



TEXAS
STATE NUTRITION COUNCIL

Box 516
Prairie View, Texas
July 19, 1946

TO: MEMBERS OF TEXAS NEGRO NUTRITION COMMITTEE

Dear Co-Worker:

It seems that we will be unable to sponsor a School Lunch Workshop at Prairie View during the 1946 summer session. Our local chairman, Miss E. C. May, was not able to plan same before she left the state a few days ago.

I will be glad to explore other opportunities and would appreciate your calling my attention to places and possibilities.

A copy of the recent issue of WHATS COOKING is enclosed. You will find on page 3 a report of our Food Preservation Conference.

Yours very truly,

A handwritten signature in cursive script that reads "I. W. Rowan".

(Mrs.) I. W. Rowan
Chairman of Texas Negro Nutrition Committee

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TEXAS CHAIRMAN ATTENDS WASHINGTON CONFERENCE

At the request of M. L. Wilson, Chief of Nutrition Programs, Production and Marketing Administration, United States Department of Agriculture, Dr. Florence Scouler, Chairman of the Texas State Nutrition Council, attended a conference at Washington, D. C., May 10-12, along with four other nutritionists and home economists from over the United States.

Dr. Scouler reports that representatives were permitted to offer recommendations to the administration regarding future food policies and were asked to prepare suggestions for putting over the present food program.

Mr. Wilson called in a number of representatives from the U. S. Departments of Agriculture and Education.

Dr. Craig from the Allotment Division reported this nation had fallen short of our shipments. This was attributed partly to the fact that nations were overly optimistic regarding amounts available and partly to drought in many of the richest cereal-producing countries. Dr. Craig believes the crisis period will last approximately 18 months, but that it will be years before production will meet the needs of a minimum dietary for the people of the world.

Mr. Russell, Director of the Famine Emergency Program until June 30, and Mr. Sandsum also talked on the present food outlook.

Above everything else, frankness and honesty were recommended by those attending as the best approach to housewives.

Some of the main recommendations of the committee were that people be urged

to make gardens contribute as largely as possible to the total food supply.

Fall and winter, as well as summer and spring gardens, are essential.

to raise legumes, potatoes, sweet corn, popcorn, cereals and protein foods.

to consider the local situation in deciding whether to keep a cow, poultry and meat animals.

to preserve animal foods such as poultry, fish, meat, eggs, butter, lard when plentiful as well as fruits and vegetables.

to see that when it takes more 80% flour (and more liquid) to make a loaf of bread the same volume as that obtained when using a regular flour, it is preferable to use regular quantities and have the resultant smaller size loaf.

to give wide publicity to foods in plentiful supply and to suggestions for their use.

to cut calories safely when cutting them.--calories should be kept high for growing children, pregnant and nursing mothers, old people and people who work or exercise hard. Overweight people should not cut too low or too fast.

CONSERVING ASCORBIC ACID IN CABBAGE

With the aim of obtaining a palatable product with good retention of ascorbic acid, experiments on cooking cabbage have been completed recently by the Division of Rural Home Research of the Texas Agricultural Experiment Station.

Four-serving amounts (300 grams or about 1 quart chopped) were used for each cooking. In all tests the cabbage was cooked until just done, the time required having been determined by preliminary cookings. In some tests the cabbage was boiled in just enough tap water to cover (600 ml, about 1 pint); in others, twice as much water (1200 ml) was used; and in still others, it was "panned" with only 100 ml of water. The boiled products were cooked in two-liter beakers with lip, covered with a watch glass; those "panned" in a shallow enamel pan with loose-fitting pyrex cover. Thus, there was slight ventilation during cooking and little evaporation.

