

FOOD AND NUTRITION PROJECT

PLAN OF WORK FOR 1929

Mary E. Thomas, Specialist

Location. Counties selecting Foods and Nutrition for the major part of their year's program, namely: Alamance, Alexander, Beaufort, Caldwell, Catawba, Cleveland, Columbus, Craven, Cumberland, Currituck, Dare, Davidson, Duplin, Durham, Edgecombe, Forsyth, Gaston, Guilford, Henderson, Iredell, Madison, Martin, Northampton, Pamlico, Pasquotank, Polk Richmond, Rockingham, Rutherford, Sampson, Stanly, Transylvania, Vance, Wake, Washington, Wayne.

Object. To encourage more careful food selection, preparation and meal planning and to aid in establishing good food and health habits among the people of North Carolina in order that malnutrition may be decreased and that the people will develop a high resistance to disease, an increased mental and physical efficiency, and a feeling of general good health.

Program Determination.

a. Assist in carrying out the Foods and Nutrition program for women as outlined in the long time plan of work.

b. Conduct training schools for leaders in all counties selecting the foods and nutrition project. In Alexander, Dare, Madison, Transylvania, and Polk Counties leaders' training schools will not be held this year but assistance will be given the agents in meeting their problems and at least one visit to each county will be made by the specialist.

c. Assist in carrying out the foods and nutrition program for girls as outlined in the long time plan of work.

d. Prepare additional subject matter guides to be used in the club meetings by agents and local leaders.

e. Cooperate with the Garden Specialist in tying up the home gardening project more closely with the foods and nutrition project by encouraging the use of the planting chart that is based on a minimum serving of vegetables. Encourage the use of canning budgets and menus that include fresh, canned, and stored vegetables and fruits in sufficient quantity and variety.

f. Cooperate with the Dairy Division in organizing and conducting Milk-for-Health campaigns in the counties where thought advisable by Extension workers. Assist in carrying on the follow-up work by conducting feeding demonstrations.

g. Cooperate with the State Board of Health in an effort to reduce the number of cases of pellagra in the state by interesting the families and communities where pellagra is prevalent in the production and selection of an adequate diet.

h. Cooperate with the school and health authorities and women's clubs in conducting the hot-school lunch and nutrition classes for underweight children.

Organization. A county electing foods 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 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 project leaders. They attend leaders' schools to receive instruction from the specialist or agent and in turn give or assist the agent in presenting the instruction to the home club. The specialist furnishes plans of work, assists in making out the program to meet the needs of the county, and furnishes aid in presenting it.

At the completion of a unit of work a county-wide achievement day is held at which time the leaders present the progress made in the program.

Uniform record sheets to be kept by the local leaders are furnished each club and at the end of the year are filed in the agent's office as a permanent record.

Subject Matter Assistance.

Subject matter assistance will be given through the following channels:

- a. Printed, mimeographed, and illustrative material.
- b. State Short Course for agents where subject matter and methods of presentation are studied.
- c. Schools once a month for local leaders held by specialist or agent in each county preceding the club meetings on the selected subject.

d. Talks to club groups and county councils where this does not interfere with work on the local leader basis.

e. Instruction in food, nutrition, and related subjects at the State Short Courses for women and girls.

Distribution of Time.

January. Schools for leaders in eight counties.
Annual report.

Feb.-June. Leaders' schools in all counties
carrying foods and nutrition program.

July. State Short Courses.

Aug.-Nov. Leaders' schools and visits to clubs.

December. Agents' conference. Annual reports.