

COMMUNITY NUTRITION EDUCATION IN SICILY *

by
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Friends:

This Conference, representing the cooperative effort of the Italian Government and UNRRA, is the result of the recognition of the fact that the science of nutrition is so important in laying the foundation stones for the future welfare of the nation, that no time can be lost in bringing before the public, representing every man, woman and child, the most recent knowledge which has been gained as the mysteries of this science have been unfolded. Large sums of money are being spent all over the world in food and nutrition laboratories, in an effort to discover what elements are lurking in food which can benefit human nutrition. The important contribution of nutrition toward human welfare is now so widely recognized all over the world that governments are concerned not only with quantitative production of food, but with the production of such foods as will furnish the necessary nutrients required to benefit the health of the population.

The Conference being held in Palermo this week is the fourth which has been held in Italy since UNRRA has arrived here to bring to Italy, not only food, but also the services of its experts in helping to improve the condition of the people. The other Conferences have been held in Naples, Rome and Florence, and have been attended by the Public Health Nurses of all the provinces from the southernmost part of Italy to Florence. Additional Conferences will be held until the nurses from all the other provinces have had an opportunity to gather together, just as you are here today, to learn how they can be of most help to the people whom they serve. In this way, we hope to create an awareness and stimulate national interest in one of the most pressing problems in Italy today. A country whose maximum energies for years have been devoted to the prosecution of a war, thus out of contact with the rest of the world, has been denied the opportunity of keeping in touch with the more recent discoveries, as for example, in the science of nutrition. Since nutrition is basic in terms of life and human welfare, UNRRA offers it as one of the most important services to help in the rehabilitation of Italy. There can be no doubt of the important place which the visiting nurses have in this part of the reconstruction program of the country.

During my recent journey throughout Sicily, visiting each of the nine provinces so well represented here today, I have learned a great deal about some of your problems, your food production, and your needs. There is so much that we can learn from one another. By pooling our information and sharing our knowledge and our experiences we should be able to look forward to the improvement in social conditions for the maximum benefit for all. Nations have a responsibility for learning from each other the most recent developments in all fields for the social and

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economic welfare of its people, and of making available and disseminating true information so that it will be put to practical use.

The science of nutrition - its research and discoveries - is of practical value only insofar as it relates to health of human beings. The work in the laboratories must be used for this practical purpose. As a result of years of research and study, scientific groups have determined and made recommendations for the amounts of each of the nutrients that are necessary to meet body requirements. These are given in numbers of calories, grams of protein, fats, carbohydrates, minerals and amounts of each of the known vitamins.

The figures must be related to types of food and quantities in kilos that will provide these nutrients which will mean adequate nourishment for all age groups. The foods must be those, insofar as possible, which can be produced in the individual countries.

With the knowledge of what is required to maintain good health of each individual, plus the knowledge of what the country can produce, nutritionists and food experts can estimate the quantities and types of food which are necessary to provide the nutrition standard adopted by the country. These experts have responsibility for constantly studying and evaluating the national production and transportation problems so that the foods that are produced will provide as much nourishment as possible and reach various communities so that they will be available to the people. These food experts have responsibility for recommending what food and in what quantities they may be exported and imported to provide for an adequate diet. Obviously, these recommendations will differ in different countries.

Some people will say "Good nutrition is dependent upon the ability of people to pay for the kinds and amounts of food which science declares is necessary." This is true. To a great extent the economic situation of a family will determine the condition of health. For national health, then, we must recognize all factors, i.e., economic; production, transportation, exportation and importation of food. However, in order that no time be lost and while governments are struggling with these grave problems, those of us who work directly with the people can begin and continue our work of disseminating information to the public. We, as the educators, whether it be as doctors, nurses, dietitians, social workers or teachers, have responsibility for giving this information, in such form that it will be understood by all groups of people. To a mother who is overburdened with the many problems of the household, there is little value in telling her how many calories or grams of protein are required each day. But there is real value in teaching her what foods are necessary and how much and how to cook them properly to preserve as much food value as possible.

We have agreed that the amount of money a family has to spend for food is a very important factor in determining whether the family will have the necessary foods to build and maintain nutritional health. A study made in America in 1938 proved that money was not the only factor. We learned through this study that among our people with good incomes an appreciable number were suffering from malnutrition and dietary deficiencies. A study of their diets of the food they consumed day by day showed that actually they were eating poor diets. This means that they were eating sufficient to satisfy hunger but that actually certain body tissues were not receiving from the food that was eaten, those nutrients which were required to nourish them. We have called this "hidden hunger."

The results of this nation-wide study in the United States shocked many people. As a result, our late President Roosevelt called to Washington in May, 1941, nutrition experts from all over the country to review this problem. This was known as the "First National Nutrition Conference." One of the most important decisions of this Conference was that the public should be given instructions about food which individuals must eat to provide and maintain good nutrition, and also how to cook them to preserve as much food value as possible.

How, then, can this vast body of information be made available to the public? What means can we use to convey to the people the information which will have a bearing upon their health?

In the United States many different methods are employed at this time. We have set for ourselves the task of making scientific information on nutrition practical - and suitable for all economic groups, and to spread this information far and wide to reach the entire population. We have organized classes in nutrition all over the country of fathers and mothers, working girls and many other groups. We have tied up nutrition education with the school lunch program so that our children are learning about the foods they must eat and why. We have introduced nutrition education in the factories, where meals are served to workers. We have introduced nutrition education in restaurants and cafeterias, so that the general public will be exposed to this information.

Out of this widespread and intensive interest in nutrition we are learning day by day, the most effective methods of conveying this knowledge to our people.

The leaflets instructing pregnant and nursing mothers about their diet and those of infants and children to adulthood, which I left with your Provincial Sub Committees on Nutrition, is one method of disseminating knowledge. Then there are the visual aids such as posters. The cinema, radio and newspapers afford an excellent opportunity for reaching people.

Regardless of the food habits of a country, regardless of the economic conditions, one basic fact holds true all over the world, and that is that the human body is dependent upon food to provide its tissues with what is needed for energy, growth, maintenance and repair of tissues. Food is a subject of primary concern all over the world. Each country is more concerned than ever before with the problem of how to procure enough food to provide at least an adequate diet for its population. A World Food Conference was held in the United States in 1943 to review this tremendous problem! In October of this year, representatives met again in Canada to establish a World Food and Agriculture Organization. The director of this new organization made this important statement: "If the nations can agree on food, it is possible for them to agree on other matters." Let us not underestimate the importance of food in terms of world security!

Is it going too far to say that one of the great contributions to a lasting peace will be good nutrition among all people? Does not hunger and physical weakness breed discontentment? The destructive elements of discontentment do not point the way toward building human welfare. Blinded by these elements men plot ways and means for self-preservation and revenge against those who seemingly enjoy the benefits which have been denied them!

It is time to sort out the twisted network of feelings and ideas which have piled up these many unhappy years and study carefully what each one's contribution can be toward preventing a repetition of a disaster which was nearly successful in laying waste the world.

We are assembled here today, professional people, with specialized training and experience, faced with a grave yet challenging responsibility. Ours is the job to help fashion the future by beginning at once the job of contributing to the nutritional well-being of those foundation stones of the future, i.e., the children of this nation. How they are cared for, taught, influenced, nourished, will result in the quality of the generation that arises from this war-torn world. Therefore, let us focus our attention upon the children, with the full realization of the responsibility which rests upon us. Let us consider and weigh their needs now against a future which seems uncertain and unsteady in so many respects, and let us do all we can to fulfill at least the known and obvious requirements. We recognize that nutrition is only one of the requirements. We cannot be experts in all fields, but those of us who are concerned primarily with health problems can and must concern ourselves with this fundamental problem. To be well nourished, it seems to me, should be every child's right. To see that enough of the right kind and amount of food to provide for this condition is every nation's obligation.

In conclusion, I wish to congratulate this Conference and all the people who contributed to make it possible, and for the interest and sense of responsibility which has been developed by your very attendance. I appreciate the sacrifice it is on your part to leave your work during these busy days when every bit of time and strength must be used for the reconstruction of your country. I wish you every success in your work and I hope that this Conference will work toward establishing this on a permanent national basis, so that knowledge and experience from all over Italy can be exchanged and used for the nutritional welfare of all. I hope this is only the beginning of a permanent nutrition education program and that the spirit of UNRRA, reflected in the services to you, will remain permanently in your beautiful country as a symbol of what is essential for establishing a permanent peace.

IMPORTANCE OF NUTRITION EDUCATION FOR PUBLIC HEALTH NURSES

Dr. Edvigo Filotti - Nutrition Consultant and Supervising Dietitian
of Italian Hospitals

Inadequate foods which our people have received in the last few years has had serious consequences on their health. We know, for instance, that the increase in tuberculosis is causing real worry and concern as is also the case in infant mortality.

There is much to be done! First of all, we must safeguard the health of the children, and also the rest of the population. But in saving the children, we save the nation of tomorrow!

The health of the family depends to a very great extent on Nutrition. The food problem has become more important and urgent than ever. We must draw up feeding programs and teach people how to carry it out. There may and there will be those who will say "You want to speak on this subject just in this difficult moment?" And they will say "Once one ate without so much fuss and discussion". I must tell you that this is just the moment to form a real conception of nutrition in order not to continue to both overload the stomach with substances which do not contribute very much to good nutrition and upon which people continue to spend money unwisely.

The food situation is very serious today in all European countries owing to many circumstances such as devastations of the fields, the drought of this year, lack of transportation etc. All these people who work for the public welfare do everything possible to improve the supply of foods. Fortunately, America and UNRRA in particular, gives us effective help by supplying milk, sugar, flour, fat, legumes and fish for children, expectant and nursing mothers. Now it is our duty to inform ourselves and to get to know just what our feeding necessities are. Many studies have been made on Nutrition in the scientific field, and there has been great development in the field in the last twenty or twenty-five years. Chemistry enlightens us on the value of the various foods.

In some countries -- In America and England, for example, organizations in the nutrition field have been working for many years, and there are experts who give the people necessary information on Nutrition and supervise the food for the good of public health. It is some years now since we in Italy have begun to give more importance to the idea of improving the feeding of our people. In order to reach this goal we have had to begin apart from scientific studies to create experts in dietetics. We have some dietitians. Since the end of the war their number has become too small for the numerous tasks which must be accomplished in the nutrition field. We have urgent need of help and we will find it among the Assistenti Sanitarie.

Through these conferences which up to now have been held in Rome, Naples and Florence, we try to give instruction which is indispensable to enable the assistenti sanitarie to collaborate in the field of Nutrition, to teach our

house wives to give our children an adequate diet. We do not need to dispute the fact that our housewives are good cooks. What they lack is a dietetic conscience. We hope to succeed in awakening this conscience in you in the future. But first we must know what our food needs are and then put this in agreement with our economic possibilities. Our nutrition must serve two purposes, i.e., the first energy, the second growth and protection through substances that are to be found in our foods. The nutrients to provide these are carbohydrates, fats, proteins, vitamins and mineral salts.

We shall see in which foods these substances are mainly found. Foods rich in carbohydrates are: bread, potatoes, pasta, rice legumes; the sugars under their various forms such as table sugar and the sugars contained in fruit, in milk and in honey. Fats are partly animal and partly vegetable. These are: oils, bacon, lard, any meat fat, butter; the sources of proteins are milk, meat, fish, eggs, cheese, legumes. Vitamins and mineral salts are contained in green vegetables, in fruit, and in most of the protein foods.

In this course we shall speak more particularly of the composition of our foods. Once we know where to find the necessary nutritive substances, we must arrange our feeding according to nutritive requirements. Knowing that food substances should be included in our daily diet, we should learn to choose the indispensable elements that really nourish.

One of the principal causes of illness is the inability to choose the foods best adapted to our organisms. Prejudices and bad food habits are too often the cause of many disturbances in mortal illnesses. It is not an easy task to make a correct choice of food for health. We must consider the age of the individual, his work, the region, the kind of food at the disposal of the people, the arrangement of the kitchen and so on. There must be a certain relationship and variety of foods in the diet. I speak only of feeding in normal condition. For the sick, the prescriptions of the doctor will order the diet according to the pathological condition of the individual.

Daily we should plan a menu in order to give a simple and healthy diet which will please everybody. In order to buy food stuffs well and above all economically, it is indispensable to know them and their characteristics, especially their freshness which guarantees healthy food, and avoids waste. A favourite error among people charged with the purchase of food stuffs, is for example to give the preference to green stuffs (cabbage and salad) with white leaves and not green. And it is just these green leaves which are so rich in vitamins. Fruit should be ripe. We must take special precautions to ensure the freshness of meat and fish.

Food in tins must be examined well. Lids of tins must be perfectly flat. Any swelling is a sure sign that the contents has begun to spoil and therefore will only injure the health of the individual. Much could be said on this subject but unfortunately time does not permit it.

The quantity of food stuffs bought depends on the daily needs and the possibility of keeping them in iceboxes or refrigerators, or cool pantries etc.

The cooking of the foods presents major difficulties. I do not cast any aspersions on the culinary art of the Sicilian housewife, on the contrary I must say I am a great admirer of Sicilian cooking. Hygienic conditions in the preparation of food, the place where it is prepared as the kitchen, etc., must be kept scrupulously clean. The absolute cleanliness of cooks and others participating in the cooking is indispensable, even in these days, short as we are of soap, it is necessary to be followed.

Serious errors are being made in the preparation of vegetables. Out of ignorance the best leaves in the greens are sometimes thrown away. These contain vitamins in quantity; potatoes are being peeled unsparingly (they would be best cooked with the peel on). Vegetables are left in the water too long and sometimes in winter months are washed in warm water; peeled potatoes are put then in the water the night before for cooking the next day; vegetables are cooked in too much water; water in which vegetables have been cooked is thrown away (this could be used for soup). All of these represent just some of the many practices which must be eliminated. It is indeed hard to eliminate such defects particularly so in collective kitchens like hospitals where the recurrent answer to suggestions for changes are such as "We always did so."

Now, vegetables should be cooked shortly before meals are served. Cooking the same food more than once is to be avoided, especially because of the vitamins contained in them. With regard to the baking of meat, it is a common knowledge that while a good broth can only be obtained by putting on the fire meat in cold water, good boiled beef can only be obtained by cooking it in water already boiling.

Roasted meat is more digestible than boiled meat. Both meat and vegetables ought only to be prepared in the quantity which is to be eaten, and shortly before being served. To obtain tasty food one must use spices such as parsley, pepper and salt. However all spices ought to be used sparingly. Food must be not very greasy. This does not obviously refer to the present time; however we must anticipate the future. In normal times between forty to fifty-five grams of fat a day is the right ration. One of the conditions of nutrition is the appearance of it when it is

served. In fact eyes must be pleased first. Appearance, scent, flavor and also variety of food must appeal to its consumer. Dishes, cover, and table cloth must be clean. And possibly flowers might decorate the table when this is practical. The serving of food in messes and hospitals is often done without regard to aesthetics; a lot could be said on this subject which I mean to do when we meet every afternoon for practical food demonstrations. These will take place daily from 3 p.m. to 6 p.m. at the "Casa della Madre". Attendance is compulsory. Practical demonstration will show you the rational preparation of food distributed by UNRRA.

It is indeed of enormous importance that the best and most is made out of UNRRA food, both with regard to taste and appearance. Practical demonstrations will be conducted by the dietitian Miss Berardi of Rome.

I urge that you attend the course with the greatest seriousness in order to obtain the goal fixed by the "Alto Commissario della Sanita' e l'Igiene", and which has already been attained in Rome, Naples and Florence during the Nutrition Conferences already held there.

PANEL DISCUSSION:

SUBJECT:

IMPORTANCE OF SCHOOL LUNCHES IN SICILY

+ Miss Giuditta Bonanno, Chief Provincial Nurse:

Subject: Is it possible to Have School Lunches in Sicily?

I don't think there is a better form of assistance at the present moment, than school lunches for the children of Sicily. After all, we don't intend to establish a new program, because also before the war, attempts have been made in Sicily to organize and improve school lunches. They are still being carried on by different welfare institutions in the provinces of Catania, Caltanissetta, Trapani, Enna, Messina, Ragusa, through kindergartens.

School lunches would grant hundreds of needy children at least one daily meal, they would encourage mothers to send their children to school instead of leaving them in damp and dirty streets, and prevent these children from being exploited by grown up people and even encouraged to steal, - a menace for future delinquency, that should cause serious worry and be checked by all means.

Two objects would be obtained by forcing children to attend school regularly and by distributing meals only to such children actually attending school; it would keep away from the streets a really great number of children, win the parents' confidence and at the same time fight against ignorance which is in our country a problem not to be overlooked.

The greatest obstacle we are confronted with, is the pitiful conditions of the school buildings: on account of the war, and consequently, bombing, thefts, requisitioning, they are in such poor condition that entrance to them should be forbidden, as they are lacking in the most elementary equipment necessary to receive children: class rooms without glass in the windows, electric light, seats and desks; lacking all, even most primitive equipment. Schools without heating, lavatories, toilets - all of which are factors that don't encourage parents to send their children to school, and prevent the authorities from claiming compulsory attendance.

Another obstacle is the lack of proper equipment for the cooking of hot meals in almost all the schools. At least primitive kitchens should be established and kitchen utensils furnished, such as kettles, boilers, ladles, etc., as well as suitable personnel.

Eating equipment as bowls and spoons could be brought by the children themselves from home. Such a system would even be a practical and hygienic advantage.

+ Speech given at Nutrition Conference for Public Health Nurses of Sicily, Palermo - 12 December, 1945.

Moreover, while UNRRA foods are supplied in the form of supplementary rations, not sufficient for a proper meal, the regular rations distributed to the population amount to 200 grams of bread per day and occasionally pasta, does not supply enough feed for the children.

What agency should provide regular and adequate food supplies? Who would finance such form of assistance?

However, we are speaking now about schools and difficulties which arise in trying to establish school lunches. Perhaps in theory, such a program appears to be easy. Unfortunately it is necessary to overcome a difficulty, perhaps greater even than the above mentioned: it is the conditions of the children themselves. On one side we have the traders of cigarettes and the pick-pockets, on the other side there are hundreds of children unable to attend school because lacking in clothes, shoes, overcoats, and without means to buy necessary school materials. How can these children be forced to go to school without granting them the necessary help and suitable schools?

After this brief summary of negative factors, contrary to the establishment of school lunches, I would like to express my opinion: I feel it is not advisable to force a welfare organization to help at this time with all the difficulties of carrying such a program. The school year has already started; winter is coming with its damp and cold days; there is no time to lose, if help is to be given to suffering children.

Let us remain for this year within the limits of assistance given by the proper authorities, let us try to overcome obstacles of less importance, let us distribute meals that could be prepared by already existing institutions with proper equipment, perhaps in turns, by choosing the most needy children both in and out of schools.

I am insisting on cooked hot meals because they bring a direct help to the child and prevent food from going astray and being speculated upon.

At the same time, provincial authorities with the help of central authorities, should establish a program that has to be studied properly: restore the school buildings in Sicily, furnish them with adequate equipment and as well as with all that is required for the so much coveted lunches. Moreover, the normal functioning of schools would be of advantage to the State, as at the present time it is compelled to pay hundreds of teachers who are carrying on an activity of only one hour a day (sometimes not even this), due to lack of school facilities already mentioned.

But if on one hand the authorities are supposed to restore school buildings and furnish them with the necessary equipment, on the other hand the problem of adequate clothing for children who should attend school must be considered and solved; why not create a "pre-school" committee among the many private charity associations who have been so helpful to the suffering population? Why not obtain some contribution from the citizens through propaganda: news-papers, cinemas, theatres, radio, etc?

The wealthy nations who are friendly disposed toward us stretch out a hand: children of America, Great Britain, Switzerland, try to help their brothers and sisters scattered through the world, tortured by a criminal war.

We need help, but at the same time something must be done also by the children of Italy themselves who have been spared and who have the luck of not suffering from hunger, cold, and need.

They should remember that other children suffer, that other children are cold and hungry, and that their spontaneous, generous, affectionate contribution, could bring real help and relieve their conscience, that they would become benefactors and would deserve admiration and gratitude.

It is through you, benevolent listeners, that I appeal to those who are in a privileged position, and therefore have the duty of helping those who need help and assistance.

If Italy is to rise again, it is necessary for every Italian to cooperate in the revival of Italy: physical, spiritual, and moral revival.

Every Italian can make a precious contribution. The day to act has come. We must prove to the world that Italians, when they wish, are able to work and to help themselves. We must not remain inactive in the middle of ruins, expecting others to help us, without cooperation in the work of rehabilitation.

The best way to thank our foreign friends for all they have done for us, and to deserve their help, is to contribute ourselves to the revival of our country, by working conscientiously and honestly.

Mothers and children of Italy and Sicily, start by giving the whole world an example of what Italians can achieve. Offer your real cooperation in order to enable your country to regain the balance it has lost, but will certainly find again, in proceeding toward its ideal transformation.

PANEL DISCUSSION:

SUBJECT:

IMPORTANCE OF SCHOOL LUNCHES IN SICILY

+ Prof. Ignazio Gatto - Director of Maternal Assistance

Subject: Contribution of School Lunches in the Prevention of Infectious Diseases.

The particular economic conditions in which we now find ourselves, give School-Lunches a greater importance than that which might have been conceded to them in the past. My experiences remind me of the remarkable benefits which the pupils used to derive from School Lunches when I was the director of the School Medical Aid of this province; consequently, I am very familiar with all of the school problems.

If these benefits were remarkable then, when school lunches were only of a supplementary nature, completing the pupil's feeding ration, it appears evident to everyone of how great an importance they must presently be considered, and how widely spread their economic, social and hygienic repercussions are today, when these school lunches may represent the main part of the necessary food required by children.

Collective undernourishment resulting from want, depends not only on the quantity but also on the quality of the food. In fact, the nutritious substances which are lacking under these conditions, are always proteins and fats, on account of the higher prices of the food containing them. Consequently, these are the very substances most needed, together with the vitamins -- in particular vitamins A and D -- which, to become dissolved in fats, are contained precisely in foods containing these two vitamins.

Damage resulting from starvation is very harmful for many various reasons, but one does not die of starvation unless there are particular food deficiencies. Undernourishment, while not particularly bringing about death in some cases, does bring about unusual pain and suffering. It has an influence not only on one's weight, but also on one's stature, and it certainly does result greatly in lowering the organic defenses against germs which cause infectious diseases. Consequently, the result is a higher increase in infectious diseases which constitute a considerable menace to human life itself.

This is not the place, neither does the time at our disposal allow us to quote the experimental, clinic and statistic data which go to illustrate the most striking tendencies that animals and human beings have toward infectious diseases while being in the state of undernourishment. As far as animals are concerned, I will say in brief, that in many experimental experiences we have been shown that pigeons, mice, rabbits and dogs which have been kept on diets containing insufficient protein, fat or vitamin substances, all get infectious

+ Speech given at the Nutrition Conference for Public Health Nurses of Sicily, Palermo, December 13, 1945.

diseases, and above all, tuberculosis more easily, and that some animals such as pigeons, which are usually immune to carbuncles, are apt to catch that disease when undernourished.

