

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

Homemakers' chat

FOR USE IN NON-COMMERCIAL BROADCASTS ONLY

U. S. DEPARTMENT
OF AGRICULTURE



Thursday, June 8, 1944.

119
I m 3
QUESTION BOX A

Who is my nutrition committee?
What kind of help does it offer?
What about regional food shortages?

LIBRARY
CURRENT SERIAL RECORD
JUN 14 1944

ANSWERS from nutrition specialists
of the United States Department
of Agriculture.

Judging by questions asked, food specialists of the U. S. Department of Agriculture, women all over the country are thinking about nutrition. From a small western city one woman writes: "I read much in the daily papers and hear much over the radio about state and county nutrition committees. Where are they...and how can I get their help in some of my nutrition problems?"

The best answer to this question is an over-all look at the nutrition set-up. The nutrition program itself began when President Roosevelt called the national nutrition conference three years ago...in May 1941. About 900 people from all parts of the country attended. These included people interested in food and nutrition from the 48 states. Following the conference President Roosevelt asked each governor to appoint a state nutrition chairman to cooperate in a nation-wide nutrition education program.

That was the beginning of a nutrition program which has spread even to the smallest village in the country. The state committee has the responsibility of reaching the homemakers of each state through the county or local nutrition committees. These state nutrition committees work together in a national program through the Nutrition Programs Branch in the U. S. Department of Agriculture.

The state nutrition committee as well as the county or local committee is made up of representatives of all agencies or groups who are interested in the food and nutrition program. There are representatives on the nutrition committees from the Extension service, Department of Health and Welfare, Federal Security Administration, Department of Education, Medical and Dental associations, American Red Cross,

Women's clubs, parent-teacher groups, Office of Civilian Defense, numerous youth groups, grocer associations, hotel and restaurant managers and others. If you want to know who your nutrition committee chairman is you can find out by calling the Home Economics teacher in your city or the county Home Demonstration agent, or a home economics worker of one of the government agencies. Either of these women may be the chairman herself, and if she isn't she will know who is.

If the city is large enough it's likely to have a nutrition committee of its own. Otherwise the county committee sees that the national program is carried to the homemakers throughout the county.

A woman who lives in one of the North Shore suburbs of Chicago asks just what sort of help she can get from her local nutrition committee.

Well, the Committee can answer practically any question that involves food. First of all the committee tries to show homemakers how to make the most of our changing wartime food supplies. When you can no longer find the foods you once used to keep your family's menus balanced, the committee helps you adjust menus to available foods. It can help you choose substitutes and alternates so as not to unbalance the nutritive values of your menus. It can give you charts showing the basic seven foods needed in daily diets and from these you can determine whether you are getting the right amounts of the right foods in your family's meals, even when your old standbys are not to be had.

When some foods reach their supply peak, the nutrition committee provides information on different ways to use each food---and that's a big help in getting the members of the family to back the food use program without their getting tired of any one food.

Of course you can depend on the nutrition committee to cooperate in sponsoring home and community canning projects, which are such a help to many homemakers, who want to save all the produce from their victory garden after their families

have had their fill of the fresh vegetables. Home or community canning also gives the homemaker a year 'round supply of certain foods with that home-grown, home-canned flavor which is a favorite of families.

The committee supplies information on raising victory gardens....uses of new foods like soya. One county committee has set up a Nutrition Information Center. Thousands of homemakers in that county have been given nutrition charts, menus, recipes. Many homemakers have taken advantage of the nutrition consultant who is on duty five days a week to help them with their food problems. The nutrition Center also sponsors movies on nutrition, food demonstrations, weekly radio programs and a daily newspaper food column.

Yes your nutrition committee is a live encyclopedia just waiting to be questioned, just waiting to answer your questions about food.

And one listener asks "Can a nutrition committee do anything about a food shortage that comes up in one part of the country while there is a surplus of that same food somewhere else?"

The answer is, Yes. It isn't at all uncommon for a nutrition committee to take the lead in getting in a supply of food scarce in its locality. The committee may encourage and support other groups in getting these supplies, or it may take the lead in seeing that the problem is placed before an official group which has power to obtain these supplies. For example, nutrition committees have taken the lead in getting milk for school lunches in some localities.

In short, the nutrition committees' aim to make it easier for the people in their community to learn what good nutrition is, and to put this knowledge of good nutrition into practice.

#

