during the distribution of Ration Book No. 2. I hope you will carefully study these sheets, which have gone to you, so that your committee can be of the greatest possible assistance.

I hope, too, that you noticed particularly the suggestions concerning activities for local nutrition committees in connection with rationing given in Dr. Mitchell's Nutrition News Letter #9. If any of you did not receive a copy of this letter, please let me know, and I shall see that you get a copy.

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## HOME FOOD PRESERVATION

As you know, canned or processed vegetables and fruits for civilian use will be rationed. To help meet this situation, county food preservation committees will have a big job to do in 1943. The committee work will include:

1. Developing a food preservation program that will meet local needs.
2. Reaching all families within the county with simple information on conservation of food by canning, storing, drying, or freezing.
3. To encourage and assist families in planning for production and the preservation of the total family food supply necessary to meet nutritional needs.
4. To encourage drying as a method of food preservation because of anticipated shortage of some canning equipment and supplies.

The shortage of tin and other materials will curtail commercial packs of fruits and vegetables for civilian use. It is estimated that 50% or more of the 1943 pack of canned fruits and vegetables and dried fruits will be required for the armed forces and overseas shipment.

Outlook for 1943 on Commercial Packs of Food

	<u>Canned Vegetables</u>	<u>Canned Fruits</u>
Estimated total pack	176,800,000 cases	47,500,000 cases
Estimated amounts for armed forces and allies	<u>92,900,000</u>	<u>31,700,000</u>
Estimated amount for civilian use	83,900,000	15,800,000
Total for civilian use . . . . .	99,700,000 cases	
Average civilian consumption per year (1937-39)	200,000,000 cases	



REPORT OF SHARE THE MEAT CAMPAIGN

Urban

Since November many of the County Nutrition Committees have given consideration to their responsibility for training O.C.D. block leaders for participation in the Share the Meat Campaign. Fourteen out of seventeen County Nutrition Committees taking action have held planning meetings with Mrs. Laura Wells, the Campaign Chairman appointed for urban areas. We have worked closely in this program with the State Director of Civilian War Services and the O.C.D., and as nearly as possible have made contacts with the County Nutrition Chairman as soon as the organization was being planned by the County Coordinator. If your county has not yet been contacted either by letter or in person by the urban chairman, it is because O.C.D. has not yet reported a block organization plan for your urban areas. Because of the meat situation in Oregon, emphasis is being placed on the cause and need for sharing our supply and the alternates which will help provide adequacy, rather than on limiting the consumption of meat to 2 1/2 pounds per person per week in the areas where there is not that much to share.

Rural

The Share the Meat Program will be carried to rural families in Oregon through the Neighborhood Leader plan starting February 15. From February 15 to February 25, the Neighborhood Leader training meetings will be initiated in each of the thirty-six counties, and the material will be carried to farm families during the month of March. The Neighborhood Leader Handbook will have a section on Meat. War Food Communique No. 1 will be used at the leader training meetings. The Federal leaflets, "Share the Meat for Victory," will be distributed to families.

Report of M. L. Wilson, Assistant Director in Charge of Nutrition:

"Reports have now been received from all the regional representatives of the Nutrition Division regarding the work of the State and local nutrition committees in the Share the Meat Campaign. Their reports were high in praise of the way the State and local committees carried on this work and I want to express to you my sincere appreciation for the thorough job the committees have done.

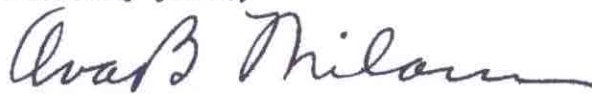
"In spite of our best efforts, some of the material for training of block leaders and for distribution to the homes did not reach all communities at the time scheduled, although a considerable part of it arrived even before schedule. Where it arrived late, we have found that the States made special provision for distribution through other methods than through the block leaders and, in general, the material appears to have been utilized advantageously.

"It was not anticipated that this program would be one hundred per cent effective throughout the country; and I am more than pleased with the results, especially the strengthening of the committees through this undertaking. A considerable number of county committees not formerly organized have been organized through the cooperation of members of the State nutrition committees who were authorized by their agencies to devote full time to this work during the time when more organization was needed. A considerable number of the States now report complete organization for all of the county committees; others are still working at this. Because of this additional organization, we are now in a much better position to carry on any future work related to the war phases of the nutrition program, and I am confident that the spirit which was shown in the Share the Meat Campaign will carry over to the work in food demonstrations which is the next most important responsibility to be assumed by the nutrition committees."

REPORT REQUESTED

If a brief report could be made to me from each of the county committees, the City of Portland, and each subcommittee of the State Committee, we would have accurate information as to the activities and achievements in the state under the auspices of Nutrition for Defense. Unless we have this information, we are handicapped when the Washington Office asks for reports. It would be well to include in your report your plans for the coming year. Please give us, too, the benefit of your experiences in developing your nutrition program so that we may pass on these suggestions to other county committees through our news letters. Please, also inform us of your needs.

Sincerely yours,

A handwritten signature in cursive script, reading "Ava B. Milam".

Ava B. Milam, Chairman of Oregon  
Nutrition Committee for Defense

Oregon State College  
School of Home Economics  
Corvallis, Oregon