But, apart from these experiments undertaken on animals, similar results may be obtained also in human beings. There are particular conditions in life which offer painful experiments on the whole of humanity. It is known, for instance, that in India, cholera assumes higher proportions during periods of famine and that Europe itself underwent the results of a period of undernourishment during the first world war and after it. All those who then dealt with the subject and with the ample pathological material furnished by the undernourished masses of people in the central European countries, in Russia, but particularly in Germany and Austria, drew attention to the facility with which these diseases became epidemic in nature. I assure you that we physicians, whose minds are accustomed to limit the study of medicine in the orbits of culture and criticism, are still often pained through the reading of these chapters.

I wish to stress, before I am through, the remarkable importance which undernourishment has in the development of tuberculosis. It is known that the best method of curing this disease consists in the best of hygienic and feeding conditions. We must, to this effect, repeat the remarkable part which undernourishment plays in it with its lack of proteins, of fats and of vitamins A and D, all of such remarkable importance in increasing the organic resistance against tuberculosis. In fact, it is known that this disease affects in greater part the poorer classes and that it is the disease of the poor. I like to recall here that which Wassermann said in regard to the increase in this disease after the first world war: "The death rate resulting from tuberculosis has exactly kept pace with the diminishing of the number of calories contained in the feeding rations."

But, even without going so far as remarking the effects brought about by the different stages deriving from undernourishment, it has been proved that if the human body is to keep immune from infectious diseases, it is necessary that it receive a diet which is not only sufficient but complete and well-balanced; the same is to be said for that concerning its vitamin content. That which goes to prove exactly how just this conception is, is the fact that in America it was observed that a spoonful of cod-liver oil given daily to factory workers, reduced sick leaves caused by colds, bronchitis and influenza by one half during the winter season.

From what I have said, one may readily see that by introducing school lunches, these would not only contribute to improve the feeding conditions of our children, but they would constitute as well, the best prophylaxis against infectious diseases and against infantile tuberculosis in particular, disease in which a great increase has already been noted in comparison with the number of cases indicated during the pre-war period.

PANEL DISCUSSION:

SUBJECT:

IMPORTANCE OF SCHOOL LUNCHEES IN SICILY

+ Dr. Franco Corona - Doctor for schools in the Palermo Province

Subject: Urgent necessity of reorganizing school lunches in Sicily

Organizing school lunches in Palermo is definitely an urgent necessity, but, at the same time, a very difficult and complicated one to be solved. The necessity and difficulty of arranging school lunches are as a matter of fact two aspects of the serious economic and social conditions of our country.

The necessity of meeting the need of food of our people is quite evident and it must be considered by all of those who have a sense of honour and a sense of human understanding. Such a necessity becomes greater and more serious if one considers the needs of our children. We meet them in the streets and in the schools, those pale, worn-out faces, those deep-set eyes, with a lost look, - children who have never known any of life's small daily satisfactions. It is always an adult's duty, it should be everybody's care, to stop these children in the streets and talk to them and smile at them. But now it is no longer a question of mere toys, smiles or small joys because these children lack everything that is necessary to them for the physical growth and development. It is now a question of their health, and of their future -- of strong, healthy individuals that will be able to work for the progress and benefit of humanity, and not of dead weights for the society in which they live.

One of the best ways to meet these needs is most definitely the institution of school lunches. Whereas in other countries the school lunches may have a purely integrative function, in Italy this function should be definitely basic. In fact, it must be understood that since nutrition of our children is very scarce, and if they are given one meal in their school, the families will not have to give them other food which may in many cases be needed by other members of the same family. Therefore those who attend school lunches must be guided by a full and complete understanding of their responsibility, so as to be able to satisfy the fundamental part of the daily feeding needs of the children. And these needs are many and serious during the years in school. In fact, the fundamental difference between the nutrition of adults and children is due to a physical change occurring from childhood to adulthood and it consists mainly in the fact that while in the first only the maintenance of the body is considered besides the ability to work, in the other which is not yet entirely developed one must, besides these elements, also consider the needs of material for the growth and development of the body. It therefore follows that for each Kg. of weight the child needs a greater quantity of calories and therefore of food, nearly twice as much as those required by the adult.

Furthermore, for the reasons that we have mentioned before, we cannot nowadays consider the school lunch as one of the daily meals, but as a fundamental meal of its own that will have to satisfy, as much as possible, the feeding requirements of the child.

+ Speech given at the Nutrition Conference for Public Health Nurses of Sicily, Palermo, December 13, 1945.

We need premises that will be of use for these school lunches also because the schools must operate two or three daily shifts of lessons for lack of premises. The lack of big school buildings that has become even greater since so many buildings have been damaged during the war, leaves only very few institutions in which it is or would be possible to organize a kitchen and dining room for the school lunches. School premises nowadays consist of small flats where it would be nearly impossible to arrange even the minimum required for the school lunches. Therefore some kind of arrangement must be found for the pupils of the schools.

After having examined all the various possibilities, it has been found that the best solution would be of sending these children to the larger schools in the vicinity, where they could take their meals, and where these also are scarce, in other welfare institutions that are in the neighborhood such as institutions of religious welfare, or of the Pia Opera Pontificia, etc. The problem of the organization of the meals in the various schools should be examined and solved case by case, for every single school.

Another difficulty to be considered is that of the daily school shifts. It is possible to arrange that the pupils of the schools having two shifts take their food at the same time, that is at 12 a.m., between the end of the first shift that runs from 9 a.m. to 12 a.m. and the beginning of the second that runs from 1 p.m. to 4 p.m. For the schools having three shifts (9-11 a.m.; 11.30 a.m. - 1.30 p.m.; 2 - 4 p.m.) two different meals must be organized. The first might be at 11 a.m. for the children of the first two shifts and the second at 1.30 p.m. for those of the third one. Children living in the outskirts of towns or in small villages must not be forgotten. There are a great many of these that are very needy and undernourished. For these the best solution would be to organize their meals at the nearest welfare institution or the church.

As far as utensils are concerned, the best thing, when they cannot be provided by the school, would be to have all the children bring a dish, a spoon and a napkin etc. from home.

We now have to consider whether the school lunches must be served to all children or only to the most needy. We feel that for many reasons, some of moral and educational nature, the meals should be for all the pupils of each school in order to avoid particular impressions of partiality and of difference in treatment that can easily hurt the children's feelings, also because beneath an exterior of sufficient well-being and comfort, a great misery is hidden in the case of many well-educated families. Where this were not possible, the selection should be carried out by very conscientious school personnel with the assistance of the school doctor.

From what has been stated above, we can draw the conclusion that even though the difficulties to be overcome are many and serious, the immediate necessity suggests the ways of overcoming them. In fact, we know that many difficulties will arise but we know also what zeal the school personnel has displayed in every circumstance and we are therefore convinced that all difficulties will be overcome. Only in this way will the school, rising always higher in its mission of educating and forming the new generations with full consciousness of its duties, be able to follow Jesus Christ's precept "Sinite parvulos ad me venire."

UNITED NATIONS
RELIEF AND REHABILITATION ADMINISTRATION
ITALIAN MISSION

WE 4/13/2

INDEXED

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27 NOV 1945

U. N. R. R. A.

MAIL UNIT

Ref No.

November 19, 1945

TO : Mr. George W. Rabinoff
Director Welfare Division, E.R.O. 11, Portland Place, London W1

FROM : Sue Sadow, Senior Nutritionist, Welfare Division

In accordance with our discussions in London, I am sending you samples of various pieces of education material which we have found useful in our work here in Italy. I am sorry about this delay in sending all of this to you, but in the three weeks since I have returned, we have had a Welfare Conference for the total Field Staff, and I have plunged into the organization of a Nutrition Conference for Public Health Nurses to be held in Sicily. I am leaving for Sicily tomorrow, to follow through a program similar to what was done for the Florence Conference, which will include an organizational tour to all of the provinces of Sicily.

This material represents the beginning of what I shall send to you, and when I return I will gather together the balance and thereafter keep you up to date with materials which we find useful. Complete reports on the Naples and Florence Nutrition Conference have already been sent out, and possibly there will be hints in those reports which will be of some practical use to nutritionists and welfare officers in other missions.

The complete material from various governmental departments is used by us for the various suggestions we can draw from them. Frequently we have some of the material translated into Italian and during meetings which we have held with the doctors and nurses for the purpose of organizing sub-committees on nutrition, I have made these available to them as basic material from which to draw suggestions. In such cases I have always emphasized that the material cannot be used "as is" for any locality since the information does not apply specifically. However, the information can be adapted to suit local conditions. It is anticipated that these sub-committees will soon make available to us the work which they have done to date. Pamphlets dealing with school lunch programs offer many suggestions for the developments of such programs abroad. Here we are occupying ourselves with the development of a

school lunch manual which will contain suggestions and methods of work to fit in with the facilities which exist here. The other materials are useful in connection with developing material for the community education programs in nutrition. The Public Health Nurses are most interested now in this aspect of the work and are searching for information to help them. As I have duplicates of a great deal of this material, I am sending copies to you and have attached to each how it seems to me the individual leaflets can best be used. The typed material which I have included in one batch, labelled Nutrition Education Material Prepared for Field Staff, represents what we in the Nutrition Section have produced to date as a guide to our staff. You will note that some of the material was included among that for the Public Health Nurses attending the Nutrition Conference arranged for them. These leaflets have proved useful to our staff in a variety of ways. Their use will depend upon the individual.

Sue Sadow

Sue Sadow, Senior Nutritionist
UNRRA - Italian Mission

From:

U.N.R.R.A.
Italian Mission
Welfare Division

1

WEH/13/2

Pouch 96/8 Encl.

~~INDEXED~~ INDEXED

This set of material represents the individual leaflets sent to our Field Staff for their information and use. Some of these are already incorporated in the Nutrition Conference material for use of the nurses.

November 1, 1945

Sue Sadow
Sue Sadow,
Senior Nutritionist

FOOD DEMONSTRATION USING UNRRA FOODS

DRY SKIM MILK

SUBJECT MATTER

Dry Skim Milk, or milk powder, is manufactured by removing the cream and practically all of the water from fluid milk. Dry Skim Milk is made from cow's milk. Since only the cream has been removed, all of the remaining food value of milk has been retained. Dry Skim Milk contains protein, minerals, vitamins and sugar. Dry Skim Milk is valuable food.

USE OF DRY SKIM MILK

It may be used wherever fresh milk can be used. In making many products, Dry Skim Milk can be used in the dry forms fritters, pizza and puree of peas. In such recipes the powder is mixed with the other dry ingredients and water is used as the liquid.

CARE OF DRY SKIM MILK

If properly stored Dry Skim Milk can be kept for several weeks. It should be kept in a dry cool place. It absorbs odors readily and therefore should be kept tightly covered at all times. If left uncovered Dry Skim Milk absorbs moisture, becomes lumpy, and the flavor changes. If the milk becomes hard and lumpy, pound it into a smooth powder so that it can be readily used for preparing liquid milk. Since milk readily absorbs odors of other foods, it should be kept in a place away from other foods.

Milk requires very special care as it becomes contaminated easily. Make up only the quantity of milk necessary to be used at one time. It is not necessary to boil this milk. If the liquid milk is allowed to remain for several hours, it may become sour. ^{only} Therefore, unless it can be kept in a very cold place, it is best to make the quantities which will be used immediately. If the liquid milk should become sour, do not throw it away as it can be made into cheese.

The 2 recipes in this demonstration show ways to use Dry Skim Milk. These are reconstituted Dry Skim Milk and sweet fritters. These have been worked out using only UNRRA foods, and bearing in mind that many people have limited household equipment and that some do not have ovens. These foods using these recipes can be cooked on the top of the stove.

RECIPES USING UNHRA FOODS

RECONSTITUTION OF DRY SKIM MILK

Proportion of Dry Skim Milk to the amount of water

For artificially fed infants - Follow the doctors instructions. For others - the proportion is usually 1 part of milk to 8 parts of water. To prepare 1 liter of milk

125 grams dry skim milk (11 tablespoons)

1 liter of water

Method for reconstitution of Dry Skim Milk.

Boil the water and let it cool until it is lukewarm. Measure the milk accurately. 1 level tablespoon contains 11 grs. Dry Skim Milk. Place the correct quantity of Dry Skim Milk in bowl. Measure the correct quantity of lukewarm water. Add a small quantity of the water to the milk powder, and stir well with a spoon to prevent lumps from forming. Continue to add the water little by little, stirring constantly, until the required amount of water has been used.

The milk is now ready to be used. It is not necessary to boil this milk.

To make up quantities less than 1 liter, the same proportions of Dry Skim Milk to water may be used.

For example: to make up 1/2 liter of milk

5 1/2 tablespoons Dry Skim Milk

1/2 liter water

SWEET FRITTERS FOR 5 PERSONS

Recipes makes 12 fritters

<u>Ingredients</u>	<u>Household Measures</u>	<u>Quantity in grams</u>
Dry Skim Milk	4 tablespoons	40
Flour	20 "	150
Cold water	3/8 cup	125
Sugar	3 tablespoons	50
Salt	1 teaspoons	5
Lard	1 teaspoons	25
	2 tablespoons	

METHOD

Mix the flour and dry skim milk. Gradually add the cold water, mixing thoroughly. Add 1/2 the sugar. Heat the fat in a small frying pan, till a faint blue smoke arises. Do not overheat the fat. Put the mixture in the pan by spoonful, and flatten each spoonful, so that the fritters cook through. Turn them when brown underneath, to cook on the other side. Remove the fritters from the pan. If clean paper (not newspaper) is available it is best to drain off surplus fat by placing fritters on the paper.

Sprinkle fritters with the remaining half of the sugar.

METHODS OF USING ANY OF THE THREE TYPES OF MILK DISTRIBUTED BY UNRRA

DRY SKIM MILK

All of the water and cream has been removed. Keep it closely covered and store in a dry cool place.

To Make up 1 Liter of Milk for Drinking

125 grams dry skim milk (11 tablespoons)
1 liter of water.

(1 level tablespoon contains 11 gra. Dry skim milk).

Boil the water and let it cool until it is lukewarm. Measure the milk accurately. Place the correct quantity of dry skim milk in a bowl. Measure the correct quantity of lukewarm water. Add a small quantity of the water to the milk powder, and stir with a spoon to prevent lumps from forming. Continue to add the water little by little, stirring constantly, until the required amount of water has been used. The milk is now ready to be used. It is not necessary to boil this milk.

EVAPORATED MILK

This is whole milk, with half of the water removed.

To use the Milk

Mix milk as it pours from the can with an equal amount of water. Use for drinking or cooking.

SWEETENED CONDENSED MILK

This is whole cow's milk from which $\frac{2}{3}$ of the natural water has been removed and to which sugar has been added. Over one half of the contents of a can of condensed milk is sugar. Because it is so sweet, it is necessary to dilute one part of condensed milk with 5 parts of water. This diluted milk is then inferior to other types of milk because it is low in body-building food and minerals. It is best used as a substitute for sugar in beverages, cooking and as a spread on bread. Where infants formulas are prepared from evaporated or dry skim milk, it is possible to use sweetened condensed milk in place of sugar.

UNRRA Italian Mission
Welfare-Nutrition Section
October 9, 1945

M. BAILEY/ff

EVAPORATED MILK

WHAT IT IS

Evaporated milk is good whole cow's milk from which half of the natural water has been removed. Therefore, evaporated milk contains twice the food value of the original milk from which it is prepared. The method of preparing evaporated milk results in an even distribution of cream throughout the milk so that every drop of milk is equally rich.

Evaporated milk is safe. It has been sterilised with heat after the milk is sealed in the can so no harmful bacteria can be present. It does not need to be boiled to make it safe for drinking. The heat of sterilisation makes the evaporated milk easy to digest.

Evaporated milk like fresh milk, supplies good quality protein essential for growth and to repair the daily wear and tear on body tissues. It is an important source of the minerals, calcium and phosphorus, needed for bones and tooth. It is an excellent source of vitamins A and Riboflavin needed for growth and health protection. Milk also supplies calories for body warmth and energy.

HOW TO USE IT

Mix milk as it pours from the can with an equal amount of water. It is then ready for drinking or cooking. To make one cup of whole milk, mix 1/2 cup of evaporated milk with 1/2 cup of water. It may be used hot or cold. It may be used in beverages as tea, coffee, or cocoa, in cakes and any food to which milk is ordinarily added.

To open a can of evaporated milk, punch two small holes on opposite sides of the top of the can. The milk will then pour easily.

HOW TO TAKE CARE OF IT

Evaporated milk keeps indefinitely in the unopened can without refrigeration. Once the can is opened it should be stored in a clean place. Cover the can with a cup of clean cloth. The milk should be left in the open can as it is perfectly safe. In the can there is less exposure to air and dust. Milk absorbs odors from other foods very readily. Therefore it should be stored away from any strong smelling foods.

UNRRA Italian Mission
Welfare Nutrition Section
August 1945

DEMONSTRATION USING UNRRA FOODS

DEMONSTRATION USING DRIED PEAS

SUBJECT MATTER

Peas and beans are body-building foods, and are good substitute for meat, fish, eggs, milk and cheese, when these foods are not plentiful. Besides containing proteins, they contain valuable vitamins and minerals.

STORAGE OF DRIED PEAS

Peas and beans keep well. They should be kept in a cool, dry place, preferably in a covered tin to keep out dust, insects and mice.

USE OF DRIED PEAS

They must be soaked before cooking, in order that they will be tender when cooked. Pick over the peas before cooking and throw out the bad ones. Wash in cold water, twice if need be, to get out all the dirt.

Soak the peas over night. Cook them in the water in which they are soaked to save vitamins and minerals.

Keep the heat low as you cook the peas, and simmer rather than boil. Cook them in the least possible water. Add water from time to time to keep the peas from burning. Dried peas take up a lot of water.

The two recipes in this demonstration show ways to use dried peas. These are Puree of Peas and Creamed Peas. These have been worked out using only UNRRA foods, and bearing in mind that many people have limited household equipment and that some do have ovens. The foods using these recipes can be cooked on the top of the stove.

UNRRA Italian Mission
Welfare Nutrition Section
May 1945

DRIED LEGUMES

PEAS, BEANS, GARBANZOES

WHAT THEY ARE:

Peas and Beans and Garbanzoes have a high protein content and are body-building foods. They are therefore a good substitute for protein foods as meat, fish, eggs, milk and cheese when these are not plentiful. Besides containing protein, peas, beans, and garbanzoes contain vitamins and minerals.

Garbanzoes distributed by UNRRA are grown in Brazil (they are a variety of pea). Sometimes they are whole and sometimes cracked. The cracked garbanzoes cook more quickly than the whole ones.

HOW TO USE THEM:

Peas, beans, and garbanzoes are hard and must be soaked before cooking, in order that they will be tender when cooked. They should be picked over before soaking so that all the bad ones can be thrown away. Wash in cold water, twice if need be, to get out all the dirt.

Peas and beans and garbanzoes should be soaked over night or longer if they are very hard. Cook in water in which they are soaked to save vitamins and minerals. They should be cooked in just enough water to prevent them from sticking. Keep the heat low as they should be simmered and not boiled. Add a small amount of water as necessary to prevent burning.

Garbanzoes require about $3\frac{1}{2}$ hours of simmering with constant stirring when they are nearly cooked. They cook to a creamy consistency, and therefore all the water has been absorbed when they are properly cooked.

HOW TO TAKE CARE OF THEM:

Peas, beans, and garbanzoes keep well. They should be kept in a cool dry place, preferably in a covered tin to keep out dust, insects, and mice.

FOOD DEMONSTRATION USING U.N.R.R.A. FOODS

DRIED SALT CODFISH

SUBJECT MATTER

Dried salt codfish is an excellent food because it contains a large amount of protein. Foods containing protein are essential for growth, to the maintenance of life, and for building and repairing the tissues of the body.

Foods containing protein are very important for everyone, but they are especially important for children, and expectant and nursing mothers. Almost all foods contain some proteins. Foods which contain the largest amounts of protein are milk, cheese, eggs, fish, meat, poultry, peanuts, dried peas, beans, and lentils. Cereals and bread also contributes a substantial amount of protein to the diet when eaten in sufficient quantities.

Dried salt codfish has always been a very popular food in Italy. There are many excellent recipes for using dried fish and those which are included in this demonstration may be well known to many persons. These recipes have been chosen to suggest ways of preparing dried salt codfish so that all the nutritive value is preserved.

The dried salt codfish included in the UNRRA foods has had 2/3 of the water removed and therefore requires soaking for 24 hours before cooking. The skin and bones have not been removed in this fish and therefore great care must be taken in the cooking to make sure that all bones have been removed.

STORAGE OF DRIED SALT CODFISH

Dried salt codfish has a very strong odour and should be kept away from other foods. Keep in a covered container until ready to use.

USE OF DRIED SALT CODFISH

This fish must be soaked before cooking in order to remove surplus salt and so that it will be tender when cooked. Wash the fish in cold water, soak in fresh cold water for 24 hours. After soaking, pull off the skin, cut off the fins, and remove the back bone and the larger bones. Put the fish in a pan, cover fish with cold water, and cook slowly for about 15 minutes. Remove from pan and take out all the remaining bones.

The fish may be used in a variety of ways. The two recipes in this demonstration show ways to use dried salt codfish and dried peas. These are Dried Fish with Peas, and they are planned so, that persons will be, able to prepare them who have only limited household equipment and who may not have ovens. The foods using these recipes can be cooked on top of the stove.

UNRRA Italian Mission
Welfare Nutrition Section
May 1945

From:

U.N.R.R.A.
Italian Mission
Welfare Division

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Pouch 96/8
Encl.

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The information on these sheets gives practical hints on how to conduct a food demonstration for an audience.

November 1, 1945

Sue Sadow

Sue Sadow
Senior Nutritionist

FOOD DEMONSTRATION USING UNRRA FOODS

Practical demonstration as a method of teaching the preparation of foods is suggested in connection with the distribution of UNRRA foods. While it is understood that many mothers calling for the food are excellent cooks and are familiar with the products, it is known that at a certain number some of the foods will be new. The total group will benefit in same way by attendance at the food demonstration, because not only will the lesson show the preparation of specific dishes, but will include practical nutrition information which will stimulate interest in nutrition.

Public health nurses can play an important part in the distribution of food. They are familiar with the family problems, economic situation, home conditions etc. A friendly relationship has already been established with a number of house-makers who are in attendance at the clinic or have been at one time or another, or whose infants are presently under care. Teaching food preparation may be regarded simply as information which is in addition to other subjects ordinarily discussed with families by the nurse.

It is expected that the nurse will study the material and give the demonstration to groups of mothers on the days when UNRRA food is distributed.

The four demonstrations which have been planned for the purpose of showing some ways to prepare foods made available by UNRRA, will serve as a basis for planning further demonstrations. Since food tastes vary in different parts of the country, all of these dishes may be acceptable to everyone. The recipes attached to each demonstration may therefore serve as a guide. The nurse may wish to test other recipes utilizing UNRRA foods, and prepare foods which she knows will be suitable in the community in which she works.

Important points to keep in mind in working out new recipes are:

1. palatability
 2. whether ingredients are available or can be afforded
 3. whether families have equipment required
- Ex. there is no value in demonstrating baked dishes if families do not have ovens or if it is not practical to use the community oven.

The following notes have been prepared to assist nurses in preparing for demonstrations. As nurses gain in experience they may find it necessary to modify the material to conform with local conditions. It is hoped that such changes and suggestions as develop out of the use of this material will be recorded and referred to the Nutrition Committee. The written material will be reviewed and revised time to time as necessary.

