

FOODS AND NUTRITION

Report of Work 1928

Number of counties reporting.....	42
Number of counties majoring in Foods and Nutrition...	31
Enrollment--Leaders Women... 716 Club Women.....	9,198
Leaders Girls... 146 Club Girls.....	7,520
No. leaders' training schools held by Specialist....	91
Total attendance.... 1,437 Average attendance.....	15.79
No. leaders' training schools held by Agents.....	65
No. method demonstrations given.....	6,276
No. result demonstrations started or under way.....	48,034
No. result demonstrations completed.....	28,274
No. homes adopting improved practices.....	11,035
No. meetings held in the project.....	3, 572

I. There have been no changes in the State Extension organization which affected activities. One nutrition specialist is employed on the project and gives all of her time to the work.

II. As in previous years the Foods and Nutrition program has been closely tied up with all projects relating to the production of a more adequate food supply.

III. Program for 1928.

a. Problems.

1. To create a greater interest among rural people in the relation of food to health by giving them information that will encourage them to produce an

adequate food supply on the farm, and to adopt in the home improved practices of food selection, food preparation and meal planning.

2. To train leaders in every community in order that the information may be spread and practices adopted more generally.

3. To provide subject matter material for use of leaders and club members.

4. To obtain more complete records of practices adopted.

b. Goals

1. In the counties where the Foods and Nutrition program is selected as the major project assist the home agent in planning the program to meet the needs of the county and also conform to the long time plan of work.

2. Assist in training leaders in each county to aid in creating a greater interest in the work. The specialist plans to hold at least four training schools for leaders in each county.

e. Attainments

1. Assisted in working out programs for thirty-one counties.

2. Schools for leaders were held in thirty-one counties by agents and specialist. The specialist conducted a total of 91 schools and had an average attendance 15.79. Only 10 counties were visited four times, 13 were visited three times, and the others once or twice. In some of the counties the leaders met each month for training. The work in Stanly, Forsyth, and Iredell Counties

Goals

Attainments

- is outstanding . In every county the leaders have displayed a keen interest and have been most helpful in giving the women of their respective communities a clearer appreciation of the relation of food to health.
3. Obtain more complete reports of adopted practices, and have more complete records in home agents' offices for permanent files.
3. Major project report sheets, providing spaces for monthly check for practices adopted by each club member were sent to all counties carrying the Foods and Nutrition program. As they were not available until May, only about 25 per cent of the agents made use of them and now have the reports filed in their offices.
4. Aid the home agents in carrying out the food program for girls, emphasizing selection and preparation of food in relation to health.
4. Assisted agents to plan the program for the girls. Held one school for training leaders of girls' clubs.
5. Assist in organizing and conducting educational Milk-for-Health campaigns.
5. Assisted in organizing the New Hanover Milk-for-Health campaign, but owing to a full schedule was unable to assist in conducting the week of intensive work.
6. Aid in establishing nutrition classes, feeding demonstrations, and school lunches.
6. Milk feeding demonstrations were conducted in Gaston and New Hanover Counties as a part of the follow-up

Goals

Attainments

work of the milk campaigns.

In Caldwell County a nutrition class in a mill school was conducted by the home agent. A mimeographed sheet on school lunches, prepared by the specialist, had wide circulation. It was used by home agents in all counties, was printed in the county papers, and in several farm papers, and was broadcast by radio. As a result numerous requests for copies have come from this and adjoining states.

7. Plan work and assist in giving instruction at Agents' Conferences and at Short Courses for women and for girls.

7. Subject matter and methods of presentation were given at the annual conferences for white and for negro agents. Planned courses and assisted in giving instruction at State Short Courses for women and for girls. Planned work for negro Short Course for girls and talked to the women attending the negro Short Course for women.

c. Subject matter is taught in leader training schools, local club meetings, home visits, camps, and county and state Short Courses, by specialists, county home demonstration agents, and by leaders. Instruction is given by means of lecture demonstrations, an occasional lecture, exhibits, printed and mimeographed material, and by the use of photographs, posters, and charts.

A county electing foods and nutrition as its major project

must have the majority of the women's clubs taking the work. It is desirable that the girls' work be in foods and nutrition also. The project is based on the community plan and consists of two units--Foods for Health, and Meals for the Family. Each unit extends over a period of eight or ten months, depending upon the needs of the group. This allows two or four months for seasonal or minor projects.