The products from these three cooking procedures were all highly acceptable, the flavor being more mild and color more pronounced in the boiled than the panned cabbage. Compared with the corresponding raw cabbage, the total retention by the boiled products (cabbage plus liquor) in eight experiments averaged 72 per cent and 74 per cent respectively with the use of 1200 ml and 600 ml of water. The percentage of ascorbic acid retained by the cabbage was similar to that dissolved in the liquor. The panned cabbage with which there was little liquor, never more than would be served with the cabbage, retained an average of 80 per cent of the amount in the raw vegetable, or approximately twice as much as in the cabbage alone after boiling.

Utilization of the liquor being something of a problem, the preferable proportion of water for boiling seems to be only enough to cover the raw cabbage. Nothing is lost in appearance or palatability by using the smaller proportion of water instead of the commonly recommended larger volume. Provided liquor is all used, panned and boiled cabbage appear to be comparable sources of ascorbic acid. The liquor is excellent for making either hot or cold consomme.

The cabbage used for this experiment was grown at Colloge Station in the fall of 1945. One serving (75 grams, or about 1 cup raw, chopped and 1/2 cooked) supplied on the average if eaten raw, 31.6 mg of ascorbic acid, or nearly 1/2 of the recommended allowance for an adult; if eaten panned, 25.2 mg or about 1/3 of the allowance; and as a boiled product (vegetable without liquor), 11.2 and 12.5 mg or about 1/6 of the allowance.

Dr. Jessie Whitacro who conducted the above experiments recently demonstrated the methods she used to the foods committee of the Home Demonstration Staff, Extension Service, A. & M. College.

SOME RECOMMENDATIONS OF COMMITTEE ON NUTRITION EDUCATION IN THE SCHOOLS

Because of the basic importance of optimal nutrition in all phases of our living, the committee on Nutrition Education in Schools, TSNC, is recommending that nutritional instruction be a required course of study in all elementary and secondary schools. In addition, a required course in non-technical but scientifically correct nutrition is being requested as a part of the curriculum for all colleges where teachers are trained.

Suggested procedures include discussions by instructors and experts, workshops, nutrition clinics for children in the community, reviews of case studies, movies or slides, and experiments with malnourished children in a program of good eating, rest and other activities. Studies of the effects of malnutrition and criteria for judging good and bad nutrition also should be included in the program.

Relationships of classroom teaching to lunchroom programs should be evident, the committee believes. Good practices are supervising the lunch hour, building good eating habits, and participating in the activities of the nutrition program. Also, teachers should feel a responsibility that good standards and suitable facilities should be maintained in the lunchroom.

The knowledge of good nutrition should be integrated with home, school and community activities. Nutrition education services should be extended to parents and community.

NUTRITION PACKETS

The sub-committee on Nutrition Education in the School has prepared an outline which may be used as a guide for the inclusion of some nutrition in health and education workshops conducted by colleges and universities. This outline will be available to any college or university faculty member upon request and is being used as a part of the curriculum of the Child Development Workshop, N.T.S.T.C., Denton.

The Nutrition Council allocated \$50 to the committee to obtain nutrition education materials suitable for use by workshop groups. A bibliography was prepared and five kits of nutrition materials were assembled for loan. These packets contain bulletins on general nutrition, teaching units and aids, curriculum guides and suggestions and the school lunch. Single copies of other materials, such as the Sloane Foundation "Food From Our Land Series", "Young Nutritionists in Action", etc. were obtained. Packets of education nutrition material from the following commercial sources: National Dairy Council, National Livestock and Meat Board and Evaporated Milk Association have been included.

At present, the packets are being used by workshop groups at N.T.S.T.C., Denton, Texas College, Tyler, and Tillotson and Samuel Huston College, Austin. As a service of the State Nutrition Council, these materials may be requested for use by teachers, professors or other professional personnel interested in nutrition education in the elementary school.

FOOD PRESERVATION COMMITTEE REPORTS

Use of pressure sauce pans for canning low-acid vegetables is not recommended by the sub-committee on Home Canning. Since calibrating devices may not indicate accurately the exact amount of pressure, adjustments for altitude are unreliable.