2

Demonstration will find the following hints of value:

Personal Appearance

The demonstrator may give a practical lesson of hygiene, by the neatness and cleanliness of her person. A clean washable apron or overall be worn. The hair should be neat, and secured by a band or cap. Finger-nails should be carefully trimmed and the hands spottlessly clean. The knowledge that she has a neat business-like appearance will help to give the demonstrators the composure and self confidence that she needs, to be on good terms with her audience.

Relationship to Audience

If the demonstrator has mastered her subject matter, she will be able to give her attention to her audience. She should choose simple language that is readily understood, and use a natural tone of voice. She should watch the audience to see everyone is able to see and hear and is interested. A simple anecdote will often help to make a point clear. An example from everyday life will often stimulate the audience to relate their own experience on that point, and a valuable discussion and exchange of ideas arises.

If the demonstrator learns the recipes thoroughly, she will find it a great help in the preparation of food at the demonstration. Thorough knowledge of the recipe will enable her to pay attention to her audience and to her own demonstration table. This should be well set out at the beginning of the demonstration, and all articles should be returned to their appropriate place as they are used.

An audience should never be kept longer than one hour and a half. This includes the time for preparation of the food, discussion, and tasting. If it is observed that the audience is restless or inattentive, the demonstrator should note the length of time and modify the material for subsequent demonstrations. Long winded discussions by a member of the audience should not be permitted as this uses valuable time and shifts the interest of the audience from the subject at hand.

Preliminary Preparation

In order that the final product may be cooked within the time of the demonstration, it is very important to do the necessary preliminary preparation of food. Peas and fish must be soaked for 24 hours before cooking, and if peas are to be used in the demonstration, they must be put on to cook $1\frac{1}{2}$ -2 hours before the demonstration begins.

Household Utensils

Knives, spoon, bowls, pans etc. of a suitable size should be selected and put ready beforehand on the demonstration table. A serving dish or other receptacle should be ready to put cooked food in, as it then looks much more attractive. For equipment try to use as nearly as possible, the type of equipment ordinarily found in the homes. For measuring the foods used at the demonstration, use a tablespoon and a large cup. Do all the measuring so that the audience can see it. The following is a list of household measures of foodstuffs and their approximate equivalent in grams. If the demonstrator has scales available, she may like to test these out with the utensils at her disposal.

1 level tablespoon of flour weighs about	8 grams
1 level tablespoon of dry skim milk weighs about	11 grams
1 level tablespoon of lard weighs about	15 grams
1 level tablespoon of sugar weighs about	15 grams
1 large cup of dried peas, before soaking, weighs about	225 grams
1 large cup of water contains about	280 grams

Prepared by Welfare Division

- Nutrition

DEMONSTRATION ON THE USE OF UNRRA FOODS

Summary and review of practical home cooking problems

Many of the audience at the demonstrations will be working under great difficulty at home, so that the recipes given here are of the simplest kind. No oven is needed to cook any of them, although if any of the audience have ovens, they may like to bake the pizza in the oven instead of frying it, or to put any of the dishes made with a white sauce into the oven to heat for 15 minutes after cooking. The audience will have solved many of their difficulties due to lack of equipment, in their own way, and if they are given an opportunity to make suggestions or to bring examples to the demonstrations, many valuable ideas will be exchanged.

The recipes have been planned so that the food will be acceptable to children. The particular methods of preparation have been selected for the purpose of preserving all the food value. The **only** foods that have been used in the recipes other than UNRRA foods are salt, lemon, parsley and onion. Members of the audience may be able to suggest improvements in the recipes, by the addition of easily obtainable local commodities.

In order to keep food in good condition, it should be stored under the best conditions possible. Store in separate clean covered containers. Whenever possible, store in cool place. Dried fish and dried peas should always be picked over washed, and soaked for 24 hours before cooking. This will save fuel and make them more palatable.

The two recipes in this demonstration show ways to use dried fish and dried peas. These are fish fritters and pizza. They have been worked out using only UNRRA foods, and bearing in mind that many people have limited household equipment and that some do not have ovens. The foods using these recipes can be cooked on the top of the stove.

UNRRA Italian Mission
Welfare Nutrition Section
May 1945

From:

U.N.R.R.A.
Italian Mission
Welfare Division

3
Pouch 96/8
Encl.

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This leaflet was incorporated in the Nutrition Conference material as a result of observations during field visits. It has been sent out individually as Field Staff material.

November 1, 1945

Sue Sadow
Sue Sadow
Senior Nutritionist

HEALTH HABITS CONTRIBUTING TO GOOD NUTRITION

3

"The babies of to-day are the men and women of to-morrow. Their health and happiness lie in the hands of the adults who care for them". Children are people! They may not always be able to express themselves so that they are correctly understood, but they have the same feelings as adults - a fact often forgotten by those taking care of them! When they are tired they are uncomfortable if forced to sit up; when they are hungry they are unhappy if they must wait to be fed; when they are hot they are irritable and cranky because of hot weather and often being compelled to wear too many clothes.

Many factors responsible for contributing to good nutrition, are often taken for granted and consequently little attention paid to the far-reaching effect upon the child's health. The process of good nutrition is a continuous one, the nutrition of a child at any period of life is dependent on that of all preceding ones. It is true that there are great individual difference among children, but certain factors are basic. While it is undesirable to apply these rigidly, nevertheless, experience has already illustrated the benefits to child health and welfare when these basic principles are followed.

The foundation of good health habits should be laid early in life and then should be strengthened throughout the years of growth. Important as food is, it alone cannot by itself make a well nourished child. A child's body must be in a condition to make the best use of that food. Sleep, fresh air, sunshine, exercise, eliminating body wastes, proper clothing, cleanliness regular hours for eating and sleeping, all contribute in developing a strong body.

FOOD

The proper amount of correctly selected and well prepared food is essential for good nutrition. Exactly what shall be included to supply the daily body requirements may depend upon the country's food supply. The daily diet may differ in different parts of the country because of locally grown products, transportation and other problems. A knowledge of what the body needs for energy, growth and development and what foods are available to supply these needs will be necessary in making plans for any basic diet which will provide all essential nutrients. The nutrients and where they are generally found in food are given below as a very general guide in making food selection.

<u>Protein</u>	- essential for building and repair of tissues and furnishing energy Milk, cheese, eggs, fish, meat, poultry Dried peas and beans, lentils, soy beans, nuts.
<u>Minerals</u>	- Calcium and phosphorus essential for tooth and bones Iron essential for blood Milk, cheese, eggs, vegetables
<u>Vitamins</u>	- generally essential for good health of all tissues Vitamin A, Thiamine, Riboflavin, Nicotinic acid, Ascorbic acid, Vitamin Milk, cheese, eggs, fruits, vegetables, meat-especially organs liver, heart etc.
<u>Carbohydrate</u>	- essential for energy for work Starches as bread, pasta, rice, flour, cakes, etc. Sugar, jams, sweets.

Foods and Oils

- essential for energy

Butter, meat fats, olive oil.

A diet which supplies daily - whole grain bread and cereals, fresh fruits and vegetables, milk or cheese, and some eggs, meat or fish or dried peas and beans will furnish the nutrients necessary for good health.

SLEEP

Long hours of sound undisturbed sleep are essential. Children need more sleep than adults. Lack of sleep make a child irritable. A fatigued, irritable child cannot make good use of food. Small children require a nap after the noon meal. Make the children comfortable by removing outer garments and shoes, loosening clothing and having them lie flat rather than relaxing in a chair.

FRESH AIR AND EXERCISE

Every young child should spend as much time out of doors in the fresh air and sunshine as possible. At night keep the windows open to ventilate the sleeping room. A certain amount of exercise is essential. Encourage a certain amount of active play.

SUNSHINE

Growing children benefit by sunlight all the year round. Sunlight enables the child's body to grow properly by helping it to make the best use of the minerals in his food. The child not yet 2 years old needs plenty of direct sunlight. Sunbaths may be given when it is warm enough for the baby to be comfortable in the sun without clothes. The ultra violet rays of the sun do not penetrate clothes or window glass. Therefore let the child play out of doors in the sunshine wearing only a sun suit.

HYGIENE

Children should learn to brush their teeth morning and night. Tooth paste is not essential. Use plain water. A full bath several times a week should be encouraged.

CLOTHING

A child's clothes are for the child's comfort and not to satisfy the mother's desire for frills. Frequently mother overdress little children. This interferes with the child's comfort. Children's clothing should be simple, large enough to allow plenty of room for free movement of bending and squatting easily. In warm weather children of all ages need to be dressed lightly. On hot days a diaper or sunsuit is sufficient. Tight fitting clothes and too many clothes prevent freedom movement and make the child uncomfortable.

REGULARITY

Regular hours for eating, sleeping should be encouraged. Eating between meals should be discouraged or limited to a piece of fruit or a piece of bread.

From:

U.N.R.R.A.
Italian Mission
Welfare Division

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96/8

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This is incorporated in Nutrition Conference material
and may serve as suggestive to Field Staff people in planning
programs.

November 1, 1945

Sue Sadow

Sue Sadow
Senior Nutritionist

PURPOSE OF THE NUTRITION CONFERENCE

The Nutrition Conference for Public Health Nurses of Central Italy has been organized for the purpose of bringing together those persons in each community, who, by the very nature of their work are more aware perhaps, than any other group of persons, of the feeding and nutrition problems confronting that large proportion of the population i.e, those having to live on low income.

Nurses from seventeen (17) provinces of central Italy are represented at this Conference. These include assistenti sanitarie provinciali and prefettura, assistenti sanitarie dell'ONMI, assistenti sanitarie medico consorzio anti-tubercolare, assistenti sanitarie di fabbrica, and vigilatrici scolastiche, and assistenti sanitarie della Croce Rossa. This is the first opportunity for many years since these groups have been able to come together to become acquainted, exchange experiences, and learn from each other. It is hoped that pooling knowledge and experience a common basis may be formed upon which to build constructively for the future.

Leaders in their particular fields of endeavor, have contributed generally of their time and knowledge to give the nurse the newest and most practical information to make her a better equipped and consequently more useful person.

The practical food demonstrations comprising each afternoon session have been specially planned to acquaint the nurses with UNRRA foods and some of the most practical and economical ways they can be used. The recipes have been formulated by the dietitians of the Rome hospitals with the co-operation of UNRRA. After each recipe was tested the food was eaten by the children in a Nido. In this way, the food tastes and acceptability of the new dishes were studied. All of the recipes are those foods which the children preferred.

It is expected that the nurses, upon returning to their communities will take an active part in the feeding program and make available to the whole community the information acquired at this Conference. The orphanages, the Asili, the Schools can all benefit by this knowledge with improved results in child health. Since it is not possible to meet with all these groups, we look to the nurses to reach out to them in their own communities and help them as much as possible. The knowledge that is gained at this Conference is intended for the benefit of the people. Therefore the nurses have the responsibility and not only for learning, but for taking this knowledge back to their communities for developing the methods for making this information available to all groups in the most practical way.

As the UNRRA food is distributed, the nurse could arrange to give similar practical demonstrations for groups of mothers with such variations as seem fitting in her particular locality. Not only would these mothers learn about the best use of UNRRA foods and how to prepare them most advantageously, but while they are gathered together, the nurses have an excellent opportunity to start an educational program nutrition.

From:

U.N.R.R.A.
Italian Mission
Welfare Division

5

Pouch 96/8
Encl.

The foods distributed to date have been:

dry skim milk
condensed milk
evaporated milk
flour
sugar
semolino

dried fish
canned fish
dried peas
garbanzoes
lard

The attached includes the recipes which have been accepted and demonstrated for teaching purposes from ~~many~~ a large no. of recipes which have been formulated and tested.

November 1, 1945

Sue Sadow

Sue Sadow
Senior Nutritionist

EVAPORATED AND CONDENSED MILK

SEMOLINA PUDDING

Ingredients	Household Measures	Quantity for 5 persons.
Semolina	5 1/2 tablespoons	50 grs.
Sugar	2 tablespoons	25 "
Dry Skim Milk	7 "	75 "
Water	2 1/3 cup	625 "
Margarine		
if available	3 "	35 "
or Semolina	7 "	60 "
Sugar	2 "	25 "
Evaporated milk	7/8 tin	360 "
Water	1 2/3 cup	360 "
or Semolina	7 "	60 "
Condensed milk	4/5 tin	340 "
Water	1 3/4 cup	400 "

The pudding may be made equally successfully using any of the milks supplied by UNRRA.

METHOD USING DRY SKIM MILK

Heat the water till it is lukewarm. Sprinkle the Dry Skim Milk, little by little, on the surface of the lukewarm water and at the same time beat well with a whisk until all the milk powder is incorporated. Add the margarine if it is available. Bring the mixture to the boil, and while stirring it briskly with a spoon in the right hand, pour the dry semolina in, in a thin stream with the left hand. Continue stirring, and boiling gently till the mixture has thickened, and the grains of semolina are clear and transparent. Add the sugar, and stir well to dissolve it. If the boiler is not a thick heavy one, the mixture may burn. In that case, cook the mixture in a double boiler. If one is not available, stand the vessel in which the mixture is to be cooked inside another vessel 1/3 full of boiling water, on the fire. The mixture will take a little longer to cook this way. The pudding may be served hot or cold. When cold turn the pudding out on to a dish. If it is served very cold, the children like to think it is ice-cream.

METHOD USING EVAPORATED MILK

Place the water and evaporated milk in the boiler, rinsing out the tins with some of the mixture to remove the thick evaporated milk from the tins and add it to the mixture. The method is then the same as when using dry skim milk.

METHOD USING CONDENSED MILK

The method is the same as when using evaporated milk, except that no sugar is added in this recipe. The sugar is already contained in the milk.

RECONSTITUTION OF DRY SKIM MILK

Proportions of Dry Skim Milk to the amount of water

For artificially fed infants - Follow the doctors instructions. For others - the proportion is usually 1 part of milk to 8 part of water.

To prepare 1 liter of milk

125 grams dry skim milk (11 tablespoons)

1 liter of water

Method for reconstitution of dry skim milk

Boil the water and let it cool until it is lukewarm. Measure the milk accurately.

1 level tablespoon contains 11 gr. dry skim milk.

Place the correct quantity of dry skim milk in a bowl. Measure the correct quantity of lukewarm water. Add a small quantity of the water to the milk powder, and stir well with a spoon to prevent lumps from forming. Continue to add all the water little by little, stirring constantly, until the required amount of water has been used.

The milk is now ready to be used. It is not necessary to boil this milk.

To make up quantities less than 1 liter, the same proportions of dry milk to water may be used.

For example: to make up 1/2 liter of milk
5 1/2 tablespoons dry skim milk
1/2 liter water

SWEET FRITTERS FOR 5 PERSONS Recipes makes 12 fritters

Ingredients	Household Measures	for 5 persons Quantity in grs.
Dry Skim Milk	4 tablespoons	40 grs.
Flour	20 tablespoons	150 "
Cold water	3/8 cup	125 "
Sugar	3 tablespoons	25-50 grs.
Salt	1 tablespoon	3 grs.
Lard	2 tablespoons	50 grs.

Method

Mix the flour and dry skim milk. Gradually add the cold water, mixing thoroughly.

Add 1/2 the sugar. Heat the fat in a small frying pan, till a faint blue smoke arises. Do not overheat the fat. Put the mixture in the pan by spoonful, and flatten each spoonful, so that fritters cook through. Turn them when brown underneath, to cook on the other side.

BUNS

Ingredients	Household Measures	Quantity for 5 persons
Flour	1 cup	220 grs
Brewers yeast	1 tablespoon	15 "
Evaporated Milk	1/8 tin	30 "
Water or	2 tablespoon	45 "
Powdered milk	1 tablespoon	10 "
Water	3 tablespoons	65 "
Fat	1 tablespoon	15 "
Sugar	2 tablespoons	25 "
Flavouring to taste		
Powdered egg	1 tsp.	5 grs.

Method on following page.

Cont'd from page 6.

Method

Place the flour in a bowl. Mix the yeast with a tablespoon of lukewarm water. Add the dissolved yeast to the flour, together with the milk, fat and sugar. Add caraway seeds, lemon peel or flavouring to taste. Knead the mixture together well, cover it and leave it to rise in a warm place. Form the mixture into little rolls, 1 for each person, place them on a greased baking tin, cover them and leave them to rise for 1/2 hour in a warm place. Paint the tops with a mixture of dried egg and water. Place in a moderate oven and cook till well risen and brown about 10 minutes.

10 APPLE PIZZA

Ingredients	Household Measures	Quantity for 5 persons
Apples or pears	2 cups	550 grs.
Water	2 cups	550 grs.
Bread crumbs	3 cups	200 grs.
Fat	2 tablespoons	35 grs.
Sugar	3 - 6 tablespoons	50 - 100 grs.

Method

Cook the peeled apples with sugar and chopped lemon peel till tender. Grease a tin. Spread first on it a layer of bread crumbs, then a layer of the mixture, finally another layer of bread crumbs. Soak the pie thoroughly with the apple juice. Place the fat cut in small pieces on the top of the pie. Cook in the oven for 35 minutes.

N.B. - Apples, pears or whatever fruits used should contain plenty of juice.
Instead of bread crumbs one may use small slices of bread.

GLOUCESTER SALT COD FISH

Ingredients	Household measures	Quantities for 5 persons
Dried salt fish	1 medium sized fish	625 grs.
<u>Sauce</u>		
Fat	3 tablespoons	50 grs.
Water	1/2 cup	100 grs.
Dried milk	3 tablespoons	20 grs.
Flour	1 tablespoon	10 grs.

Method is on following page.

Cont'd from page 7.

Method

Wash the fish, cover with cold water and soak for 24 hours. Remove the skin, fins and backbone, and cut in small pieces. Cover with water and cook for 10 minutes. Melt the fat in a small frying pan, and fry the fish until it is golden brown. Remove the fish from the pan, and leave the fat in it. Mix the flour and the dry skim milk, adding it gradually to the fat in the pan. Cook the mixture stirring continuously until it is golden brown. Gradually add the water, mixing continuously. Place the fish in the sauce, and cook gently for 15 minutes.

FISH FRITTERS FOR 5 PERSONS

Ingredients	Household Measures	Quantity for 5 persons in grams.
Dried fish	1 medium fish	250
Flour	19 tablespoons	150
Dried milk	4 tablespoons	40
Water	1/2 cup	125
Lard	2 tablespoons	25

Method

Wash fish, cover with cold water and soak for 24 hours. Remove the skin and bones. Boil for 15 minutes. Cut the fish into small pieces and remove the bones. Prepare the batter as follows: Mix the flour and dried milk together. Add water. Beat mixture thoroughly. Add the fish to the batter and mix well. Heat the fat in small frying pan till a faint blue smoke arises. Do not over-heat the fat. Put the mixture by spoonfuls into the hot fat. Flatten each spoonful so that the fritters cook through. Turn them when brown underneath, to cook on the other side. Remove the fritters from the pan. If clean paper (not newspaper) is available it is best to drain off surplus fat by placing fritters on the paper.

DRIED FISH WITH WHITE SAUCE FOR 5 PERSONS

Ingredients	Household Measures	Quantity for 5 persons in grams.
Dried salt fish	1 large fish	500 grs.
<u>White sauce</u>		
Flour	6 tablespoons	50 grs.
Fat	3 tablespoons	50 grs.
Dried milk	5 tablespoons	50 grs.
Hot water	1 cup	250 grs.

Method

Wash the fish, cover with cold water and soak for 24 hours. Remove the skin, fins, and backbone and cut up in small pieces. Cover with water and cook gently for 15 minutes. Drain the fish remove the bones.

White Sauce - Melt the fat. Mix the flour and dried milk together and add to the melted fat, stirring well. Gradually add the hot water, stirring continuously. Add the fish to the white sauce, and cook gently for 10 minutes.

RECIPES USING UNRRA FOODS

BISCUITS FOR 5 PERSONS

<u>Ingredients</u>	<u>Household Measures</u>	<u>Quantities for 5 Persons</u>
Flour	20 tablespoons	150 gr.
Fat	3 tablespoons	40
Sugar	3 "	25
Dried milk	4 "	40
Salt	1 teaspoon	3
Lukewarm water	1/6 cup	50
Lemon peel	1 teaspoon	3

Method -

Cut the fat into small pieces and rub it i to the flour with the finger tips till it is like fine breadcrumbs. Add the dried milk, grated lemon peel nearly all the sugar and enough water to make a firm dough. Knead well and turn out on to a board sprinkled with flour. Roll out thinly. Cut into rounds with a glass, or cut into narrow strips with a knife. Brush the biscuits with a little reconstituted milk, and sprinkle them with the rest of the sugar. Place on a greased tin and cook for 10-15 minutes in a moderate oven.

BLANCMANGE FOR 5 PERSONS

<u>Ingredients</u>	<u>Household Measures</u>	<u>Quantities for 5 persons</u>
Dried milk	7 tablespoons	80 grs.
Flour	12 tablespoons	90
Sugar	3 tablespoons	25-40
Lard	1 1/2 - 3 tablespoons	20
Warm water	2 1/4 cups	625
Lemon peel	1/2 teaspoon	2

Method

Melt the fat. Mix the flour and dried milk and add to the fat, stirring well with a spoon. Gradually add the warm water to the mixture. Stir continuously. Boil for about 10 minutes, stirring well. Add the lemon peel grated or chopped finely. Add the sugar and lemon juice. Have ready 5 small moulds, or cups, or one large mould, rinsed with cold water. Fill the moulds with the prepared mixture and leave to set in a cold place. Turn out the blanchmanges.

EVAPORATED AND CONDENSED MILK
CHOCOLATE BLANCMANGE

<u>Ingredients</u>	<u>Household Measures</u>	<u>Quantity for 5 persons</u>
Dry Skim Milk	8 tabsp	80 grs.
Water or	2 1/2 cups	625
Evaporated milk	3/4 tin	350
Water	1 2/5 cups	350
Condensed milk	3/4 tin	320
Water	1 1/2 cup	380
Flour	10 tbsp	90
Sugar	2 tabsp	25 - 40
Fat	1 1/2 tbsp.	20
Cocoa	2 tsp.	12

The pudding may be made equally successfully using any of the milks supplied by UNRRA.

METHOD USING DRIED SKIM MILK

Mix the flour, dry skim milk and cocoa in a bowl. Add a little of the water and mix to a cream. Boil the rest of the water with the fat and pour on to the flour mixture in the bowl, stirring all the time. Return the mixture to the boiler, and boil gently for 10 minutes, stirring all the time. Add the sugar and stir well to dissolve it. Pour into moulds rinsed out with cold water. When cold turn out on to a dish. If the boiler is not a thick heavy one, the mixture may burn. In that case cook the mixture in a double boiler. If one is not available stand the vessel in which the mixture is to be cooked inside another vessel 1/3 full of boiling water, on the fire. The mixture will take a little longer to cook.

METHOD USING EVAPORATED MILK

Mix the flour and cocoa in a bowl. Add sufficient cold water to mix to a cream. Boil the rest of the water with the fat. Add the evaporated milk to the boiling water, and bring the mixture to the boil. Pour sufficient of the boiling liquid into the flour mixture to thicken it, stirring all the time. Pour the flour mixture back into the saucepan and boil, and return it to the fire. Boil gently for 10 minutes, stirring all the time to prevent burning. Add the sugar, and stir to dissolve it.