Two women are chosen in each community to be food project leaders. They attend leaders' schools to receive instruction from the agent or specialist and in turn present or assist in presenting the instruction to the home club. The specialist assists in making out the program to meet the needs of the community or county and supplies aids in presenting it.

It is desirable that a monthly leaders' school be held, the specialist and agent alternating in conducting it. It is also desirable that a county-wide achievement day be held at the completion of each year's work. At this time the public is invited and the leaders present some phases of the work and tell of the progress made in the program.

With the completion of the assigned work extending over a period of two or more years an Award of Merit is presented each club member who has met requirements.

Nutrition classes, school lunches, and the food and health work done by the girls are all a part of the nutrition program.

d. All phases of extension work that have anything to do with the production of an adequate food supply on the farm contribute to forwarding the Foods and Nutrition program. Close cooperation with the state Garden Specialist has resulted in more year-round

gardens and orchards, which mean a greater variety of vegetables and fruits in the family diet. The Dairy Division has cooperated in a Milk-for-Health campaign in New Hanover County and in milk feeding demonstrations in Wilmington and in Gastonia, as a part of the campaign follow-up. The farm agents have assisted the farm families in improving the dairy herds, the poultry flocks, the gardens, and the orchards. The home demonstration agents have carried through the programs planned for their respective counties, held leaders' schools, local club meetings for women and girls, made home visits, and assisted in numerous ways in giving the farm family a clearer appreciation of the relation of food to health.

The negro home demonstration agents have encouraged the production of more home grown foods, more food conservation, better food selection and preparation.

f. Specific Pieces of Work.

When a county council elects Foods and Nutrition for study, arrangements are made for a survey of the food supply and of the nutritional problems in each home. The two leaders selected by each club aid the members in making the survey. Besides proving an excellent means of interesting the group in the relation of food to health, it has aroused a greater interest in more and better gardens and orchards, more food conservation, a greater milk supply, and in the use of more whole grain cereal. It not only calls attention to the needs of the family but to the community needs as well. In Stanly County at the March leaders' school a total of twenty-five hotbeds were made during February, and reports showed that practically every family was planting two or more new vegetables.

In Henderson County a leader reported that every family in her community, with the exception of two, had fruit growing at home. The two exceptions were the homes of the two ministers, who lived in community owned property. The club women had a planting day.

The cooking of whole wheat and cracked wheat for use as a breakfast cereal was emphasized in the counties where wheat is grown.

Posters showing the different classes of foods were made by all leaders. The leaders in Halifax County had a poster contest that created keen interest in every club. In a section of Franklin County where there are several cases of pellagra, one of the leaders asked for information regarding the preventive diet. She was given a bulletin and at the next club meeting she

had a poster showing the foods needed to prevent the disease. This poster went into many homes.

Leaders' training schools are attended by two representatives from each community club who are elected by the club members. If a leader can not come, a substitute is to be sent. In most counties a county chairman is selected from the leader group. She takes charge of the meeting, usually following a definite program consisting of songs and reports from the various communities. One leader gives the report on the Food work and the other on the Garden or other phases of work. The Home Demonstration Agent or the Specialist then gives the lesson that is to be taken up in the local club meeting the following month. The leaders make notes, which they use at their respective clubs. A definite assignment is made so the leaders know just what is expected of them at the local meeting. Time and place of the next leaders' school is announced before adjournment.

The Achievement Days held in the counties were educational and were an inspiration to club members, leaders, and extension workers. In Bladen County thirty-nine women received Awards of Merit of Achievement Day.

The Foods and Nutrition classes at the State Short Course for women were well attended. The program consisted of the following: Cake, Salads, Desserts, Use of the Waterless Cooker, Table Courtesies, and Child Feeding and Care. More than one thousand women attended the classes. It was most gratifying to see the interest in the three lessons on Child Feeding displayed by the women from the counties studying Foods and Nutrition.

At the Short Course for girls 176 girls selecting Foods.

were distributed through six sections. All of them were weighed and measured. Eighty-six, which is forty-seven per cent, were found to be more than ten per cent under weight. Throughout the week posture and foods essential for health were emphasized and on the final day the under weight group was met and the girls agreed to make every effort to reach normal weight. In the fall I wrote each home agent who had girls in the group and she has worked with the mother and club girl to improve the condition.

(For other illustrations see narrative reports.)