The sub-committee on Home Canning Equipment gave the following information in their recent report:

1. Home canners are due to receive their full requirement of sanitary cans. In addition to No. 2 and No. 3 cans, No. 1 cans, both plain and enamel, are expected to be available.
2. The carry-over on jars is not as large as last year; however, it seems that jars will be available to meet needs.
3. There should be a good supply of one-half pint and wide mouth jars.
4. Prices of containers are practically the same as last year.

Canning accessories such as canning tongs, tomato knives, thermometers and juice extractors are more readily available this year than in the last three or four years.

A report on recent research related to food preservation includes such topics as the influence of canning and freezing on nutritive value, the effect of storage and packaging on canned or frozen foods, the effect of defrosting and texture and other qualities of the frozen product.

FOOD PRESERVATION CONFERENCE AT PRAIRIE VIEW

About 30 people attended the food preservation conference sponsored by the Texas Negro Nutrition Committee at the Prairie View canning center May 31 and June 1.

Among topics discussed in the two-day conference were the present food situation, killing and dressing chicken, care and use of canning equipment, preparation of food for freezing, canning vegetables, and scoring canned products. Gwendolyn

Jones, Extension Service Food Preservation Specialist, directed group participation in the scoring. A round-table discussion followed on the subject, "How We Can Use This Information".

At the meeting of the Negro Nutrition Committee the last afternoon, members voted to sponsor, if possible, a training school for school lunch supervisors.

Mrs. I. W. Rowan presided at each meeting except the first morning meeting when O. J. Thomas presided.

Others participating in the program at various times were Principal W. R. Banks; C. D. Yancy, PMA; A. Maceo Johnson, OPA; J. C. Williams; Harry Richard, PMA; Mrs. Lovie M. Hill, Negro home demonstration agent for Waller County; and Mrs. Gray, FSA.

PROCESSING TIMES FOR FRUITS AND VEGETABLES

Research to determine safe processing times for fruits and vegetables has been started by the Division of Rural Home Research of the Texas Agricultural Experiment Station in cooperation with the Bureau of Human Nutrition and Home Economics.

Work has begun on black-eyed peas. Heat penetration data will be used for calculating the safe processing times. These times will be checked by inoculation of containers of black-eyed peas with the test organism.

Mrs. Joe E. Smith is working on this project under the direction of Dr. Sylvia Cover.

ACTIVITIES AT TEXAS TECH

Diets of College Coop House Studied

A study of nutritional adequacy of student diets at Casa Linda, the college cooperative house at Texas Technological College, has been made to determine the quantity and nutritive value of diets chosen freely by college girls.

Records were kept for at least one week and in some cases one month each year from 1940 and 1944. Results were tabulated according to quantities of food consumed and nutrients per person, per day. Although interpretations have not been completed, first impressions of the data show that the intake of nutrients is liberal--at least, as closely as can be determined with the use of composition tables. The actual quantitative food intake apparently falls below the amounts recorded in Family Food Plans (AWI - 78).

Freezing of Cooked Foods Studied

Investigations on the freezing of cooked and ready-to-cook foods are being conducted in the Foods and Nutrition Department of Texas Technological College.

Such foods as bread doughs, sweet rolls, pies, cookies and cakes have been frozen. Meat loaves, croquettes, Spanish rice, Italian spaghetti and chicken a la king were the cooked foods which were frozen.

Practicability for home use insofar as time, energy, palatability and nutritive value are concerned is a factor to be considered in experimenting with this new idea.

The study is still in progress.

MILK CONSUMPTION CONTINUES HIGH

The American people may be described today as a nation of milk drinkers, says Gladys Martin, Extension Service Home Dairying Specialist. Milk drinkers are expected to continue this high demand for their favorite beverage all through 1946 so that consumption may reach a new high for the sixth year in succession.