METHOD USING CONDENSED MILK

The method is the same as when using evaporated milk. No sugar is added because it is already in the milk.

COCOA MADE WITH CONDENSED MILK

<u>Ingredients</u>	<u>Household Measures</u>	<u>Quantities for 5 persons</u>
Cocoa	2 1/2 tablespoons	25 grs.
Condensed milk	1/2 tin	210
Water	4 cups	1 litre

Method

Boil the water. Mix the cocoa and milk with a little boiling water and then pour it all into the saucepan or boiler. Boil the mixture gently for 10 minutes, stirring from time to time.

COCOA MADE WITH EVAPORATED MILK

<u>Ingredients</u>	<u>Household Measures</u>	<u>Quantities for 5 persons</u>
Cocoa	2 1/2 tabsp.	25 grs.
Sugar	1 1/4 tabsp.	25 grs.
Boiling water	2 1/2 cups	625 grs.
Evaporated milk.	1 1/4 tins	510

Method

Mix the cocoa and sugar. Slowly add 1/4 of the boiling water, stirring well to mix. Add the rest of the water. Cook this mixture over a low flame for 10 minutes, stirring from time to time. Add the milk and bring slowly to the boil, stirring all the time.

EVAPORATED AND CONDENSED MILK VENETIAN CREAM

<u>Ingredients</u>	<u>Household Measure</u>	<u>Quantities for 5 persons.</u>
Dry Skim Milk	6 tabsp	60 grs.
Water	2 cups	440 grs.
or Evap. Milk	3/4 tin	300 grs.
Water	1 1/3 cup	300 grs.
or Condens. Milk	2/3 tin	240 grs.
Water	1 1/8 cups	250 grs.
Powdered egg	2 tabsp.	25 grs.
or Fresh egg		1
Chopped lemon peel	1 tsp.	5
Sugar	2 tabsp	25
Flour	8 tabsp	75

Method on following page.

CONT'D from page 3.

The pudding may be made equally successfully using any of the milks supplied by UNRRA.

METHOD USING DRY SKIM MILK

Mix the flour and dry skim milk, and powdered egg, add some of the water, and mix to a cream. Boil the rest of the water and pour it on to the flour mixture, stirring all the time. Return the mixture to the saucepan add the lemon peel and boil gently for 5 minutes, stirring all the time, add the sugar and stir well to dissolve it. Pour into moulds that have been rinsed in cold water. Turn out on to a dish when cold. If the boiler is not a thick heavy one, the mixture may burn. In that case cook the mixture in a double boiler. If one is not available, stand the vessel in which the mixture is to be cooked inside another vessel $\frac{1}{3}$ full of boiling water, on the fire.

METHOD USING EVAPORATED MILK

Place the flour and dried egg in a bowl, remove the lumps and mix well. Place the evaporated milk and water in a saucepan. Rinse the tins with some of the mixture to remove the thick milk and add it to the mixture. Add some of the milk and water mixture to the flour and egg, and mix it to a smooth cream. Boil the rest of the milk, and pour it on to the flour mixture, stirring briskly all the time. Add the lemon peel, return the mixture to the saucepan and boil gently for 5 minutes, stirring all the time. Add the sugar, and pour into moulds as for the previous mixture.

METHOD USING CONDENSED MILK

The method is the same as when using evaporated milk, except that no sugar is added in this recipe. The sugar is already contained in the milk.

CIAMBELLA FOR 5 PERSONS

Ingredients	Household Measures	Quantities for 5 persons
Flour	20 tabsp	150 grs.
Sugar	3 "	50 "
Fat	3 "	40 "
Dried milk	4 "	40 "
Water	$\frac{1}{2}$ cup	125 "
Salt	1 tsp	5 "
Leaven		

Method

To prepare the leaven.

Mix 4 tablespoons of flour with enough warm water to make a very soft dough. Cover, and leave it to ferment for 2-3 days in a warm place.

To prepare the ciambella. - Warm a big bowl. Mix the flour and dried milk. Melt the fat and put it in the warm bowl. Add the flour and milk to the sugar. Add the leaven to the mixture, and knead well. Make into a ring and place on a greased tin. Cover with a clean cloth, and leave it to rise for 2-3 hours in a warm place. Mix 2 tablespoons of reconstituted milk with 1 tablespoon of sugar. Brush the ciambella with this. Cook for about $\frac{1}{2}$ hour in a moderate oven.

VEGETABLE LOAF

Ingredients	Household Measures	Quantities for 5 persons in grams.
Garbanzoes	1/3 cup	75
Tomatoes	1 tomato	50
Marrow or other vegetables in season:	2-3 cups	600
Onion	1/2 tablespoon	15
Fat	3 tablespoons	40
Flour	6 tablespoons	50
Dry Skim Milk	5 tablespoons	400 50
Water	1 1/2 cups	400
or evaporated Milk	1/2 tin	1/2 tin
Water	1/2 cup	150
Salt	1 tablespoon	6 grams
Dried egg if available	2 tablespoons	25 grams
Lukewarm water	1/2 cup	120
or shell eggs		2

Method

Wash the garbanzoes and throw away the bad ones. Soak them for 24 hours and then cook until tender (about 3 1/2 hours). Wash the other vegetables and remove the bad or discoloured portions. Cut them into small neat pieces. Just cover the bottom of saucepan or pan with water and add the fat. Add all of the raw vegetables except the tomatoes. Place a lid on the pan and cook very gently until tender. The liquid should all be absorbed. Add the tomatoes cut in sections, and the cooked garbanzoes. Mix the flour and dry skim milk in a bowl. Add enough of the water to make a cream and stir well. Boil the rest of the water and pour it on the flour mixture stirring all the time. Return the mixture to the saucepan and boil for 5 minutes, stirring all the time. Mix all the vegetables with this sauce, without breaking them. Put the mixture into a greased mould that has been sprinkled with breadcrumbs. Sprinkle the top with crumbs. The mixture may be baked in the oven, or steamed in a bain-marie. A bain marie may be improvised by standing the mould containing the mixture inside another vessel with a lid, with boiling water coming half way up the sides of the mould. The top of the mould should be covered with paper, a lid, or a plate. If necessary the mixture may be eaten without further cooking.

VARIATIONS

1. Dried peas or beans may be used in place of the garbanzoes.
2. If dried egg is available, it should be reconstituted and added to the flour and milk mixture after it has cooked a little.

To reconstitute dried egg: Remove the lumps. Add 1/2 the lukewarm water and mix to a very smooth paste. Mix in the rest of the water.

BEAN LOAF - EVAPORATED MILK

Ingredients	Household Measures	Quantity for 5 persons in grams.
Dried Beans	7/8 cup	200
Onion	1 tablespoons	20
Fat	2 tablespoon	20
Breadcrumbs	1 cup	50
Salt	1 teaspoon	6
Evaporated milk or	1/4 tin	100
Dry skim milk	3 tablespoons	30
Water	1/4 cup	70
Parsley	1 teaspoon	5
Dried egg if avail.	1/2 tablespoon	6

Method

Wash the beans throw away the bad ones, soak for 24 hours. Boil the beans till tender in the water in which they were soaked, keeping them just covered with water. Drain the beans while hot. Mash the beans. Melt fat, fry the chopped onion. Add the mashed beans, breadcrumbs and milk. If dry skim milk is used, the water may be added first and then the milk in powder form. Place the mixture in a well greased tin, sprinkled with bread crumbs. Sprinkle the top with more crumbs. The mixture may be baked in the oven or steamed in a bain marie. A bain marie may be improvised by standing the mould containing the mixture inside another vessel with a lid, with boiling water coming half way up the sides of the mould. The top of the mould should be covered with paper, a lid or a plate. If necessary, the mixture may be eaten without baking.

VARIETIES

Peas or garbanzoes may be substituted for beans.

GARBANZO AND PEA SOUP

Ingredients	Household Measures	Quantity for 5 persons in grams.
Peas	1 1/2 cup	100
Garbanzoes	1 cup	200
Fat	3 tablespoon	45
Onion	2 tablespoon	25
Vegetables in season	1/2 cup	100
Salt	3 teaspoons	15
Pasta		200
Water	8 cups	2 litres

Method

Wash the garbanzoes thoroughly. Cover with fresh cold water and soak for 24 hours. Wash the peas, and throw away the bad ones. Cover with fresh cold water and soak. Amount of water is included in the recipe. If they are soaked with the garbanzoes and cooked for the same length of time, they will cook to a pulp. Chop the onion and fry in the fat. Add the garbanzoes and the water in which they were soaked. Keep the surface of the garbanzoes just covered with water, and replace the water that boils away by adding hot water. After cooking for 1/2 hour, add the soaked peas. Cook for another 2 hours. Wash and prepare the vegetables according to kind, and cut into small pieces, and add them to the soup. Cook till the vegetables are nearly tender, add the pasta and cook for 15 minutes. Total cooking time 3 1/2 hours.

PIZZA OF GARBANZOES

Ingredients	Household Measures	Quantity for 5 Persons in grams
Garbanzoes	1 1/4 cups	250
Fat	3 tablespoons	45
Onion	1 "	25
Flour	9 "	100
Salt	3 teaspoons	15
Dry skim Milk	7 tablespoons	75
Hot Water	1/2 cup	100

Method

Wash the garbanzoes thoroughly. Cover the the garbanzoes with fresh cold water and soak for 24 hours. Cook the garbanzoes in the s me water in which they have soaked. Stir to prevent them from sticking to the pan especially when they are nearly cooked. Keep the surface of the garbanzoes just covered with water and replace the water that boils away, by adding fresh hot water. Mash the garbanzoes against the sides of the pan. In anothr pan melt the fat. Fry the finely chopped onion. Add the onion to the mashed garbanzoes. Mix the flour and the dry skim milk. Add the mixture to the garbancoies mixing thoroughly. Add the water. Boil the mixture for 15 minutes. Replace the mixture in the frying pan which contains the onion flavoured fat and fry ti l golden, brown on both sides. If a very large quantity of the mixture is being made up, the mixture may be spread on baking tins and baked in the ~~pan~~ oven.

PUREE OF GARBANZOES

Ingredients	Household Measures	Quantity for 5 persons in grams.
Garbanzoes	1 1/3 cups	300
Fat	2 tablespoons	25
Onion	1 tablespoon	25
Dry skim milk	7 tablespoon	75
Salt	3 teaspoons	15

Method

Wash the garbanzoes thoroughly. Cover the garbanzoes with fresh cold water and coak for 24 hours. Cook t he garbanzoes in the same water in which they have been soaked. Stir to prevent them from sticking to the pan, especially when they are ne nearly cooked+. Keep the surface of the garbanzoes just covered with water and rplace the water that boils away, by adding fresh hot water. Mash the garbanzoies against the sides of the pan. In another pan melt the fat. Fry the finely chopped onion. Add the onion and fat to the ashed garbanzoies. Add 1/2 the dry skim milk to the mixture. Mix thoroughly. Add the rest of the dry skim milk and aga n mix thoroughly. The mixture will most probably be moist enough without the addition of hot water but water may be added to suit the consistency of the mixture to individual tastes. Warm the mixture through, stirring well over a low he t, or place the pan containing the mixture inside another pan containing boiling water.

GARBANZOES SOUP

Ingredients	Household Measures	Quantity for 5 persons in grams.
Garbanzoes	1 1/3 cups	300
Water	4 cups	1 litre
Fat	4 tablespoons	45
Onion	2 tablespoons	25
Parsley	1/2 Tablespoons	10
Salt	3 tablespoons	15
Evaporated milk	1 tin	1 tin
or Dry skim milk	8 tablespoons	80
Water	1 1/3 cup	350

Method

Wash the garbanzoes and throw away the bad ones. Soak them for 24 hours. Chop the onion and fry it gently in the fat. Add the garbanzoes and the water they were soaked in and cook gently till tender. Stir to prevent them from sticking to the bottom of the pan, especially when they are nearly cooked. Add the evaporated milk and heat the mixture. Add the salt and chopped parsley. If dry skim milk is used, place it in a bowl and add enough of the water to mix it to a smooth cream. Add the remainder of the water. Pour the reconstituted milk into the soup and heat.

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COLD VEGETABLE SOUP

Ingredients	Household Measures	Quantity for 5 persons in grams
Water	12 cups	3 litres
Carrots	6 large	600 grs
Turnips	3 medium	300 grs
Leeks	2 medium	300 grs
Onion	1 large	100 grs
Garlic	1 clove	5 grs
Salt	3 teaspoons	15 grs.
Oil (if available)	4 tablespoons	60 grs.

Method

Scrub the vegetables and peel or scrape according to kind. Wash in fresh water. Cut them in small neat pieces and place them in the water with the salt. Boil till the vegetables are tender, add the oil if available and serve cold. If a sieve is available, the vegetables may be left in larger pieces for cooking and passed through the sieve when tender.

VARIATIONS

Pasta in the proportion of 40 grams per person may be added 15 minutes before the soup is cooked. Serve hot. The vegetables are not sieved in this case.

TOMATOES STUFFED WITH PIZZA OF GARBANZOES

Ingredients	Household Measures	Quantity for 5 persons in grams.
Garbanzoes	1 1/2 cup +	125
Fat	1 1/2 tablespoons	20
Onion	1 "	10
Flour	5 1/2 "	50
Salt	3 teaspoons	15
Dry skim milk	4 tablespoons	40
Hot water	1/5 cup	50
Parsley	1 teaspoon	5
Tomatoes	5 tomatoes	300-600

Method

TO MAKE THE PIZZA MIXTURE

Wash the garbanzoes thoroughly. Cover the garbanzoes with fresh cold water and soak for 24 hours. Cook the garbanzoes in the same water in which they have been soaked. Stir to prevent them from sticking to the pan especially when they are nearly cooked. Keep the surface of the garbanzoes just covered with water and replace the water that boils away, by adding fresh hot water. Mash the garbanzoes against the sides of the pan. In another pan, melt the fat. Fry the finely chopped onion. Add the onion to the mashed garbanzoes. Mix the flour and the dry skim milk. Add the mixture to the garbanzoes mixing thoroughly. Add the water. Boil the mixture for 15 minutes. Add the chopped parsley.

TO PREPARE THE TOMATOES

If individual serving are being prepared, allow 1 tomato per person. Cut the tomatoes in half across the line of the stalks, not along it. Gently squeeze out the seeds and juice, and retain the juice. This may be added to the pizza mixture to replace part of the water. Place the pizza mixture on top of the tomatoes, place in a greased baking tin, and bake in the oven till the tomatoes are tender.

VARIATIONS

- The recipe may be varied, by spreading the pizza mixture on a greased baking tin covering with sliced tomatoes and baking in the oven. In this case allow twice the quantity of pizza mixture per head, and half the quantity of tomatoes.
- If no oven is available, the pizza mixture may be served hot accompanied by sliced tomatoes.

PUREE OF PEAS FOR 5 PERSONS

<u>Ingredients</u>	<u>Household Measures</u>	<u>Quantity for 5 persons in grams.</u>
Peas	2 1/2 cups	500
Lard	2 tablespoons	25
Onion	2 tablespoons	25
Dried milk	7 tablespoons	75
Hot water	5/8 cup	200
Salt	2 tablespoons	25

Method

Pick over the peas, removing any bad ones. Wash thoroughly. Cover the peas with fresh water and soak for 24 hours. Cook the peas in the same water in which they have been soaked. Mash the peas to a pulp with a bottle. Chop the onion finely. Melt the fat. Fry the finely chopped onion. Add the mashed peas and mix with the fat and onion. Add dried milk powder. Mix together. Gradually add the hot water, stirring all the time. More or less water may be added to suit the consistency of the puree to individual tastes.

CREAMED PEAS FOR 5 PERSONS

<u>Ingredients</u>	<u>Household Measures</u>	<u>Quantity for 5 persons in grams.</u>
Dried peas	1 1/2 cup	250
<u>White Sauce</u>		
Lard	2 tablespoons	30
Flour	4 tablespoons	30
Dried milk	3 tablespoons	30
Dried Salt	1 tablespoon	15
Hot water	7/8 cup	250

Method

Pick over the peas removing any bad ones. Wash thoroughly. Cover peas with fresh cold water and soak for 24 hours. Cook peas in the same water in which they have been soaked. When the peas are tender, drain them and keep the liquid to add to the sauce.

White sauce:- Melt the fat. Mix with flour and dried skim milk together. Add to the melted fat stirring continuously. Gradually add the hot water, stirring well. Add the salt. Pour the sauce over the peas and heat for 15 minutes. Serve hot.

BEANS AND PASTA

Ingredients	Household Measures	Quantities for 5 persons in grams.
Beans	1 cup	200
Pasta	1 cup	200
Salt	3 tablespoons teaspoons	30
Onion	2 tablespoons	25
Fat	3 tablespoons	45
Tomato Paste	2 tablespoons	30

Method

Wash the beans and throw away the bad ones. Cover with water and soak for 24 hours. Cook the beans in the water in which they were soaked with $\frac{1}{2}$ the salt - time about 3 hours. Melt the fat, and fry the chopped onion in it. Add $\frac{1}{2}$ the fat and onion to the beans, and mix well.

Throw the pasta into boiling salted water and cook for 15 minutes. Drain the pasta. To the remainder of the fat and onion in the frying pan add the tomato paste. Cook gently for 5 minutes. Add 250 grams of the water in which the pasta was boiled to the tomato paste. Boil the mixture and add to the pasta.

Serve the beans and pasta separately on the same plate.

MARROW FRITTERS

Ingredients	Household Measures	Quantities for 5 persons in grams
Marrow	2 $\frac{1}{2}$ cup cubed	400
Flour	$\frac{1}{2}$ cup	120
Dried egg or	1 or 2 tablesp.	12 or 24
Fresh egg		1 or 2 eggs
Salt	3 tablespoons	15 grams
Dry Skim Milk	6 tablespoons	60
Lard	5 tablespoons	75
Water	1 cup	250

Method

Wash the marrow and cut it into small cubes. In a bowl place the flour, dried egg, salt and dry skim milk. Crush out the lumps, and mix well. Make a hole in the centre of the mixture and pour in half the liquid stirring all the time. Beat well to remove any lumps. Stir in the remainder of the water, and add the cup of marrow. Heat the fat in frying pan until a very faint blue smoke rises. Avoid heating it too much. Drop the mixture in by spoonfull and fry till golden brown. Turn over the fritter, and fry on the other side.

If fresh eggs are used, drop them into the hole in the dry flour, but do not attempt to mix them until the first half of the water is being added, otherwise lumps are formed in the flour.

ROMAN FISH STEW WITH BEANS

Ingredients	Household Measures	Quantity for 5 persons in grams.
Dried salt cod fish	1 medium sized fish	300
Onion	2 tablespoons	50
Fat	3 "	45
Tomatoes	8 med. sized tom.	500
Dried beans	2/3 cup beans	150
Water	1/2 cup	125

Method

Wash the fish, and soak for 24 hours. Wash the beans, throw away the bad ones, and soak for 24 hours.
Cook the beans in the water they were soaked in - about 3 hours. Drain the beans when tender. If the liquid is very dark do not use it in this recipe, add it to a dark coloured soup instead.
Remove the skin and bones from the fish, flour lightly and fry in the fat till golden brown. Remove the fish from the pan, and fry the chopped onion.
Return the fish to the pan, together with the cooked beans, and the tomatoes cut up small and the water. Cook gently for 15 minutes.

NAPLES FISH STEW, USING DRIED SALT CODFISH, OR CANNED MACKEREL

Ingredients	Household Measures	Quantity for 5 persons in grams.
Mackerel or Dried salt cod fish	1 tin	450 or
Dried Codfish	1 medium sized fish	300
Onion	3 tablespoons	100
Tomatoes	2 med. tomatoes	100
Parsley or celery	1 teaspoon	3
Fat	3 tablespoons	45
Potatoes (if avail.)	2 potatoes	200
Salt (if necessary)	2 teaspoons	10
Water	2 cups or 4 cups	500 if canned mackerel is used (1 lit. if dried salt fish is used.

METHOD

If dried salt cod-fish is used, wash the fish and soak for 24 hours. Remove the skin and bones. If tinned mackerel is used, open the tins and turn the fish into a bowl, one tin at a time. Remove the bones and break the fish into medium sized pieces. Save the liquor from the cans, and add it to the vegetables at the same time as the water.
Melt the fat, chop the onions and fry them in the fat till brown. Add the washed tomatoes and potatoes cut up small, and the water. Cook gently in a covered vessel until the vegetables are tender. Add the fish. Cook gently ~~in~~ for 20 minutes. Just before serving add the chopped parsley, and the salt if necessary.

FISH PUDDING FOR 5 PERSONS

Ingredients	Household Measures	Quantity for 5 Persons in grams.
Dried Fish	1 large salt fish	500
<u>White Sauce</u>		
Flour	9 tablespoons	75
Lard	2 tablespoons	30
Dried Milk	5 tablespoons	50
Water	1/2 cup	150
Lemon juice	1/2 lemon	
Parsley	few sprigs	10 grams

Method

Wash fish, cover with cold water, and soak for 24 hours. Remove the skin, fins, and backbone. Chop the fish finely. To make the sauce: Melt the fat, mix the flour and dried milk together and add to the fat stirring well. Gradually add the water, stirring continuously. Add lemon juice and finely chopped parsley to taste. Add the fish to the sauce, mixing well. Place the mixture in a pudding basin, or other receptacle that has been greased and sprinkled with breadcrumbs. Make a bain-marie by placing the basin inside a saucepan containing some water. Cook for 1 hour, or until the mixture is firm. Turn out on to a dish, and serve hot.

PIZZA FOR 5 PERSONS

PIZZA FOR 5 PERSONS		Quantity for
Ingredients	Household Measures	5 persons in grams.
Peas	1 1/2 cups	250
Lard	3 tablespoons	45
Onion	2 tablespoons	25
Flour	13 tablespoons	100
Fried milk	7 tablespoons	75
Hot water	3/8 cup	100

Method

Pick over peas removing any bad ones. Wash thoroughly. Cover the peas with fresh cold water and soak for 24 hours. Cook peas in same water in which they have been soaked. Drain the peas very thoroughly and mash them to a pulp with a bottle. Melt the fat. Fry the finely chopped onion. Add the onion to the mashed peas. Add the flour, mixing thoroughly. Add the water. Boil the mixture for 15 minutes. Replace the mixture in the frying pan, which contains the onion flavoured fat and fry till golden brown on both sides.

FISH CAKES FOR 5 PERSONS

Ingredients	Household Measures	Quantity for 5 persons in grams.
Dried salt fish	1 large salt fish	500
<u>White Sauce</u>		
Flour	10 tablespoons	75
Fat	2 tablespoons	30
Dried Milk	5 tablespoons	50
Water	1/2 cup	150
Lemon juice	1/2 lemon	
Parsley	few sprigs	

Method

Wash the fish, cover with cold water and soak for 24 hours. Remove the skin fins, and backbone. Chop the fish finely. Melt the fat. Mix the flour and dried milk together and add to the fat stirring well. Gradually add the hot water, stirring continuously. Add lemon juice and finely chopped parsley to taste. Add the fish to the sauce mixing well. Leave the mixture to get cold. Form the mixture into croquettes, place on a greased baking tin and place in a moderate oven for 20 minutes. If possible, roll the croquettes in breadcrumbs before baking.

DRIED FISH WITH PEAS FOR 5 PERSONS

Ingredients	Household Measures	Quantity for 5 persons in grams.
Dried fish	1 medium salt fish	300
Dried peas	1 1/2 cup	250
Lard	2 tablespoons	30
Flour	4 tablespoons	30
Dried Milk	3 tablespoons	30
Hot water	7/8 cup	250

Method -to prepare the fish

Wash fish, cover with cold water, and soak for 24 hours. Remove the skin, fins and backbone and cut in small pieces. Cover with water and cook for 10 minutes. Drain the fish. Remove the bones.

To prepare the peas

Pick over peas removing any bad ones. Wash thoroughly. Cover the peas with fresh cold water and soak for 24 hours. Cook the peas in the water in which they have been soaked. When the peas are tender, drain them, and keep the liquid to add to the sauce.

To prepare the sauce

Melt the fat. Mix the flour and dried milk together and add to the melted fat, stirring well. Gradually add the hotwater, stirring continuously. Add the fish and peas to the white sauce, and cook gently for 10 minutes.

HOT FISH SALAD

Ingredients	Household Measures	Quantities for 5 persons in grams.
Canned Mackerel	1 tin	425
Potatoes	5 medium	500
Carrots or marrow	1 large	100
Onion	2 tablespoons	25
Tomatoes	1 small	50

Method

Clean the vegetables and cut them into small pieces. Empty the liquid from the can of fish into a saucepan. Add the cut up vegetables, and enough water to cover $\frac{1}{3}$ of the way up the vegetables. Cook the vegetables gently with the lid on. Empty the fish into a bowl and remove the bones. Place the fish on the top of the vegetables to heat through.

MAYONNAISE TO USE WITH RAW CABBAGE OR CARROT

Ingredients	Household Measures	Quantity for 5 persons in grams.
Salt	1 teaspoon	5
Sugar(optional)	1 teaspoon	5
Evaporated milk	$\frac{1}{8}$ tin	$\frac{1}{8}$ tin
Lemon juice or vinegar	$\frac{1}{2}$ tablespoon	15

TO PREPARE THE MAYONNAISE

Place the salt, sugar and evaporated milk in a bowl. Whisk with a fork, and while whisking add enough lemon juice to turn the milk thick. Pour on to the prepared vegetables, and toss lightly to blend.

TO PREPARE THE VEGETABLES

Any fresh raw vegetable may be used, according to taste. Cabbage and carrot are cheap and wholesome although they may seem unusual.

CABBAGE

Cut up the stump discard the bad leaves. Separate the leaves of the cabbage, and wash them well. Soak for 10 minutes in cold salted water. Do not discard the sound dark leaves. Pull them off, place flat on a board and cut out the thick stem. Place several leaves on top of each other and cut very thinly. Cut up the more tender leaves in the same way. Place the finely sliced leaves in a bowl, and pour the mayonnaise over. Toss lightly to blend.

CARROTS

Scrub and scrape the carrots, wash them. They may be grated on a coarse grater, or cut into strips. They may be served alone with the mayonnaise, or mixed with the ANY OTHER VEGETABLE MAY BE SUBSTITUTED FOR THE ABOVE.

From:

U.N.R.R.A.
Italian Mission
Welfare Division

6

Pouch 96/8
encl

This represents material prepared for the guidance
of the Staff in planning ~~the~~ ^{food} distribution.

November 1, 1945

Sue Sadow

Sue Sadow
Senior Nutritionist

6
May 28, 1945

TO : Field Staff

FROM : Sue Sadow

SUBJECT: Charts Giving Ration Scale of UNRRA Recipients
Chart A - Ration Scale According to Age Groups
Chart B - Ration Scale According to Categories
Chart C - Revision of Chart II of Field Kit Material

Attached are 3 charts which have been prepared for the field staff as a basis for computing allocations.

Chart A

This chart is a copy of the "Modified Tentative Ration Scale for UNRRA Recipients" on p. 5 of Temporary Instructions for the Actuation of the Program of UNRRA Assistance in Italy. It includes amounts per person per day, per week, and per month.

This chart includes substitutions of canned foods for dried foods.

Chart A may be used whenever food distribution is made on the basis of age groups. In such cases this chart will be useful for computing allocations.

Chart B

This chart has been developed for the purpose of facilitating computations of allocations when food is distributed on the basis of groups i.e. institutions for school lunches, for nursery schools etc. The amounts included per person per week and per month have taken into consideration the various ages.

Chart C (substitution for Chart II in field workers kit material)

This chart has been prepared to serve as a guide for estimating the number of persons which current allocations will provide on basis of figures on "Modified Tentative Ration Scale".

Prepared for Field Staff
Welfare Division - Nutrition Section

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M-235-W

CHART A

* MODIFIED TENTATIVE RATION SCALE FOR UNRRA RECIPIENTS BASIS FOR COMPUTING ALLOCATIONS ACCORDING TO AGE GROUPS

ALL FIGURES ARE IN GRAMS

AGE GROUPS	M I L K			Semolino or Rice	Sugar	Flour	Fat	Peas or Beans	F I S H		
	Dry Skim	or Cond.	or Evap.						Dried	or Canned Mackerel	
PER PERSON PER DAY											
0-1 yr	65	260	325	50	33	--	--	--	--	--	--
1-3 yrs	60	240	300	50	25 20	62	10	30	--	--	--
4-8 yrs	30	120	150	--	15 5	62	10	30	30	40	40
9-15 yrs	40	160	200	--	15 5	104	20	30	30	40	40
Exp. Nurs. Mothers	60	240	300	--	15 10	104	20	30	30	40	40
PER PERSON PER WEEK											
0-1 yr	455	1820	2275	350	231	--	--	--	--	--	--
1-3 yrs	420	1680	2100	350	175 140	434	70	210	--	--	--
4-8 yrs	210	840	1050	--	105 35	434	70	210	210	280	280
9-15 yrs	280	1120	1400	--	105 35	728	140	210	210	280	280
Exp. Nurs. Mothers	420	1680	2100	--	105 70	728	140	210	210	280	280
PER PERSON PER MONTH											
0-1 yr	1950	7300	9750	1500	1000 900	--	--	--	--	--	--
1-3 yrs	1800	7200	9000	1500	750 600	1860	300	900	--	--	--
4-8 yrs	1500 900	3600	4500	--	450 150	1860	300	900	900	1200	1200
9-15 yrs	1200	4300	6000	--	450 150	3120	600	900	900	1200	1200
Exp. Nurs. Mothers	1800	7200	3000 900	--	450 100	3120	600	900	900	1200	1200

* Evap. Milk - 14½ oz can = 410 grs.
Cond. Milk - 15 oz can = 424 grs.
Can. Mackerel - 15 oz can = 424 grs.

100 grams dry skim milk = 400 grs. condensed milk
500 grs. evaporates milk
100 grams dried fish = 133 grs. canned fish

Prepared for Field Staff
Welfare Division - Nutrition Section

June 1945

CHART B

MODIFIED TENTATIVE RATION SCALE FOR UNRRA RECIPIENTS BASIS FOR COMPUTING ALLOCATIONS ACCORDING TO GROUPS

ALL FIGURES ARE IN GRAMS

PER PERSON PER WEEK										
GROUP	M I L K			Semoli- no or Rice	Sugar	Flour	Fat	Peas or Beans	F I S H	
	Dry Skim	or Evap.	or Cond.						Dried	or Canned Mackerel
Children's Inst.	294	1470	1176	84	126 67	532	98	196	154	205
School Lunches	252	1260	1008	--	105 36	602	112	210	210	280
Asili Municip.	287	1435	1148	128	133 13	434	70	210	163	217
Asili Nido	427	2135	1708	350	161 66	308	49	147	---	---
Un-Nurs. Infants	455	2275	1820	350	231	---	---	---	---	---
Exp. N. Mothers	420	2100	1680	---	105 70	728	140	210	210	280

PER PERSON PER MONTH										
GROUP	M I L K			Semoli- no or Rice	Sugar	Flour	Fat	Peas or Beans	F I S H	
	Dry Skim	or Evap.	or Cond.						Dried	or Canned Mackerel
Children's Inst.	1265	6300	5040	370	540 27	2285	410	828	680	875
School Lunches	1075	5400	4320	---	450 150	2590	475	900	900	1200
Asili Municip.	1225	6150	4920	540	560 20	1860	300	900	6575	930
Asili Nido	1845	9150	7320	1500	820 109	1320	215	640	---	---
Un-Nurs. Infants	1950	9750	7800	1500	1060 99	---	---	---	---	---
Exp. N. Mothers	1800	9000	7200	---	450 308	5120	600	900	900	1200

CANS PER PERSON (when canned food is substituted for dried)

PER WEEK			PER MONTH			
GROUP	M I L K		Dried Fish	M I L K		Dried Fish
	Evap.	or Cond.		Evap.	or Cond.	
0-1 yr	6	4	--	24	18	--
1-3 yrs	5	4	--	22	17	--
4-8 yrs	3	2	2 cans per	11	9	3
9-15 yrs	4	3	person every	14	12	3
Exp. Nurs.	5	4	3 weeks	22	17	3
Mothers						

CHART C (Substitute for Chart II)

Number of Individuals in Each Age Category which 1 Ton of foods will supply per day for 1 month. Amounts are those on "Modified Tentative Ration Scale for UNRRA Recipients"

1 Net Ton will supply the numbers in one of the following groups:

AGE GROUP	M I L K			Semolino or Rice	Sugar	Flour	Fat	Peas or Beans	F I S H	
	Dry Skim	or Cond.	or Evap.						Dried	or Canned Mackerel
0-1 yr	510	100	125	650	1000 1010	--	--	--	--	--
1-3 yrs	550	110	135	650	1000 1010	520	3250	1100	--	--
4-8 yrs	1100	220	275	-	2100 2100	520	3250	1100	1100	830
9-15 yrs	800	165	205	-	2100 2100	310	1625	1100	1100	830
Exp. N. Mothers	550	110	135	-	2100 2100	310	1625	1100	1100	830

Prepared for Field Staff
Welfare Division - Nutrition Section

June 1945

From:

U.N.R.R.A.
Italian Mission
Welfare Division

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7

New York City This set of leaflets from the Nutrition Division of the Department of Health has been translated into Italian, copies of which have been given to the various provincial sub-committees on nutrition. This is supposed to serve only as a guide and the information adapted to suit the individual localities.

November 1, 1945

Sue Sadow

Sue Sadow
Senior Nutritionist



ABOUT EATING BEFORE THE BABY COMES — —

This is a period when food is most important. Before the baby is born all the materials needed to build a strong body for him must come from his mother. Certain foods are particularly important both for the baby and for you.

If you get the following *protective* foods every day, your baby will get a fine start in life, and you will keep well and strong.

- Milk..... 1 quart (1 tall can evaporated milk plus the same amount of water equals 1 quart of whole fresh milk).
- Egg..... 1, for breakfast, lunch, or dinner, or in cooked foods.
- Cereal..... $\frac{3}{4}$ cup cooked whole grain cereal, oatmeal or whole wheat, or kasha (buckwheat); or 1 cup dry whole grain cereal with added wheat germ.
- Bread..... 4-6 slices (at least half should be dark bread).
- Fruit..... $\frac{3}{4}$ to 1 cup orange, grapefruit, or tomato juice, fresh or canned; 1 or more servings of raw or cooked fruit for dessert.
- Vegetables..... 2 or more servings green and yellow vegetables, canned or fresh, 1 raw often.
- Potato..... 1 or more medium ones, boiled or baked in the skin.
- Butter..... 2 tablespoons, or vitamin A margarine.
- Meat } 1 serving lean meat, fish, firm cheese, or soy-
- Fish } beans. Dried peas or other beans or lentils may
- Cheese } be used occasionally. Liver should be eaten once
- } a week, if available. If unavailable, use other
- } organ meats.
- Fluid..... 4-6 glasses, or as directed by physician.
- Cod Liver Oil..... As directed by physician.

These suggestions should not make much difference in your daily meals, unless you have not been eating the most healthful foods. After you have eaten these *protective* foods, you may eat others for desserts, or, if you are still hungry, you may eat more than the amounts stated in this list.

You will not want to gain too much weight or too quickly before the baby comes. Your *normal* weight should not increase more than about 20 to 25 pounds during the whole nine months. The baby gains more weight during the last weeks before birth. You *may* need extra food during the last three months. If so, eat more of the foods on page one. These will protect you and help the baby.

Do not eat too many foods rich in fat. Some of these are gravies, mayonnaise, olives, cream, fat meats, pies, pancakes, and foods fried in fat such as French fried potatoes, doughnuts, and potato chips.

Foods to Omit if You Gain Weight Too Rapidly:

Candy, nuts, popcorn.

Rich desserts such as cakes, pies, and pastries.

Sugar.

Between-meal foods such as sodas, sundaes, and soft drinks.

Cream in coffee, on cereals and desserts; use milk instead.

Between-meal Foods:

If you get hungry between meals, plan to drink the extra milk that you need. A glass of milk during the morning, afternoon, and just before you go to bed will help you get the full quart that you should have every day.

Fruit is another valuable between-meal food. Fresh or cooked fruit, to which little or no sugar is added, can be eaten (without cream) in the middle of the morning or during the afternoon. These foods should not be eaten too close to mealtime because the appetite for regular meals may be spoiled.

FOOD FOR THE FAMILY



The right food to keep your family well must be chosen with care.

The simple, plain foods contain the vitamins and other nourishing materials needed daily by adults and children.

The wise homemaker will plan her meals around these foods important to health:

Milk to drink and in cooked foods; dark bread and cereals; green or yellow vegetables; potatoes; fruit, including oranges, grapefruit or tomatoes, and bananas; eggs, cheese, meat, fish, dried beans, peas or lentils.

A PLAN FOR GOOD FAMILY MEALS FOR BREAKFAST:

Orange, grapefruit or tomato juice
Hot Cereal and Milk
Glass of Milk
Bread with Butter or fortified oleomargarine
Coffee, tea or cocoa for adults
(add fresh or cooked fruit some days)

THE LIGHT MEAL OF THE DAY:

Hot soup or a cold juice made from left over vegetable juices
Sandwich on dark bread, or a salad
Dessert (use fruit often)
Milk

THE MAIN MEAL OF THE DAY:

A main dish of meat, fish, cheese, beans, or eggs
Potatoes, Green or Yellow Vegetable
Raw Salad, Bread
Milk, Dessert

IN 1 DAY USE AT LEAST 1 PINT OF MILK FOR
EACH PERSON

HOW TO STRETCH YOUR FOOD DOLLAR:

Unsweetened evaporated milk may be used in cooking. It is milk with half the water removed.

When oranges or grapefruit are expensive, use tomatoes. If available, use ripe bananas, too. Buy ripe or green-tipped bananas and ripen at home.

Buy brown eggs, Grade B. They are cheaper. Use egg dishes or dried beans, peas or lentils, cheese or fish instead of meat some days.

Use beef, lamb or pork liver. Cook pork thoroughly. Buy inexpensive cuts of meat such as chuck, flank, kidney, heart, neck, chopped meat, lamb breast, and liver. Buy by the pound or measure and not by the "10c worth."

Plan to use fish at least one or twice each week.

Cover and cook vegetables in small amount of water for shortest possible time. Save vegetable water for use in soups, gravies or a vegetable drink.

Cook food carefully and serve on clean neat table so that the children and the family will enjoy their meals.

Use the foods that give you the most food value for the money spent, such as milk, eggs, cheese, dark whole grain breads and cereals, citrus fruits, dried fruits, and fresh green and yellow vegetables.

2 TO 6 YEARS



You may continue to feed your child 3 times a day. If he has a fine appetite, and is hungry between meals, you may give him a little fruit, or milk, or a cracker several hours before the next meal. Your child's appetite may guide you in the amounts he needs.

He should taste some of *each kind* of food served, but do not force him to eat more than he needs.

The main part of his daily meals should be made up of these simple, easily digested foods:

- 3 to 4 cups milk daily to drink and in cooked foods.
- 1 to 2 servings daily of whole grain or enriched cereal.
- 1 serving of potato daily.
- 1 to 2 servings daily of green or yellow vegetables.
- 1 serving of orange, grapefruit or tomato daily.
- 2 to 3 tsp. cod liver oil or equivalent, daily.
- 1 egg at least 4 days a week, and 1 serving of pot cheese, sieved split peas, or chopped liver, meat, or fish on other days.

SEE MEAL PLAN ON OTHER SIDE

TO THE PUBLIC HEALTH WORKER:

The smallest amounts of food in meals suggested on the other side of this leaflet yield daily about:

1040 Calories	8000 I. Units Vitamin A
45 Grams Protein	9 Mg. Vitamin B ₁ (thiamin)
1 Gram Calcium	54 Mg. Vitamin C (ascorbic acid)
1 Gram Phosphorus	2 Mg. Vitamin G (riboflavin)
7 Milligrams Iron	trace Vitamin D (without fish oil)

To insure sufficient vitamin D in the child's diet, it is customary to add a vitamin D preparation in the form of C.L.O., C.L.O. concentrate, percomorph fish oils, or their concentrates in capsules, so that from 900 to 1200 I. Units of vitamin D are included daily.

A DAY'S MEALS — 2 TO 6 YEARS

Your young child still needs to eat simple foods like those suggested in the 3 meals below. The 2 year old is better off with a light supper.

You may prefer to have the 3 to 6 year old child eat with the family at the evening meal. If you do, give him a lighter noon-day meal. The foods suggested under SUPPER below will serve this purpose. In any case leave off rich sauces and offer simple desserts. And *second* helpings are better than large portions.

BREAKFAST: (between 6:00 and 8:00)

About these amounts

ONE WHOLE ORANGE, or	
TOMATO JUICE	4 oz.
CEREAL, cooked kinds.....	3 to 6 tbs.
WARM MILK in cup and on cereal.....	1½ cups (12 oz.)
TOAST (enriched bread).....	½ to 1 slice
COD OR OTHER FISH LIVER OIL.....	1 to 1½ tsp.

DINNER: (between 12:00 and 1:00)

POTATO, baked, boiled, or mashed.....	2 to 5 tbs.
VEGETABLES or tomatoes	2 to 6 tbs.
COOKED EGG, MEAT, or substitute	1 egg, or
(see page 1).....	2 to 3 tbs. substitute
BREAD (use dark kinds).....	1 to 2 slices
WARM MILK	1 cup (8 oz.)
STEWED FRUIT OR BANANA.....	2 to 6 tbs.

SUPPER: (5:30 to 6:00)

CEREAL (or bread) with milk.	3 to 6 tbs.
MILK (warm) to drink and on cereal	
(or milk-vegetable soup).....	1 to 1½ cups
BREAD AND BUTTER (or simple	
sandwich)	½ to 1 slice
COTTAGE CHEESE, if wanted (or egg	
if none earlier).....	1 to 2 tbs.
CUSTARD or light pudding, gelatine, fresh	
or cooked fruit, if wanted.....	1 to 6 tbs.
COD OR OTHER FISH LIVER OIL.....	1 to 1½ tsp.

(When you serve white bread, serve "Enriched")

("tbs." means level tablespoon)

("tsp." means level teaspoon)

("oz." means liquid ounce)

1 TO 2 YEARS



You may now feed your child three times a day. His meals may be prepared with the family meals.

Your child's appetite may usually guide you in the amount he needs.

He should eat some of *each kind* of food, but do not force him to eat.

If he has a fine appetite at meals, and is hungry between meals, give him a little fruit juice and cracker two hours before the next meal.

THESE FOODS ARE ESPECIALLY IMPORTANT:

- 3 to 4 cups of milk daily to drink and in cooked foods.
- 1 serving of orange, grapefruit or tomato juice.
- 1 to 2 servings dark cereal daily.
- 1 serving of potato daily.
- 1 to 2 servings of green or yellow vegetables daily.
- 1 serving of fresh or stewed fruit daily.
- 2 or 3 tsps. cod liver oil daily, or equivalent.
- 1 egg, or yolk, at least 4 days a week, and serving of pot cheese, sieved split peas, or chopped liver, meat, or fish on other days.

SEE MEAL PLAN ON OTHER SIDE

TO THE PUBLIC HEALTH WORKER:

The smallest amounts of food listed on the meal plan on the reverse side yield daily about:

1000 Calories	6000 I. Units Vitamin A.
40 Grams Protein	0.8 Mg. Vitamin B ₁ (thiamin)
1 Gram Calcium	45 Mg. Vitamin C (ascorbic acid)
1 Gram Phosphorus	2 Mg. Vitamin G (riboflavin)
7 Milligrams Iron	trace Vitamin D (without fish oil)

To insure sufficient vitamin D in the child's diet, it is customary to add a vitamin D preparation in the form of C.L.O., C.L.O. concentrate, percomorph fish oils, or their concentrates in capsules so that from 900 to 1200 I. Units Vitamin D are included daily.

A GOOD MEAL PLAN FOR CHILD 1 TO 2 YEARS

YOUR CHILD WILL EAT ABOUT THESE AMOUNTS DAILY

BREAKFAST: (between 6:30 and 8:00)

ONE WHOLE ORANGE or	
½ GRAPE FRUIT or	
TOMATO JUICE	4 oz.
CEREAL, dark, cooked and strained..	3 to 5 tbsp.
(unstrained after 15 months)	
WARM MILK in cup and for cereal..	1 to 1½ cups
TOAST	½ to 1 slice
COD or OTHER FISH LIVER OIL..	1 to 1½ tsp.
Offer a drink of water or fruit juice during morning.	

DINNER: (between 12:00 and 1:00)

POTATO, baked, boiled or mashed...	2 to 4 tbsp.
VEGETABLE, green or yellow, cooked	1 to 5 tbsp.
EGG YOLK, or Meat dish if doctor	1 egg or 2 to 3
allows (see page 1).....	tbsp. of substitute
BREAD (use dark kinds).....	½ to 1 slice
BUTTER	¼ tsp to 1 tsp.
MILK	½ to 1 cup
STEWED FRUIT or BANANA	
or MILK PUDDING	2 to 6 tbsp.

AFTERNOON LUNCH: 3:00 P.M.

(if eats supper well)

MILK (8 oz.).....	1 cup
-------------------	-------

SUPPER: (6:00 or 6:15)

COOKED CEREAL or	3 to 5 tbsp.
CREAMED SOUP or	¾ to 1 cup
MILK TOAST	1 slice
WARM MILK to drink and on cereal	1 to 1½ cups
BREAD (use dark kinds) or cottage	
cheese sandwich	½ to 1 slice
BUTTER	1 tsp.
MILK PUDDING or	
STEWED FRUIT	2 to 6 tbsp.
COD or OTHER FISH LIVER OIL..	1 to 1½ tsp.

("tbsp." means LEVEL tablespoon)

("tsp." means LEVEL teaspoon)

("oz." means liquid ounce)

MEAT



The Doctor wants your baby to add meat to his diet. Start with.....teaspoons of.....
or.....and gradually give more until he eats.....tablespoons.....times a week.

TO PREPARE:

LIVER

Buy thin slice of beef, lamb, or calf's liver. Heat small pan; turn gas low. Put liver in pan and sear, turning liver constantly. Cook only long enough to change the color. Take out and grind or cut up very finely and mash. Remove stringy fibre. Feed alone or with mashed potato or vegetable.