Fluid milk and cream consumption this year is expected to average about 210 quarts per capita--more than a full pint a day per person for the first time in history, in contrast to about 160 quarts per capita--nine-tenths pint a day in the pre-war years 1935-1939.

GARDENS

Gardens are as important as they've been in any war year! Some of the calories we're cutting out in our wheat saving program will have to come from a wider use of vegetables. If these vegetables must be purchased, the cost of the family's food is going to be higher. So home-grown vegetables can help keep food costs down.

The root vegetables--beets, turnips, rutabagas, parsnips--in addition to potatoes, will help furnish some of the calories. Garden corn and peas, too, are listed as 15 per cent and higher in carbohydrate. It is very much in order to get ready now for a good fall garden.

INTERNATIONAL EMERGENCY FOOD COUNCIL

The Food and Agriculture Organization during the week of May 20, had a special meeting to look ahead to the winter of 1946-47 and all of 1947-48. An International Emergency Food Council has been set up composed of representatives of both the "have " and "have not" food nations, to deal with world famine problems until the end of 1947. This Council will replace the Combined Food Board in channeling food from surplus-producing areas to shortage areas, and will also recommend food conservation measures to all member countries.

VEGETABLE SUPPLY

Supplies of vegetables, including fresh and processed, for civilians in 1946 will approximate that of 1945. The demand for vegetables this year is continuing at a high level because of high incomes and attempts to conserve other foods.

Canned vegetables reached a new record of over 40 pounds per person in 1945 and are likely to be about the same for 1946. This year's pack of frozen vegetables probably exceed that of 1945. The 1945 pack increased 29 per cent over 1944 with a new record of around two pounds per person.

NEW FREEZING BULLETIN

"Home Freezing of Fruits and Vegetables", AIS-48, is a new publication of the Bureau of Human Nutrition and Home Economics. Illustrated directions are given for preparing fruits and vegetables for freezing. Tables on "how to prepare", "time to scald", and "how to pack" are included. The various kinds of containers are discussed. Homemade equipment for filling packages, sealing packages and an insulated carrying box also are illustrated.

USDA COUNCIL MEETING

Production and distribution of food to help alleviate the crisis in other parts of the world was the main topic for discussion at the monthly meeting of the USDA Council June 24. As Texas State Nutrition Council Chairman, Dr. Florence Scoular, was unable to attend, Gwendolyne Jones, Extension Service Food Preservation Specialist, represented the State Nutrition Council.

E. N. Holmgroon of Bryan, former Lieutenant Colonel with the United States Army, talked to the group on the conditions he had observed in India.

As an outgrowth of discussion, B. F. Vance appointed a committee to work on plans for a good and feed campaign to be conducted in the state this fall. Dr. Scoular was made a member of the committee. Some reports on county USDA Council activities indicated that all forces were joining together in an attempt to have an effective food and feed program.

CORN MEAL ENRICHMENT PROGRAM

One project of the Community Nutrition Section of the Texas Dietetic Association for 1946 is participating in the movement to effect enrichment of corn meal and grits. This movement is already under way as a concerted effort by Extension Services of some southern states. Texas Extension Service has participated in a survey of the number of mills in this state which grind corn meal and grits and an estimate of the approximate number of bushels of corn ground annually. The next step appears to be an educational campaign to induce Texans to want enriched corn meal and grits and to induce millers and merchants to want to provide consumers in Texas with enriched products. The Community Nutrition Section through a committee including representatives from other interested agencies plans to assemble material for educational purposes and hopes to have the material presented in every county of the state. Such groups as County Home Demonstration Councils, P T A's, Women's Clubs, and groups including millers, and merchants should be interested. For presenting the material, cooperation is anticipated from T D A members in the 48 counties in which they are distributed and from Home Demonstration Agents, member of Texas State Nutrition Council and Texas Home Economics Association in their respective counties.