SCRAPED BEEF

Buy beef chuck or round or any cut of beef. Scrape meat off with spoon. Shape meat into small flat cake; turn in hot pan until seared; use no fat. *Or* sear meat first and scrape off into ball afterwards.

GROUND BEEF

Have butcher grind a piece of chuck or round, or a piece of any *lean* beef. Shape meat into patties and cook in hot pan 2 or 3 minutes, turning meat often. Use no fat.

CHICKEN

When you have a chicken for the family, give baby a piece of white meat cut fine. Chicken is no better for baby than other meats. Give him one of *large bones* to chew on.

BEEF JUICE OR LIVER JUICE

This is expensive but is occasionally necessary. Ask your Doctor about possible substitutes such as scraped beef or ground meat or mashed liver.

One Method: Cut off fat from $\frac{1}{2}$ pound round steak, or take $\frac{1}{4}$ lb. piece of beef liver. Warm meat through, in pan, about 1 or 2 minutes, turning constantly. Remove and cut in small pieces and press out juice in potato ricer or with hands and a fork. This makes about $\frac{1}{4}$ cup. Warm by putting in a cup and setting in hot water.

Another Method: Chop finely $\frac{1}{2}$ pound round steak (no fat), or take small pieces of neck meat or cut up $\frac{1}{4}$ pound beef or lamb liver; add 3 ounces (6 tbsps.) cold water, and pinch of salt. Place in jar and put in deep pan of cold water. *Heat slowly* until juice comes out of meat. Warm juice; serve the amount ordered for baby by Doctor.

The meat left may be seasoned and used in dishes for the family.

For free recipes send for pamphlet, MEAT DISHES AT LOW COST, Misc. Pub. No. 216, U. S. Department of Agriculture, Washington, D. C.

FISH: Any white fish may be used. Broil or bake.

COOKING MEAT: Remember that high heat toughens meat. *Sear* meat by having heat high at first; then turn heat low. For soup, put meat in cold water and cook slowly. Pork must be cooked thoroughly.

BUYING GUIDE FOR CUTS OF MEAT

FOR POT ROASTS buy piece of beef or veal weighing 3 to 5 pounds, from chuck, shoulder, rump, or round.

FOR STEW OR RAGOUT buy beef or veal neck, plate, brisket, flank, or shank; or lamb breast, shoulder, neck, or flank. 1 or 2 pounds with vegetable make a stew. (Cook vegetables for stew only a short time.)

FOR SWISS STEAK buy a thick piece of beef from chuck, rump, or round, or a slice of veal.

FOR ROASTS buy a plump shoulder of lamb or fresh pork weighing 3 to 5 pounds; or a lamb breast, or a pork picnic or long-cut shoulder.

FOR GROUND MEAT you may buy mixture of beef, lamb, veal, and pork. Cook meat-cakes well if they contain pork.

FOR MEAT LOAF buy ground meat as above.

FOR LIVER DISHES buy beef, or lamb's liver.

Liver, tongue, brains, sweetbreads, heart, kidneys, and hazlet of lamb are rich in food value. Use often.

(SEE CHART—PAGE 4)

BEEF CHART

1.

HIND SHANK

Soup Bones

6.

FLANK

Flank Steak
Stews or
Hamburger

12.

PLATE

Stews, or Boned
and Rolled Roasts
Short Ribs

11.

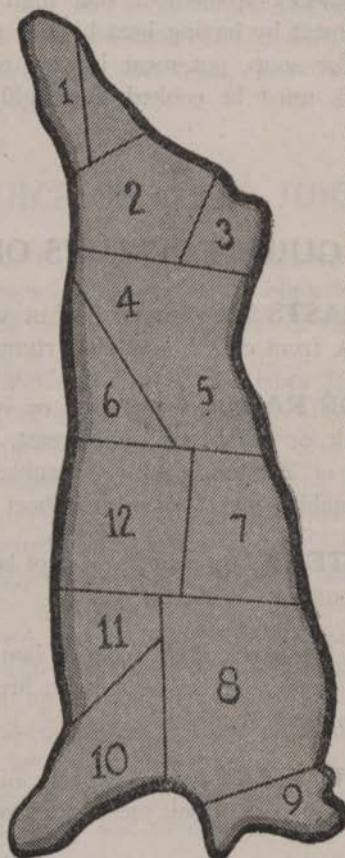
BRISKET

Stews, or Boned
and Rolled Roasts

10.

FORESHANK

Soup Bones
Stew



2.

ROUND

Round Steaks
Swiss Steak

3.

RUMP

Steaks or Roasts

4.

LOIN END

Sirloin Steaks

5.

SHORT LOIN

Club or Delmonico
Steaks
Porterhouse Steak

7.

RIB

Rib Roasts
Short Ribs

8.

TRIMMED CHUCK

Chuck Roasts
Top Chuck Roasts
Chuck Rib Roasts

9.

NECK

Boneless Roasts
Stews or
Hamburgers

BUY MEAT BY THE CUT AND BY WEIGHT

WEANING



THE DOCTOR will tell you when to wean your baby. Plan to wean him gradually. This is important since he will be happier at the change if it comes slowly.

The baby may rebel, but continue to offer just a little milk in his cup until he accepts it. Do not force nor urge. He may enjoy drinking through a straw. You may cook cereal in some of his milk and make custards.

FOLLOW THIS PLAN:

1. Omit 10 P.M. feeding when Doctor orders.
2. Begin by discontinuing one feeding on 1st day. Offer warm milk in a cup instead.

Continue to omit 1 breast or bottle feeding every 3rd or 7th day until baby is weaned. Always offer warm milk in a cup. When older, he will like to pour milk from a small pitcher.

He will now be satisfied with a somewhat later breakfast, and can also give up his 10 A.M. feeding. His 2nd meal will be at noon.

Thus you will gradually change him from a 4 hour schedule to 3 meals a day.

See our plan for First Three Meals on reverse side of this leaflet.

TO STOP BREAST MILK FLOW:

Cut down liquids. Sleep away from the baby.
Ask the Doctor's advice about other ways.

A SUGGESTED FEEDING SCHEDULE FOR THE FIRST THREE MEALS

PLAN TO ALLOW AT LEAST 3 HOURS
BETWEEN FEEDINGS

CHILD WILL EAT ABOUT THESE AMOUNTS

BREAKFAST: (between 6:00 and 8:00)

Cooked cereal 3-5 tbsp.
Milk to drink from cup and on cereal 8 oz.
1 small piece of hard stale bread.

8:00 or 9:00 A.M. (or before breakfast)

Orange juice or strained tomato..... 3-6 oz.
Cod or other fish liver oil.....tsp.
(May be given just before a meal or at bath time.)

DINNER: (between 12:00 and 1:00)

Whole egg or yolk, as ordered..... 1
Vegetable 2-4 tbsp.
Mashed potato with $\frac{1}{4}$ tsp. butter... 2-4 tbsp.
Stewed fruit pulp, milk pudding, or
banana 2-4 tbsp.
Milk to drink in cup (warmed)..... 6-8 oz.
Stale bread $\frac{1}{4}$ - $\frac{1}{2}$ slice
Piece of celery or strip raw carrot
to chew on.

You may use some of milk in making soups or
puddings for the baby.

Afternoon (between 2:30 and 3:00)

Milk to drink in cup..... 6-8 oz.
(Ask the Doctor about giving this lunch)

SUPPER: (between 5:00 and 6:00)

Cooked cereal or 3-5 tbsp.
baked potato 2-4 tbsp.
Milk toast or $\frac{1}{2}$ -1 slice
creamed soup $\frac{1}{2}$ - $\frac{3}{4}$ cup
Milk to drink from cup and on cereal 8-16 oz.
Stewed fruit or milk pudding..... 2-4 tbsp.
Cod or other fish liver oil.....tsp.

("tbsp." means level tablespoon)

("tsp." means level teaspoon)

("oz." means fluid ounce)

USE SOME DARK COLORED CEREALS AND BREADS

BARLEY WATER RICE WATER



The Doctor examining your baby wants him to have barley or rice water. Directions for making them are given below. The Doctor will write in the time and amounts to be given your baby.

FIRST STERILIZE BOTTLE CONTAINER:

Place clean bottle in pan and cover with cold water. Put over flame and boil 5 minutes. Pour water from pan and out of bottle just before using.

TO MAKE BARLEY WATER:

Allow 1 level tablespoonful of barley flour to each pint of water. Put water over flame to boil. Put barley flour in bowl and mix with a little extra cold water to make a thin paste. Stir paste into the boiling water and cook 20 minutes over a rather low flame, adding water from time to time to keep the quantity up to 1 pint. Pour mixture in sterile bottle. Cover with sterile cup or cork.

.....

.....

TO MAKE RICE WATER:

Put 1 level tablespoonful of washed rice in 1 pint of boiling water. Boil gently for 1 hour, adding water from time to time to keep the quantity up to 1 pint. Strain through clean muslin or wire strainer and use as directed by the Doctor. Pour mixture into sterile bottle. Cover with sterile cup or cork.

.....

.....

FRUIT



You may add fruit pulp to your baby's diet. Give a tiny amount at first and gradually give more. Baby may have 1 teaspoon of fruit pulp and gradually amount may be increased to 2 or 3 tablespoons daily.

FRUIT SAUCES:

Wash apples. Cut in quarters; cover with water and cook until tender. Mash through sieve. Add 2 tablespoons of sugar* to each cup of apple. Make pear, peach and plum sauce the same way. A little lemon improves the flavor. Canned apple sauce may be used. Canned pears, peaches and plums may be mashed and used.

TO PREPARE PRUNE OR APRICOT PULP:

Wash fruit. Soak several hours in just enough water to cover. One pound prunes or apricots requires about 2 cups water. Cook until soft in the same water they were soaked in. Remove pits. Press prunes through strainer and add juice. Feed warm (not hot) prune pulp to baby. Apricots are cooked in the water they have soaked in. Beat with fork and mash through sieve if not entirely soft. Prune and apricot pulp may be mixed.

BANANA PULP:

If available you may select yellow bananas with green tips and let them ripen by keeping in warm room until they have brown freckles on skins and peel easily. Just before using, peel banana, and, on a saucer, mash and whip fruit with fork. Serve right away. At about 1 year of age, baby may have a piece of banana to hold and eat.

HARD FOOD TO CHEW:

At about the 8th month, you may give your child a piece of celery or raw carrot strip or a piece of hard crusty bread to chew and exercise his gums and jaws. Well toasted bread or Zwieback may also be used.

FRUIT IS GOOD FOR THE WHOLE FAMILY

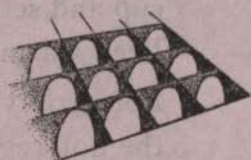
* Instead of 2 tablespoons of sugar you may use:

1½ tablespoons of honey

or

4 tablespoons of corn syrup.

● EGGS



You may add egg yolk to your baby's diet.

TO PREPARE COOKED EGG YOLK:

Place a clean egg in a pan and cover egg with cold water (about 2 cups of water). Heat. Allow to come to a boil; remove pan from fire and let egg stand in water 15 to 20 minutes. Remove shell and white of egg. You will find the yolk firm and yet not tough. Mash the yolk with fork or through a strainer before serving.

SOFT-COOKED EGG:

Put a clean egg in cold water and bring to a boil. Turn off heat. Let the egg stay in water 3 minutes. Remove. Break open.

EGG YOLK COOKED SEPARATELY:

With Doctor's permission, egg yolk may be cooked separately so that family may use the egg white. Place the egg yolk in a

cup and set in water. Heat 3 to 5 minutes.
Feed warm to baby.

For variety, the egg yolk may be heated in the hot vegetable.

FEEDING EGG YOLK TO THE BABY:

At first give $\frac{1}{2}$ *teaspoon* of egg yolk with a feeding, increasing slowly as baby learns the taste, until the whole egg yolk is given at the month the Doctor wants him to have it all.

It is important at first to feed egg yolk *alone* unmixed with any other food to find whether egg agrees with the baby and to acquaint him with the taste.

Eggs with brown or with white shells have the same food value.

VEGETABLES



You may add vegetable pulp to your baby's diet. Start with one vegetable at a time to see if it agrees with the baby. Then add other vegetables from the list below, as indicated by the doctor. In general all greens may be used and are highly nutritious.

Carrots
Spinach
Green Peas

String Beans
Squash
Tomatoes

Chard
Broccoli
Kale

COOK VEGETABLES THE BEST WAY:

After you wash the vegetable, drop it immediately into a little boiling water, cover and cook. Cook five minutes or only until it is tender. Season with salt and a little butter or enriched oleomargarine, if you wish. Cook in a small amount of water to save all the food values, especially the minerals and vitamins.

At first, mash cooked vegetable for your baby through a fine sieve. Ask your Doctor when the baby may eat fork-mashed vegetables.

The liquid from the cooked vegetable contains valuable iron and vitamins. Serve it with the vegetable, or save it for soups, stews, or gravies.

Potatoes may be used frequently. Do not peel them. Bake or boil in the skins. Remove skins and mash. Season to taste.

HOW MUCH TO GIVE

at daily, feed baby table-
spoons vegetable. Feed little more each day until by
the month tablespoons of vegetable
are given daily. It is important to start with small
amount and feed the vegetable slowly and pleasantly
to your baby.

CANNED VEGETABLES

Any good brand used for the family is satisfactory. When the baby eats only the fine, soft pulp of the vegetables especially canned for babies, it is usually hard for him later on to take the coarser fork-mashed vegetables, which he will need.

CEREAL



YOU MAY ADD CEREAL TO YOUR BABY'S DIET

The Doctor or Nurse will cross out those you should not give your baby at present.

- Oatmeal
- Wheat cereals, white, enriched
- Wheat cereals, dark whole grain kinds
- Corn meal
- Pre-cooked cereals — Dr. will give you names.

USE MORE THAN ONE KIND OF CEREAL.

COOKING CEREAL

Follow directions on package, but lengthen the cooking time. Longer cooking time makes the cereal more digestible for the baby or young child.

There are two ways of cooking cereal:

Direct Boiling: For the baby it is suggested that the cereal be boiled at least 10 minutes, stirring all the time. Add more water if you see the mixture is getting thicker than you want it. It prevents scorching to stir and to turn gas low.

Double Boiler Cooking: Boil cereal over direct flame a few minutes according to directions on package or in cook book. In addition, cook in double boiler for 20 minutes. When a double boiler is used, it is not necessary to stir and all danger of burning is avoided.

COOKING CEREAL IN MILK

Boil cereal in $\frac{1}{2}$ amount of water the directions call for. Then add same amount of milk or evaporated milk or part of your formula to the thickened cereal. Cook as directed.

Cereal cooked with milk gives it a creamy appearance and delicious flavor. This is a good way also to add milk to a child's diet.

THE WAY YOU FEED THE CEREAL IS IMPORTANT

The first time the baby gets cereal, be careful to have it just warm enough. The first few times, give your baby only a little cereal on the tip of the spoon. Let him learn to like it slowly if necessary.

Gradually give him more until you offer him.....
tablespoons of cooked cereal at each feeding at
..... and(time).

Some days he will not eat all the cereal, and that need not worry you. Never try to force him to eat more than he wants.

Heat cereal before serving. Be careful to have it just right; a burnt tongue may cause baby to dislike cereal. If too thick, thin with boiled water or with formula.

Try small servings. Then give him more as he needs it.

Try using other cereals since the baby appreciates variety.

It is a good idea to cook cereal for all the family.

SUN BATHS



HOW TO GIVE AN OUT-OF-DOORS SUN BATH

Sun baths may be started when a baby is 3 or 4 weeks old. You may start sun baths in spring or in summer.

1. On the first sunny day, put the baby in direct sunlight, and let it shine on his cheeks and hands for two or three minutes. Turn him so that the sun will not shine in his eyes. Before putting him in sun, rub on a little mineral oil.
2. The next day expose his cheeks and hands five or six minutes. Tan him slowly. A baby's skin is tender; do not allow him to become pink and therefore burned.
3. When the cheeks and hands are slightly tanned, expose the arms and next the legs. Again be careful about burned pink skin. Rub on mineral oil if burned.

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4. When legs and arms are showing a tan, and weather is warm enough, remove shirt and diaper and expose him to sunshine two or three minutes. The next day expose him five minutes. Continue to increase the time *gradually* until the baby is tanned all over his body.
5. On hot days when temperature is above 85°, sun baths should be given before 11 A.M. and after 3 P.M. Cover the baby's head if he is out during the hot part of the day.
6. These sun bath directions are for *well* babies. Babies even slightly sick need to be seen by your Doctor so that he may advise you what changes in care the baby needs to get well.

FISH LIVER OIL AND CONCENTRATES

FISH LIVER OIL OR BOTTLED SUNSHINE:

You should now add fish liver oil to your baby's diet. Cod liver oil, or its equivalent, contains vitamins A and D and prevents rickets and helps to build strong bones and teeth.

Give only a drop or two the first time so that the baby can learn the taste and feel of this new food. After he gets used to it your baby will probably like the fish oil. Most babies do.

Give your baby this fish oil:.....;
.....teaspoons.....times daily at.....;
or this preparation.....;
.....drops.....times daily at.....

Keep oil in a cool, dark place. Some children prefer the cold oil served in a cold spoon while others take it better when it has been slightly warmed. Simply warm the spoon by dipping it into hot water before pouring oil. Be sure spoon is not too hot.

Give the oil slowly and with a smile.

Read the label on the bottle and buy tested oil with at least 85 units Vitamin D per gram and 850 units of Vitamin A.

ORANGE-TOMATO JUICE

You should add orange or tomato juice to your baby's diet. These foods are given to prevent scurvy and promote the healthy development of your baby. Give few drops first; slowly increase amount.

It is best to fix juices just before using. If you have to prepare more than one feeding at a time keep what is left in a covered jar in the ice box.

TO PREPARE:

ORANGE JUICE:

Wash an orange under running water. Dry and cut in half. Squeeze juice and strain. *Be sure that juice has no seeds.*

TOMATO JUICE:

Use fresh ripe tomatoes or canned tomatoes. Open can of tomatoes and strain through a fine sieve to remove seeds.

TO FEED BABY:

Add 1 teaspoon of orange or strained tomato to 1 teaspoon of boiled water which has been cooled. Give at..... Increase gradually to..... tablespoons of juice. Gradually decrease the amount of water added until the juice is given plain.

You may feed the juice to baby from a bottle or with a spoon.

FORMULA MAKING

THE DOCTOR ORDERS THIS FORMULA

Take.....ounces of.....milk;
ounces of water from the faucet;
level tablespoons.....sugar.
Feedings of.....oz.
 at

(Directions for Making Formula are Given Below)

OTHER FOODS FOR BABY

Boiled Water at.....
 Cod Liver Oil at.....
 Orange or Tomato Juice . . at.....
 Cereal at.....
 at.....

BEFORE FEEDING BABY

Stand bottle in pan of water; warm gently until luke-warm. Test by dropping a little of formula on forearm. When feeding, hold baby as though nursing him.

UTENSILS NEEDED FOR MAKING FORMULA

A large kettle with a cover to hold all utensils	1 measuring tablespoon
Eight ounce bottles	1 knife
..... nipples	1 jar with screw cover for nipples
1 bottle brush	1 saucepan (2 or 3 qts.)
1 glass measuring cuprubber caps or corks
1 funnel	Orange wood stick
1 strainer with tiny holes	One 10c. "oven forceps" (tongs) or a fork

HOW TO MAKE THE FORMULA

With clean warm soapy water and a bottle brush, wash the bottles for formula, juice, and water, jar for nipples, and funnel. Rinse. Scrub caps and nipples with soapy warm water. Squeeze water through holes so that no milk will remain to clog nipple. Rinse.

Fill up each bottle and jar with water and place in a large kettle along with strainer, funnel, caps or corks, jar top, clean orange wood stick, and nipples. Put "oven forceps" (tongs) on top so that you can take out first to handle other hot utensils.

Fill kettle with water, cover and boil for 5 minutes to sterilize utensils. Count 5 minutes after the hard bubbling of water has started. (This amount of water, if cold, takes about 15-20 minutes to come to boil.) Place kettle lid upside down on your table to serve as a clean (sterile) place to put funnel and strainer. Remove oven forceps (tongs) from kettle (they should be on top) using suitable protection for hands to avoid burn. Using oven forceps, remove smaller items except nipples from kettle placing them on cover top; then empty water from jar. Pick up nipples with forceps and place in jar. Put orange wood stick through jar cover being careful not to touch pointed end of stick.

Pour hot water from bottles and set on tray or pan. Place funnel in one bottle. Hold strainer over it, and pour in required amount of formula. Stopper bottles and place in refrigerator.

NOTE: It will make washing easier if you fill the bottles with cold water and rinse nipples right after the baby has been fed.

MIXING THE FORMULA

Mix formula while utensils are boiling. Put down clean towel or paper on your work table. Put out saucepan, measuring cup, tablespoon, knife, milk and sugar. Wash off top of milk container. Shake well. Open. Measure out milk, water and sugar, and mix in saucepan. Put over direct flame, turned low, and actually *boil* for 5 minutes. Stir all the time milk is boiling to prevent burning and boiling over. If, after boiling, you do not have number of ounces ordered, put same amount formula in each bottle; then add enough boiled water to make the required amount in each bottle. The next day add necessary extra water when you mix the formula.

**REMEMBER THAT CLEANLINESS IS
URGENT WHILE MAKING FORMULA**

BREAST FEEDING



MOTHER'S MILK IS THE BEST FOOD FOR A BABY

Nursing your baby gives him the best chance to grow.

"Human milk was meant for babies" is an old rule and still a good one.

Breast milk is clean, inexpensive, takes no extra time for preparation and is easily digested. It is a distinct advantage to a baby to be nursed.

Never wean a baby except with the advice of your Doctor. If you think you are losing your milk, see him and he will advise you what to do.

Breast feeding also helps the mother since the suckling is thought to aid the reproductive organs to return to normal.

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THE FIRST MILK

Usually at birth there is no milk in the mother's breast. The first liquid is COLOSTRUM and it is good for the baby. The milk comes after two or three days. Even one ounce of breast milk at a feeding is worth having, and more breast milk usually comes in later. The stimulation of sucking and the complete emptying of the breast at each feeding are important factors in bringing the milk. The supply of milk may be irregular for the first four weeks.

NURSING THE BABY

A mother should nurse her baby in a comfortable and restful position and should feed him at regular hours.

Utmost cleanliness in the care of the breasts is necessary. A doctor should be consulted if the nipples are cracked, sore or otherwise abnormal.

After feeding, the baby should be held up to rid him of any swallowed air.

Feeding time is a good time to love and pat the baby and to let him feel your care and support.

EVERY-DAY CARE OF THE MOTHER

Successful nursing depends largely on the mother's health and on her attitude toward nursing. The mother will find these simple practices helpful to her milk supply, as well as to her own health:

1. Visiting her doctor and dentist regularly.
2. Planning her day so that the important tasks are completed, omitting the unimportant ones.
3. Getting away from the baby a little while each day, if suitable arrangements for the baby can be made.
4. Resting each day and avoiding strain and fatigue as much as possible.
5. Sleeping eight hours each night.
6. Drinking water, eating vegetables and stewed and fresh fruits to encourage elimination (bowel movement).
7. Eating and enjoying simple meals.

FOOD FOR THE NURSING MOTHER

Should include *three hearty meals* plus mid-meal lunches if wanted. She will need extra fruit juice and water, and also daily:—4 glasses of milk, plain or flavored, or cocoa made entirely with milk. The nursing mother should take generous helpings of green and yellow vegetables, orange, grapefruit or tomatoes, an egg, dark or enriched breads and cereals, and cod liver oil or other fish oil.

THIS IS A GOOD MEAL PLAN TO FOLLOW:

BREAKFAST

Orange, Grapefruit or Tomato	Hot Cereal
Bread and Butter	Milk or Cocoa
Egg	(Coffee if desired)

DURING MORNING

1 Glass of Milk or Cocoa
(At least 2 hours before luncheon)

LUNCHEON OR SUPPER

Milk Soup	A Hot Dish or Salad
Bread and Butter	Milk or Cocoa
Dessert	
(Use fresh or stewed fruit often)	

DURING AFTERNOON

A Fruit Drink, or Fruit, Milk or
Tea with Bread and Butter

DINNER

Meat or Fish, Cheese or Egg Dish, or Cooked Dried Beans	
Potato	Green or Raw Food Salad
Cooked Leafy or Yellow Vegetable	
Dessert	Milk or Cheese

● Check your daily food by this plan. Let your nurse or doctor help you to choose or improve your meals.

	Kind of Food	Amount
BREAKFAST:		
Fruit or juice
Cereal, whole grain
Bread, whole grain
Butter, or forti- fied margarine
Egg, poached, etc.
Milk
Coffee or tea

LUNCHEON:		
Main dish (soup, etc.)
Vegetables
Bread, whole grain
Butter or substitute
Milk
Fruit

DINNER:		
Meat or substitute
Potato
Vegetables
Bread, whole grain
Butter or substitute
Milk
Fruit

BETWEEN MEALS:		
Milk
Fruit
Cod Liver Oil
Water

If you don't like to drink milk, you can still get a quart with your meals in the following ways:

1. Cook cereal ($\frac{1}{4}$ cup) in 1 cup milk, or in $\frac{1}{4}$ cup water and $\frac{3}{4}$ cup milk.
2. Eat cereal with $\frac{1}{2}$ to $\frac{3}{4}$ cups milk instead of cream.
3. Eat milk toast, made with whole grain bread, for breakfast or lunch occasionally.
4. Have cream soup, such as cream of tomato, cream of split pea, or chowder made with milk, borsch or shav with sour cream for lunch often. Eat cooked vegetables in white sauce frequently.
5. Eat cheese, American or other firm kinds that are made with whole milk, as a substitute for some of the milk. A 2-inch cube of American cheddar cheese is equal to about $1\frac{1}{4}$ cups of whole milk. Cottage, farmer, and cream cheese have less calcium.
6. Use milk in making gravy and desserts, such as cornstarch, tapioca, or rice puddings; in custards too.
7. Drink hot chocolate as a beverage, or flavor milk with a little hot coffee.

HELPFUL BOOKLETS YOU SHOULD GET

Write to: The Children's Bureau, U. S. Department of Labor, Washington, D. C., for single copies of:

Infant Care.

Out of Babyhood Into Childhood.

Prenatal Care.

Be sure to talk over with your physician any troubles or problems that may happen during your pregnancy.

Published by

NUTRITION DIVISION
125 Worth Street

DEPARTMENT OF HEALTH
New York 13, N. Y.

From:

U.N.R.R.A.
Italian Mission
Welfare Division

8

Pouch 96/8
Encl.

Processed Milks in the Relief Program.

This is an excellent summary of processed milks.

It is ready reference material for use of nutritionists
and welfare officers.

November 1, 1945

Sue Sadow
Sue Sadow
Senior Nutritionist

23 December 1943

PROCESSED MILKS IN THE RELIEF PROGRAM

This information is intended for physicians and other members of relief missions responsible for the distribution of processed milks. It may be found desirable to issue pamphlets, in the language of the country, relating to the use of processed milks. This bulletin may be helpful in the preparation of such pamphlets. It is suggested that local advisory committees be consulted before such educational material is prepared for issuance. It may be preferable for local committees to prepare the educational material themselves, using the factual information provided by the relief mission.

Since the milk is provided primarily for the feeding of infants and children and pregnant and nursing mothers, this statement describing the types of milk and their use in infant nutrition in the United States, has been prepared with the approval of pediatricians and maternal and child health experts.

Breast feeding, of course, whenever possible is to be preferred to artificial feeding of infants. When artificial feeding is necessary cow's milk, sheep's milk, or goat's milk, safely produced and handled, are all satisfactory. In the absence of fresh fluid milk however, processed milks may serve as well, and in some circumstances, may even offer advantages over fresh milk.

The three types of processed milk are: evaporated, condensed, and dried.

Evaporated Milk (Unsweetened).

Evaporated milk is whole cow's milk concentrated by the removal of approximately 60% of the water. Nothing is added to the milk, and it is sterilized by heat in sealed tins.

Evaporated milk provided by the United States is packed in cans of 13 fluid ounces (390 c.c.) or 14.5 avoirdupois ounces (412 grams). Each can represents an original volume of 23.6 fluid ounces of whole cow's milk (0.86 liters). Irradiated evaporated milk contains approximately 135 International Units of vitamin D per can (0.16 I.U. per c.c.).

Evaporated milk formulas for infant feeding are widely used in the United States. For infants in the first month or two of life a dilution of approximately one part of evaporated milk to two parts of water, and for older infants equal parts of evaporated milk and water are generally prescribed. Five to 10 percent of sugar is generally added to the formula. Approximately 100 calories per kilogram of body weight per 24 hours, is required. For younger infants the allowance must be somewhat greater. The composition of evaporated milk and of usual dilutions are shown in the following table:

TABLE I

	Evaporated Milk	Evaporated Milk and Water 1:1	Evaporated Milk and water 1:2	Fresh Whole Cow's Milk
Protein	7.0%	3.5%	2.3%	3.5%
Fat	7.8	4.0	2.6	3.5 - 4.0
Sugar	10.0	5.0	3.3	4.5
Minerals	1.6	0.8	0.5	0.75
Calories per fl.oz.	43.0	21.5	14.5	20
Calories per 100 cc.	140	72	48	67

Evaporated milk is sterile, the fat is finely divided as a result of homogenizing and the protein is altered in the course of preparation of the milk so that the curd formed during digestion is extremely fine.

After a can is opened, evaporated milk is subject to bacterial contamination and spoilage. Souring of the milk can be delayed if certain precautions are observed: (1) The end of the can to be opened should be thoroughly cleaned and if possible scalded with boiling water. (2) The tool used to puncture the can should be clean and preferably boiled. (3) The holes punched in the can should be small, approximately 2mm. diameter. (4) The can should be kept in a cool place since the milk sours more rapidly at 37 degrees C. than at 30 degrees C. or 25 degrees C.

Dried Skim Milk.

The preferred type of dried skim milk is prepared by spraying skimmed cow's milk into a chamber through which a stream of heated air is passed. The composition of dried skim milk and of dilutions with 6 and 10 parts of water, are shown in the following table:

TABLE II

	Dried Skim Milk	Dried Skim Milk and Water 1:6	Dried Skim Milk and Water 1:10	Fresh Whole Cow's Milk
Protein	38.0%	6.3%	3.8%	3.5%
Fat	1.0	0.6	0.1	3.5 - 4.0
Lactose	50.0	8.3	5.0	4.5
Minerals	8.0	1.3	0.8	0.75
Calories/oz	100	19	11	20
Cal/100gms. or cc.	360	64	36	67

Because of the removal of a large proportion of fat, dried skim milk in equivalent portions provides substantially more protein and calcium than do whole milk preparations. Skim milk preparations are particularly useful in the feeding of premature

Processed Milks in the Relief Program, Cont'd.

Infants who have a fat intolerance, in the feeding of infants who are suffering from diarrhea, and for children with hypoproteinemia. They may also be used quite satisfactorily for the nutrition of well infants. The lower fat content and consequently the lower vitamin A content must be borne in mind and adequate fish liver oil or other source of vitamin A provided.

~~Lit~~ dry whole milk is available for shipment in the relief program. Moreover, dry whole milk tends to become rancid if held for considerable period after packing. However, should dry whole milk be available in any relief food shipments, it may be used, when reconstituted, as one would use fresh whole cow's milk.

Roller dried milk will be available only as a component part of other processed foods such as dry soup mix.

Sweetened Condensed Milk.

Sweetened condensed milk is prepared by evaporating whole cow's milk until approximately 60% of the water has been removed. Cane sugar is added until the total sugar content is over 50%. The high concentration of sugar inhibits bacterial growth and preserves the milk. Condensed milk is not sterile. The composition of condensed milk and of dilutions with 3 and 5 parts of water are shown in the following table:

TABLE III

	Sweetened Condensed Milk	Sweetened Condensed Milk & Water	Sweetened Condensed Milk & Water	Fresh Cow's Milk
		1:3	1:5	
Protein	8.0%	2.6%	1.6%	3.5
Fat	9.0	3.0	1.8	3.5-4.0
Sugar	54.0	18.0	10.8	4.5
Minerals	1.8	0.6	0.3	0.75
Calories/oz.	100	33	20	20
Cal/100 gms. or cc.	360	109	67	67

Condensed milk diluted approximately one part to five parts of water provides the same caloric value as whole milk. Because of the high sugar content, however, equal caloric portions are quite low in protein and calcium content. For purposes of comparison, the following table (attached-) shows the protein and calcium content of various milk mixtures prepared to contain approximately 500 calories, that is formulas suitable for infants weighing approximately five kilos. It is apparent from this table that the condensed milk formula provides only two thirds as much protein and calcium as equivalent feedings of whole milk or evaporated milk. American pediatricians consider this to be an inadequate protein intake which results in excessive water retention in the tissues.

During the past two decades condensed milk has almost disappeared as infant feeding in the United States. Production figures for 1942 show that only two pounds per capita of condensed milk was produced as compared with twelve pounds per capita of evaporated milk.

Processed Milks in the Relief Program, Cont'd.

A certain amount of condensed milk may be available during the period of relief, and it may well be used as a source of added carbohydrate for infant formulas prepared from evaporated or dried milk. Example No. 5 in the table below shows that the use of sweetened condensed milk to replace cane sugar in an evaporated milk formula adds approximately 10% to the protein and calcium values. Sweetened condensed milk may also be used for children and pregnant and nursing mothers. As an addition to drinks (cocoa and coffee) or as a spread for bread, it will provide added nutritive values. The total available to each individual from this source, however, will not be great.

To summarize, it is recommended that evaporated or dried milk be used as the basis of infant feeding for those infants who cannot receive maternal milk or safely produced and prepared fresh cow's, sheep's, or goat's milk. Condensed milk (if available) may be used as a supplement to other milk formulas. For children and adults, it may be used in other drinks and as a spread. Special proprietary milks are not essential in infant feeding; dried skim milk is useful in the feeding of premature infants and those with gastro-intestinal disturbances.

TABLE IV

All formulas diluted to approx. 25 oz. (750 cc.)		Quantity	Weight Grams	Calories	Protein Grams	Calcium Mgs.
1	Whole milk	19 fluid oz.	580	405	19	690
	Sugar	2 Tbsp.	26	100	-	-
Total				505	19	690
2	Evaporated milk	8.5 fl. oz.	269	377	19	673
	Sugar	9.5 av. oz. 2.5 Tbsp.	33	125	-	-
Total				502	19	673
3	Dried skim milk	3.5 av. oz.	96	350	34.2	1164
	Sugar	3 Tbsp.	39	150	-	-
Total				500	34.2	1164
4	Sweetened condensed Milk	3.8 fl. oz. 5.3 av. oz.	151	500	12.1	454
5	Evaporated Milk	7.1 fl. oz. 8 av. oz.	224	320	16	570
	Sweetened condensed Milk	1.5 fl. oz. 2.0 av. oz.	57	189	4.6	171
Total				509	20.6	741

From:

U.N.R.R.A.
Italian Mission
Welfare Division

Pouch 96/8⁹
Encl.

Functions of Food in Nutrition published by the
National Live Stock and Meat Board, Chicago, Illinois.

Useful for nutritionists and welfare officers as basic information. Useful for nutrition education programs. Should be adapted to suit food supplies and food habits in different countries, i.e., substitutions of local foods under the different headings.

November 1, 1945

Sue Sadow

Sue Sadow
Senior Nutritionist

FUNCTIONS OF FOOD

in Nutrition

FUNCTION CLASSIFICATION

FOODS

**FURNISH
ENERGY**

CARBOHYDRATES

SUGARS

sugars
syrops
molasses



STARCHES

flour and flour products
bread
crackers
cereals
potatoes
other starchy vegetables



FATS

butter
lard and lard substitutes
margarine
meat fats
bacon
oils
nuts
cheese
cream



PROTEINS

variety meats
meat
fowl
fish
soybeans
milk
eggs
cheese
legumes
bread and cereals
nuts



**BUILD
AND
REPAIR
THE BODY**

MINERALS

CALCIUM

milk
cheese
vegetables (greens)



PHOSPHORUS

IRON

variety meats
oysters
meat
vegetables (greens)
legumes
fowl
potatoes
dried fruits
eggs
fish
whole grain or enriched products



variety meats
meat
fowl
fish
soybeans
milk
cheese
legumes
eggs
whole grain products



VITAMINS

A

THIAMINE

pork
variety meats
meat
soybeans
oysters
melons
potatoes
milk
whole grain or enriched products
vegetables (greens)
fowl



fish liver oils
liver and kidney
vegetables (green and yellow)
fruits (yellow)
tomatoes
butter
margarine (fortified)
cream
cheese
egg yolk



B

RIBOFLAVIN

variety meats
meat
fowl
fish
peanut butter
potatoes
whole grain or enriched products



variety meats
meat
soybeans
milk
oysters
vegetables (greens)
eggs
fowl



C

NIACIN

fish liver oil
fat fish
liver
milk (fortified)
eggs
irradiated foods



citrus fruits
melons
berries
other fruits
tomatoes
vegetables (especially raw)



**REGULATE
BODY
PROCESSES**





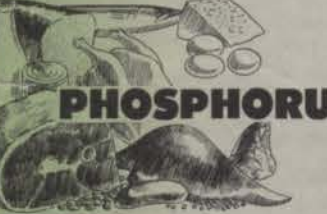


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Published in the interest of the
National Nutrition Program
by the

NATIONAL LIVE STOCK AND MEAT BOARD
407 South Dearborn Street, Chicago 5, Illinois
1043500 Printed in U.S.A.

Food Nutrients

THEIR FUNCTIONS AND IMPORTANT SOURCES

NUTRIENT	BEST SOURCES	FUNCTION	DEFICIENCY SYMPTOMS
 PROTEINS	variety meats meat fowl fish soybeans milk eggs cheese legumes bread and cereals nuts	build, repair, and maintain body tissues	poor physical tone slow mental reactions kidney disease lowered resistance to disease tissue degeneration premature old age
 CARBOHYDRATES	sugars: sugars syrups molasses starches: flour and flour products bread crackers cereals potatoes other starchy vegetables	furnish body heat and energy	loss of weight
 FATS	butter lard and lard substitutes margarine meat fats bacon oils nuts cheese cream	furnish body heat and energy carry fat soluble vitamins supply essential unsaturated fatty acids spare thiamine (vitamin B ₁)	loss of weight retarded growth abnormal skin
 CALCIUM	milk cheese vegetables (greens)	essential for: normal development and main- tenance of bones and teeth regulating body processes clotting of the blood normal action of the heart iron utilization	dental decay rickets, characterized by: soft bones pigeon breast protruding abdomen knockknees and bowlegs contracted pelvis slow clotting time of blood
 PHOSPHORUS	variety meats meat fowl fish soybeans milk cheese legumes eggs whole grain products	essential for: formation of normal bones and teeth cell structure maintenance of normal reaction of the blood functioning of various glands output of nervous energy normal activity of the muscles	retarded growth brittle bones rickets (see calcium) dental decay
 IRON	variety meats oysters meat vegetables (greens) legumes fowl potatoes dried fruits eggs fish whole grain or enriched products	essential for: formation of red blood cells	anemia, characterized by: weakness dizziness loss of weight gastric disturbances pallor
 COPPER	oysters liver mushrooms fowl legumes meat fish potatoes	essential for: formation of red blood cells	anemia (see iron)

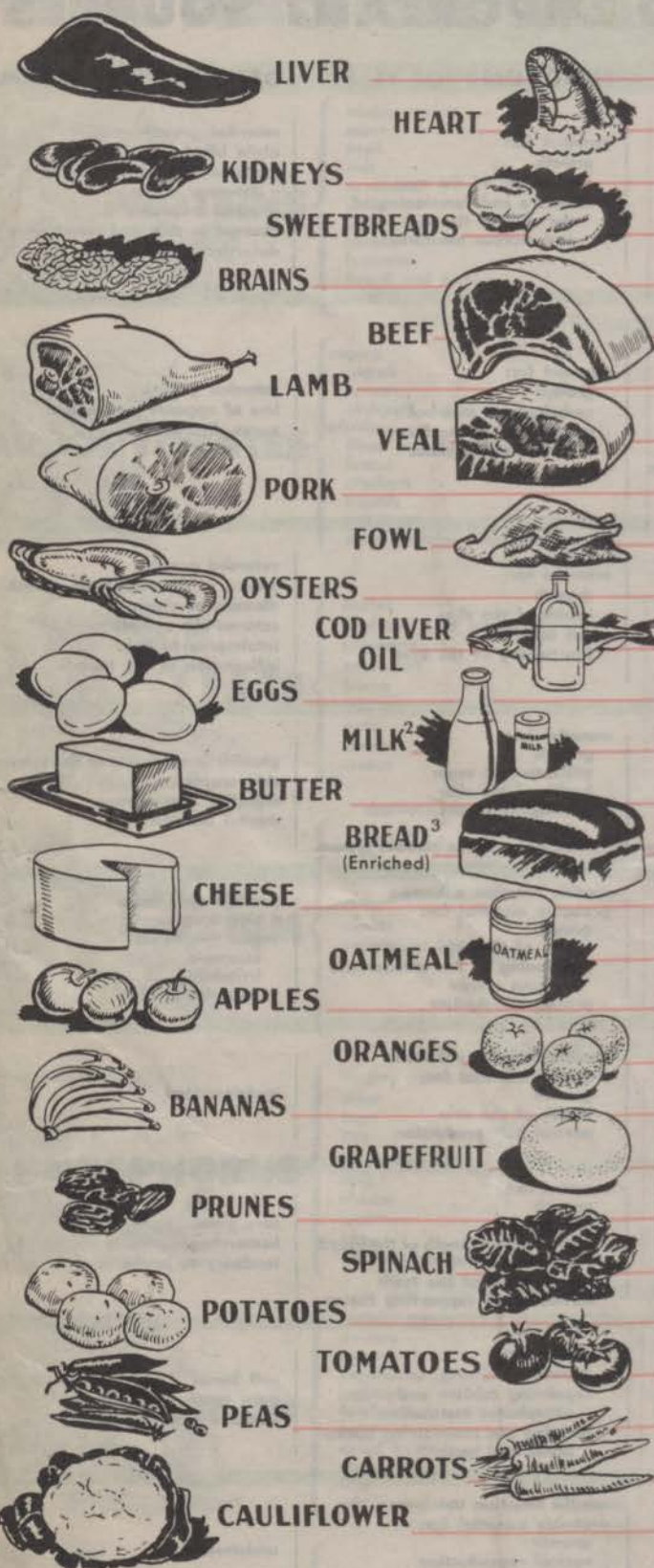
Vitamins

THEIR FUNCTIONS AND IMPORTANT SOURCES

VITAMIN	BEST SOURCES	FUNCTION	DEFICIENCY SYMPTOMS
 VITAMIN A	fish liver oils liver and kidney vegetables (green and yellow) fruits (yellow) tomatoes butter margarine (fortified) cream cheese egg yolk	essential for: growth functioning of the eyes structure and functioning of the cells of the skin and mucous membranes	retarded growth night blindness gross anatomical changes in the eye lowered resistance changes in skin and membranes defective teeth
 THIAMINE (B₁)	pork variety meats meat soybeans oysters potatoes melons milk whole grain or enriched products vegetables (greens) fowl	essential for: growth carbohydrate metabolism functioning of the heart, nerves, and muscles	retarded growth loss of appetite and weight nerve disorders
 RIBOFLAVIN (B₂)	variety meats meat soybeans milk oysters vegetables (greens) eggs fowl	essential for: growth health of the skin cell activity functioning of the eyes	retarded growth lesions at corners of the mouth dimness of vision cataract-like symptoms intolerance to light inflammation of the tongue
 NIACIN	variety meats meat fowl fish peanut butter potatoes whole grain or enriched products	essential for: growth utilization of sugar health of the skin functioning of the stomach and intestines functioning of the nervous system	glossitis (smoothness of the tongue) skin eruptions digestive disturbances mental disorders
 PYRIDOXINE	meat (muscle tissue) variety meats fish whole grain products milk legumes	specific function unknown probably essential for: growth health of the skin functioning of the muscles and nervous system protein metabolism	possible symptoms: skin eruptions vague symptoms: insomnia irritability muscular rigidity
 PANTOTHENIC ACID	liver meat milk whole grain products	specific function unknown probably essential for: growth health of the skin normal hair production	undetermined
 VITAMIN C	citrus fruits melons berries other fruits tomatoes vegetables (especially raw)	essential for: growth cell activity maintaining strength of the blood vessels development of the teeth formation of supporting tissues	sore gums hemorrhages around the bones tendency to bruise easily
 VITAMIN D	fish liver oil fat fish liver milk (fortified) eggs irradiated foods sunshine	essential for: growth regulating calcium and phosphorus metabolism building and maintaining normal bones and teeth	soft bones poor tooth development dental decay
 VITAMIN E	seed germ oils vegetables (greens)	specific function unknown probably essential for: growth normal reproduction normal functioning of the muscles and nervous system	undetermined
 VITAMIN K	vegetables (greens) cabbage cauliflower soybean oil tomatoes orange peel	essential for: normal clotting of the blood	hemorrhages

VITAMINS

Common Foods as Sources of Vitamins



Selected Serving (from edible portion)	Measure as Eaten	A	B			C	D
			Thiamine	Riboflavin	Niacin		
		Internat'l Units	Milligrams	Milligrams	Milligrams	Milligrams	Internat'l Units
4 oz	2 slices (3 1/2 x 2 x 1/2)	23,100	.4	3.2	18.4	20	36
4 oz	1/2 heart (3" long)	*	.5	1.1	7.3		
4 oz	2 slices (5 1/2 x 2 1/2 x 1/2)	1,133	.4	2.3	9.9	8	
4 oz	1 piece (4 x 3 x 1/2)	*	—	.8			
4 oz	2 pieces (2 1/2 x 1 1/2 x 1")	*	.2	.3	6.5	15	
4 oz	1 slice (3 1/2 x 2 1/2 x 1/2)	60	.2	.2	7.2		
4 oz	1 slice (5 x 3 x 1/2)	*	.2	.3	7.0		
4 oz	1 slice (5 x 3 x 1/2)	*	.3	.3	8.2		
4 oz	1 slice (5 x 3 x 1/2)	*	1.1	.3	6.0		
4 oz	3/4 cup	*	.2	.2	7.5	2	
3 1/2 oz	5 medium	225	.3	.5	.7	3	5
1/4 oz	1 1/2 teaspoons	4,440 ¹				0	629 ¹
1 1/5 oz	1 medium	520	.1	.2	—	0	46
7 oz	1 glass	385	.1	.4	.2	4	2
1/3 oz	1 pat	199					4
1 oz	1 slice		.1	—	.4		
2/3 oz	1" cube	600	—	.1	—		
2/3 oz	1/2 cup (cooked)		.2	—	.3		
5 oz	1 (3" dia.)	99	.1	—	.7	9	
5 1/3 oz	1 (2 1/4" dia.)	310	.1	—		59	
3 1/2 oz	1 (6" long)	280	.1	.1	.6	8	
3 1/2 oz	1/2 (3 3/8" dia.)	21	.1	.1		40	
1 oz	4 medium	468	.1	.1		1	
3 1/2 oz	1/2 cup	15,800	.1	.2	.7	36	
5 1/3 oz	1 (4" x 2 1/2")	60	.2	.1	1.8	13	
4 1/2 oz	1 (2 1/4" dia.)	1,506	.1	.1	.8	26	
2 oz	1/2 cup (scant)	713	.2	.1	.8	9	
3 1/2 oz	2 (5" long)	10,000	.1	.1	1.5	4	
3 1/2 oz	2/3 cup	48	.1	.1	.6	71	

Figures in heavy type represent the amount of the vitamin retained after cooking by standard methods.