The material assembled will include something of the history of the enrichment of corn meal and grits, the extent of the use of corn meal and grits by Texans, the comparative behavior of enriched and non-enriched ground corn products in cooking, a comparison of the food value of enriched and non-enriched corn products, and the probable cost of making effective the legislation requiring enrichment, should such legislation be passed.

Pertinent literature is being secured and distributed to members of the committee. It is planned to secure through T D A members, more extensive and specific information than is now available on the ways in which corn meal and grits are prepared by Texans. If data on enriched and non-enriched ground corn products proves insufficient, it is hoped to secure the cooperation of the Research Committee of Texas State Nutrition Council in making further analyses.

Dr. E. J. Lease, nutritionist in South Carolina Agricultural Experiment Station, has been especially helpful in the preliminary steps in this venture. He has supplied eleven copies of his own comprehensive report on enrichment of corn meal and grits, which report includes 3 relevant South Carolina publications. He has also advised that enriched and non-enriched corn meal and grits may be secured from a South Carolina mill at a cost of about \$0.05 per lb. The enrichment device perfected by the South Carolina Experiment Station for use by small mills can be had for \$18.00. Dr. Jessie Whitacre, Chief Division Rural Home Research, Texas Agricultural Experiment Station, is Chairman of the Community Nutrition Section, T.D.A.

NATIONAL SCHOOL LUNCH ACT SIGNED

The nation-wide lunch program, which has been on a more or less year-to-year basis for more than 10 years, was made permanent recently when President Truman signed the National School Lunch Act.

The act declares it to be "the policy of the Congress as a measure of national security, to safeguard the health and well-being of the Nation's children and to encourage the domestic consumption of nutritious agricultural commodities and other food, by assisting the States, through grant-in-aid and other means, in providing an adequate supply of foods and other facilities for the establishment, maintenance, and expansion of non-profit school lunch program". The act authorizes the appropriation of such sums as may be necessary and provides for the tapering off of the Federal contribution.

The act provides that school lunch funds appropriated annually by the United States Department of Agriculture shall be disbursed by state agencies. The Governor of Texas has designated the State Department of Education as the agency to administer the program.

EMERGENCY FOOD COLLECTIONS

Generous contributions of food, clothing and money to famine-stricken Europe and Philippine Islands will be made by Texas Home Demonstration Club women and 4-H Club girls throughout the summer of 1946. The contributions were started during the observance of National Home Demonstration Week May 5 - 12. More than 32,000 articles of clothing, towels and feed sacks were sent to the Philippines while 826 cases of commercially canned food and \$958.00 in cash for the purchase of food were contributed by clubs and individual members for famine relief.

About May 15, a plan whereby Texas rural women may process and ship SURPLUS HOME-GROWN PRODUCTS thru UNRRA was announced by Maurine Hearn, Extension Vice Director for Women and State Home Demonstration Agent. All products accepted by UNRRA must be canned under supervision. To meet this requirement, county home demonstration councils, with the assistance of county home demonstration agents, are holding refresher training schools for home demonstration club women who will serve as supervisors for canning and drying food.

In late May, Texas counties began work on such activities. In Victoria County, 92 cans of green beans, 60 cans of mixed vegetable soup, 60 cans of kraut and 72 cans of peas were canned under supervision. Five Jasper County women attended a food preservation school in Jasper on May 31 to receive instructions. These trained women returned to their respective communities to supervise the canning of surplus products for UNRRA.

The Glen Rose Home Demonstration Club of Somervell County reports the canning of 72 cans of beans. Each club in the county is planning to do the same. When tomatoes, corn and lima beans are ready, the groups will prepare this food and can it for UNRRA. Two groups in Brooks County have organized to can tomatoes for famine relief.

In some counties, local service organizations are cooperating with county home demonstration councils by furnishing cans to be used in this relief canning.

In Nacogdoches County, \$400.00 has been deposited by service clubs in the County Home Demonstration Council treasury for this purpose.