* (Asterisk) not determined but present in small amounts.

— (Dash) present but in negligible quantity (too little to appear on this table).

Abbreviations: oz. = ounce, dia. = diameter.

¹ Minimum required by U. S. Pharmacopeia.

² Evaporated milk diluted with an equal amount of water has the same food value as pasteurized whole milk.

³ Whole wheat bread is higher in niacin than enriched bread; other vitamins are approximately the same.

From

U.N.R.R.A
Italian Mission
Welfare Division

10

Pouch 96/8
Encl

"How to Feed Children in Nursery Schools"
by Mary E. Sweeny and M.E. Breckenridge of
the Merrill-Palmer School.

This pamphlet contains material useful in nursery schools as a guide to those responsible for preparing their food and contains many useful suggestions.

November 1, 1945

Sue Sadow

Sue Sadow
Senior Nutritionist



FRANK E. RICE, Ph.D.
Executive Secretary

"To Institute and Conduct Research and Educational Work"

PHONE CENTRAL 9197

EVAPORATED MILK ASSOCIATION

307 NORTH MICHIGAN AVENUE

CHICAGO 1, ILLINOIS

The years between babyhood and the time the young child goes to school have come to be recognized as an important period of his life -- even having a telling influence on his well-being in later life.

Meals served out of the home are as important as those served at home. The nursery school provides adequate food for at least one of the day's meals -- in many instances two or even three meals may be served. Thus these meals help to maintain the child's health and at the same time help to cultivate in him desirable attitudes toward food and give motivation to good food habits for life.

"How to Feed Children in Nursery Schools" by Mary E. Sweeny and Marian E. Breckenridge of The Merrill-Palmer School suggests sound, practical ways of planning meals wherever two to five year olds eat together. Since milk is accepted as the foundation on which to build meals for the growing child, these authors have recognized the value of using evaporated milk in feeding children. Thus they have included it in most recipes given in the booklet.

Evaporated milk is good whole cow's milk with half the water removed, sealed in cans and sterilized for safety and safe-keeping. It supplies all the nutrients -- protein, minerals and vitamins -- which good whole milk is depended upon to supply. Most evaporated milk has an extra supply of vitamin D added. Vitamin D is especially essential for all growing children. Their bodies need it for proper utilization of the minerals, calcium and phosphorus, in building strong bones and teeth. Adding vitamin D to evaporated milk has materially increased its efficiency as a food for the young child as well as for the other members of the family.

We are sure you will find this publication of definite help in your work with groups of young children. Additional copies are available for personnell and for use with child care classes.

Very sincerely.

Marietta Eichelberger

Marietta Eichelberger, Ph.D.
Director, Nutrition Service

On His Majesty's Service

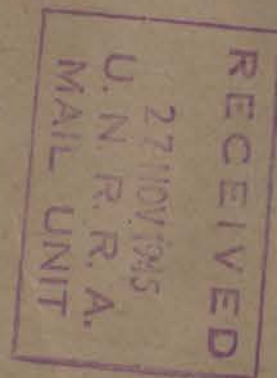
UNRRA APO 394
U.S. Army

FD-

WE TO SEE-

Pouch 96
encl. 8

Mr. G. W. Rabinoff.
Director, Welfare Division E.R.O.
United Nations Relief and Rehabilitation Administration
11 Portland Place,
London, W.1



Pouch 96
encl. 8

WE 4/13/2

Des No. 882

213

DESPATCHED BY 22/1/45

REGISTRY

OUT FILE

To: Mr. S. M. Keeny - Chief of UNRRA Mission to Italy
From: Mr. G. W. Rabinoff - Director, Welfare Division ERO.

Attention Welfare Division

Subject: Materials on Nutrition Education Program - Italy

We have carefully noted all of the materials which you have sent forward on your continuing program for Nutrition Education in Italy. We find the materials to be of sufficient interest to warrant their analysis and condensation for the purpose of circulation to other country missions. We believe here that this type of informative material can serve usefully the purpose of providing other country operations with illustrations of method and approach which might be helpful to them in whole or in part. We believe however that you can better analyse your material than we and can more effectively prepare a document for country mission circulation. If we were to attempt such analysis and condensation we would find ourselves in the awkward position of inadvertently placing improper emphasis on phases of your program or of leaving out key factors which are considered by you to be essential in your planning and eventuation.

Would you agree therefore to Miss Sadow's summarizing her material for the purpose mentioned above and sending it forward to us for review and circulation? We would appreciate having this summarization by February 15th, in order that it can be distributed for use by the other missions for the greater portion of their 1946 operations.

For the purposes mentioned it appears to us that your material lends itself to summarization in the following form:-

- 1) Introductory statement including a brief historical statement on the Italian Nutrition situation, practices, -if any- in making Nutrition Education available to any or all of the population.
- 2) Purpose of undertaking with the Italian Delegation this country wide Nutrition program.
- 3) Methods of organising program with particular emphasis
 - a) on the activities of the Italian delegation,
 - b) on the role of the UNRRA district offices and the Italian Provincial Committees,
 - c) on the relationships of the UNRRA Welfare Division to the UNRRA Health Division.
- 4) Brief summary description of content of program
 - a) general Conference sessions
 - b) practical demonstration periods
 - c) reference materials used in preparing demonstrations, including bibliographical services and adaptations of these sources for Italian usage
 - d) relationship of this program to the feeding program.
- 5) Plans for local follow up of these regional Nutrition Conferences and implementation of these plans. Illustrative material on how this implementation is taking place would be helpful in this section.

6) Evaluative statement on the current success of the program in relation to its original planning and to its future potentialities.

We recognize that at long distance we can not presume to advise in detail how your statement should be developed but we are concerned that the statement include the points mentioned above and of course any others that emerge as significant to you from your day by day experience. On the whole, the statement might be done not to exceed four single spaced pages. We would suggest that localities and names of participants not be specifically mentioned because of its proposed distribution, and as the purpose of this particular document is the presentation of a method used in developing community interest on the subject of Nutrition.

16th January, 1946.

UNITED NATIONS
RELIEF AND REHABILITATION ADMINISTRATION
ITALIAN MISSION

WE 4/13/2 Pouch 94
encl. 10

RECEIVED

27 NOV 1945

U. N. R. R. A.

MAIL 16 November 1945.

Ref. No.

INDEXED

TO : The Deputy Director of Operations,
Attention: Mr. Rabinoff.

FROM : Phoebe Bannister, Director of Welfare, Italian Mission.

SUBJECT : Nutrition Conference - Florence. *Phoebe Bannister*

Attached is a complete report on the nutrition conference held in Florence in August, 1945. The reports on the conferences held in Rome in April and in Naples in June, were sent to you earlier.

The Deputy Director of Operations,
U.N.R.R.A., European Regional Office,
11, Portland Place,
LONDON.

ENC. ✓

94/10

UNITED NATIONS
RELIEF AND REHABILITATION ADMINISTRATION
ITALIAN MISSION

November 15, 1945

TO : Phoebe Bannister
FROM : Sue Sadow *SS*
SUBJECT : Complete Report on First Nutrition Conference for
Public Health Nurses of

CENTRAL ITALY

Held in FLORENCE, August 20-23, 1945

Attached are four copies of the complete report on the Florence Nutrition Conference with attachments including copies of all the speeches, panel discussion, and the set of written material and recipes given to each delegate attending the Conference. All the material has been translated from Italian into English for the convenience of the home offices.

Copies of the above in Italian have been given to the Italian Governmental Sub-Commission on Nutrition, to Dr. Fileti as basic material to be used in the course in Nutrition she is planning to give in February, and to the Florence University School of Medicine Library as reference material.

UNRRA - ITALIAN MISSION

94/10

Nov. 1, 1945

TO : Miss Bannister - Director of Welfare.
FROM : Sue Sadow - Senior Nutritionist
SUBJECT : REPORT ON NUTRITION CONFERENCE FOR PUBLIC HEALTH NURSES
HELD IN FLORENCE AUG. 20-23, 1945.

Attached is the report of the Nutrition Conference for Public Health Nurses held in Florence Aug. 20 to 23 inclusive. This has been written in detail so that it may serve not only as a record but so that nutritionists assigned to other missions wishing to introduce similar programs may profit by our experience. The discussions held in Washington and London during my visit to the home offices in October at which time I was told about the plan to keep all missions informed of work accomplished, has prompted me to include the details.

The experience gained through the nutrition conferences held in Rome and Naples suggested the idea of an organizational tour to the provinces which were to be represented at the conference to be held in Florence. Conferences of this kind had not been held in Italy before, and it occurred to me that attendance at the various sessions would prove to be a far more profitable experience if the nurses knew what was intended through advance interpretation. In addition a personal visit to the various provinces would acquaint us in greater detail with food production, local dietary habits, and the actual feeding programs which had been established for the purpose of distributing UNRRA food.

The welfare officers assigned to specific provinces arranged meetings in advance of my visits on designated dates and were wonderfully co-operative in revising their own busy schedules to connect up and accompany me on all of these visits. The trips took over three weeks and in spite of the bouncing about in the jeep, the intolerable heat, the dust, and the pitiful sight of the farm lands victimized by one of the worst droughts which had ever gripped the country, one was refreshed by the interest, enthusiasm, and appreciation expressed at the provincial meetings.

My visits had been anticipated not only because the welfare officer had made the arrangements, but also because each medico provinciale had received a telegram from Prof. Bergamin, Director of the Ministry of the Interior. In addition letters to the medico provinciale and director of DNMI of each province, authorizing them to send their nurses to the conference at government expense had been given me to deliver personally. This advance preparation proved to be time saving and avoided misunderstanding often resulting from poor telephone connections and greatly delayed postal service. There is much to be said in favor of delivering the letters and interpreting the plans, for it permits an opportunity to have questions raised, and clarify any misunderstandings that might arise. Present at each of the provincial meetings were the medico provinciale, DNMI Director, assistenti sanitarie di prefettura, assistenti sanitarie del DNMI, assistenti sanitarie anti tubercolare. In some provinces

the meetings were timed to coincide with the regular UNRRA Provincial Committee meetings so that the entire group had the opportunity of participating. In the province of Teramo the group took advantage of the occasion by calling in the heads of institutions and others receiving UNRRA food so that they might have the advantage of having their questions answered in connection with the recipes which had been distributed giving instructions in preparation of UNRRA foods.

Organization of sub-committees on nutrition.

Advantage was taken, since the doctor and nurses were assembled, to organize sub-committees on nutrition, as a sub-committee of the Provincial Committee in each of the provinces visited. Anticipating this possibility as a result of interest demonstrated at the Naples Nutrition Conference, both the English and Italian translations of selected pamphlets and leaflets on nutrition, food habits, and feeding problems were circulated among the group. These represented educational material currently in use in the U.S.A. in the nutrition education programs for various groups. There was considerable discussion regarding the introduction of methods of nutrition education which had been tested in other countries and regarding the necessity of reviving in Italy what had been started before the war. It was emphatically pointed out that the leaflets on display were not applicable as such in Italy, but were given solely to serve as suggestions and for purposes of adaptation. Also they contained a good deal of practical informative nutrition material. At each one of the meetings held, the group was intensely interested. Consequently, copies of the several pamphlets, translated into Italian, were left with each group. Sub-committees on nutrition were formed with the Medico-Provinciale as chairman and committee members consisting of the ONMI director, Director of Anti T.B., and one nurse from each of these groups. It was considered advisable to have doctors and nurses working together since the doctor would evaluate technically what was prepared, while the nurses would see to it that only suggestions which were practical for the housewife were included. It is the responsibility of these committees to study the material, and prepare leaflets for educational purposes which will be suitable for the particular locality taking into consideration local food production. These leaflets would be reviewed by the newly organized Italian Governmental Sub-commission on nutrition and if approved, would be printed and used as a basis for disseminating nutrition information locally.

The organization tour ended in Florence where Dr. Fileti joined up with me. A conference planning committee was organized and several meetings were held for the purpose of drawing up the program. The planning committee worked out the program, suggested the topics and the speakers. To make available as much of our personal experience as possible, I offered the suggestion of a panel discussion for one of the morning sessions. This met with great amusement and the doctors on the committee considered this as a wonderful opportunity to express their differences publicly! They accepted the idea, lined up the speakers, and studied carefully the written instructions which were left with the doctor chosen to be the leader of the panel.

Each of the speakers selected to participate in the conference were visited by Dr. Fileti and me, at which time the purpose of the meetings was explained and the outline of the content of their speeches to be given, discussed. The panel group was assembled separately and suggestions given regarding the content of the

individual speeches.

Since a large delegation was expected to attend the conference the problem of lodging was complicated as most of the hotels were requisitioned by the allies. After much searching, a vacant dormitory in one of the oldest and largest homes for the aged was found and the director agreed to accommodate 100 nurses and prepare and serve their food providing the rations were furnished. Arrangements were made to accommodate the balance of the group at another institution. The total quantity of food to be furnished from supplies received from UNRRA was estimated and directions given regarding the date of delivery and the specific quantities to be sent to each lodging.

Transportation of the nurses to Florence was a most complicated procedure, due to the fact that the delegates were coming from so many different places and from devastated areas where transport did not exist, and also because arrangements had to be made with the form (4) welfare officers in charge of the respective provinces. This problem was admirably handled by Marjorie Bailey who took full responsibility and saw to it that all the nurses arrived and left on schedule. UNRRA provided transportation in those areas where there were no train or bus connections.

Meeting rooms to accommodate the numbers anticipated presented another difficulty as the university buildings were in use for classes for the U.S. Army students. Finally arrangements were made to borrow the use of the opening session, and the Aula Magna Magistero for the other morning meetings. Kitchens which were large enough and suitably arranged for demonstration purposes were finally found in one of the hospitals and in the Home of the Aged. Thus with all preliminary arrangements completed and with the planning committee in close touch with the Florence UNRRA office, we returned to Rome to complete preparations.

The written material (See attachments No. II) was written the following week in Rome, translated into Italian, mimeographed, assembled into sets ready for distribution to each person in attendance at the conference.

In the formal and dignified setting of the Aula Magna dell'Università di Firenze over 250 persons gathered to listen and participate in the nutrition conference. The audience was composed primarily of public health nurses, but in addition were Italian Red Cross nurses, voluntary workers, Heads of institutions, and government officials. The opening session set the tone, which prevailed throughout all the meetings, of inspired interest, serious attention to the task at hand, and obvious appreciation of an opportunity to thus gather together in freedom to express views frankly, to exchange ideas, and discuss local problems. Dottore Guido Paterno, Prefetto di Firenze opened the Conference. The content of all the speeches at the opening session were intended not only as informative, but rather to create an awareness of the responsibility now facing this professional group of bending all efforts in the reconstruction of the country through their specialized services. See attachments No. 1 to No. 7 inclusive for translations into English of speeches all of which were given in Italian.

The second session dealt primarily with general problems of nutrition. Professore Dottore Gino Simonelli discussed the fundamental principles of nutrition. See Attachment No. 8 Dr. Edwige Fileti interpreted the Food Exhibit on display showing the foods allowed in the adult ration in force at the time and the additional foods needed to provide adequately for the nutritional requirements of an adult.

The third session was devoted to child nutrition. Prof. Cesare Cocchi gave an inspired and challenging talk on the fundamental principles of nutrition as related to current problems. Marjorie Bailey discussed the school lunch as a factor in child nutrition. Dr. Fileti prepared and interpreted the food exhibit which aimed to teach the foods and amounts required for adequate nourishment of children. The exhibit was divided into three (3) parts i.e. the foods included in the regular ration, the supplement of UNRRA foods, the additional foods necessary to complete the diet. The food exhibits were well arranged, the foods neatly displayed on appropriate dishes with cards behind each stating the quantity and food value of each. See attachments NO.9 and 10 for content of discussions.

The panel discussion, a new idea and the first to be introduced in Italy took place at the 4th and last morning session. The subject "How to Improve the Nutrition of Italy for the Future" was chosen by the planning committee as timely. Doctors, a public health nurse, and a social worker were selected as the speakers on the panel, considering that nutrition must necessarily be an integral part of health and welfare services.

The speakers took their places on the platform, and Dr. ROATTA, the leader of the panel, presented to an audience which filled the room almost beyond capacity, the new idea and begged indulgence in case it was not a success. He described the purpose and challenged the audience to be prepared with questions to be addressed to individual speakers. The audience was obviously stimulated by the spirited and eloquent speeches which were excellently presented, and by the ensuing discussion which took place between the panel discussants. The moment it was announced that the audience would now have an opportunity, hands were raised, each person having a question and there was a frank discussion on the particular point. This meeting was the most lively of all, was well controlled by the leader, Dr. Roatta, who required everyone to stick to the subject and everyone seemed to be having a very good time! The translations of each of the presentations and the questions and discussion is attached. See attachment No.12.

The four afternoon sessions were devoted to the practical food demonstrations when the various recipes using UNRRA foods were followed in the preparation of dishes suited to the Italian palette. Two hospital dietitians from the Rome hospitals were the demonstrators having been trained for the work at the previous conferences by Marjorie Bailey. Florence, unfortunately, does not have any dietitians. The nurses participated in the preparation and the dietitians instructed them not only in the methods of cooking, but in the type of information to pass on to the mothers who would be the recipients of UNRRA foods. The nurses considered the information practical and useful, and it is hoped that this initial introduction of nutrition education will have a beginning and be reflected in their work with families.

The Florence Nutrition Conference was the third of the series which is planned for Italy, the first one having been held in Rome in May and the second in Naples in June. The experience gained at the first two conferences contributed considerably toward the success of this one. The reaction to the conferences has been entirely positive as reflected in the participation and interest, not only of the delegation, but also of doctors, representatives of voluntary and

Government agencies, and private individuals in the cities where they have been held.

The attendance at all sessions, of delegates whose expenses are paid by the government was 100%. While the conference was open to interested professional groups in the community, public health nurses in official attendance were as follows:

Provinces between Rome and Florence.....	92
Province of Florence.....	50
School nurses.....	11
Italian Red Cross.....	10

Total..... 163

The meetings held in the various provinces prior to the conference were of inestimable value as preparation for what the nurses were expected to get out of the meetings and what they contributed. The preliminary meetings created an opportunity for interpretation of nutrition educational programs and the tie up with general health education, for the organization of sub-committees on nutrition thus fixing responsibility for completing special assignments, and hopefully has opened the door for establishing on a permanent basis, a method for dealing with local nutrition problems.

ATTACHEMENTS

The following give complete information referred to in the main Report on First Nutrition Conference for Public Health Nurses held in Florence, August 20-23, 1945

- 1) Program of Conference.
- 2) Welcoming Remarks -
Dott. Guido Paterno
Florence Prefect.
- 3) Opening Remarks -
Prof. Alberto Furno
Provincial Doctor.
- 4) Interpretation of U.N.R.R.A.
Miss Phoebe Bannister
Director of Welfare Division UNRRA
- 5) Community Nutrition Education -
Miss Sue Sadow
Senior Nutritionist UNRRA
- 6) The Need for Training Courses in Nutrition in Italy -
Dr. Edvige Fileti
Nutrition Consultant and Supervising Dietitian of Italian Hospitals.
- 7) The Public Health Nurses Part in a Community Nutrition Program -
Miss Bona Mercenaro
Ispettrice Capo Zona Florence Province
Public Health Nurse
- 8) Child Nutrition
Prof. Cesare Cocchi
Director of the Pediatric Clinic
of the Florence University.
- 9) Fundamental Principles of Community Nutrition in Italy.
Prof. Gino Simonelli
Professor of Clinica Biologica
- 10) Fundamental Principles of Child Nutrition -
Prof. Cesare Cocchi
- 11) Contribution to Child Nutrition of School Lunches -
Miss Marjorie Bailey
Feeding Specialist - UNRRA
- 12) Panel Discussion -
"How to improve the nutritional status of Italy for the future"
Chairman: Dr. G. B. Roatta
Hygiene Professor at the Florence University.
- 13) Set of Material given to each delegate containing Program, Information regarding use of UNRRA foods, Instructions on conducting food demonstrations, and Recipes using UNRRA foods.

FIRST NUTRITION CONFERENCE FOR PUBLIC HEALTH NURSES OF CENTRAL ITALY
HELD IN FLORENCE AUG. 20, 21, 22, 23, 1945
UNDER JOINT AUSPICES OF UNRRA AND THE HIGH COMMISSIONER OF PUBLIC HEALTH & HYGIENE

P R O G R A M

20 August - 10 A.M. - OPENING SESSION

Aula Magna dell'Universita' di Firenze
Piazza San Marco
Presiding Chairman: Prof. Alberto Furno
Medico Provinciale

WELCOMING REMARKS

Dottore Guido Paterno
Prefetto di Firenze

INTERPRETATION OF UNRRA

Miss Phoebe Bannister
Director of Welfare Division UNRRA

COMMUNITY NUTRITION EDUCATION

Miss Sue Sadow
Senior Nutritionist UNRRA

THE NEED FOR TRAINING COURSES IN NUTRITION IN ITALY

Dr. Edvige Fileti
Nutrition Consultant and Supervising Dietitian
of Italian Hospitals

THE PUBLIC HEALTH NURSES PART IN A COMMUNITY NUTRITION PROGRAM

Miss Bona Marcenaro
Ispettrice Capo Zona Firenze Provincia
Assistente Sanitaria

CHILD NUTRITION

Prof. Cesare Cocchi
Direttore della Clinica Pediatrica
dell'Universita' di Firenze

* 3 P.M. - FOOD DEMONSTRATION - DRY SKIM MILK

Demonstrators - Rome Hospital Dietitians

21 August - 10 A.M. - SECOND SESSION

Aula Magna Magistero
Universita' di Firenze
Via Pairone, 7

FUNDAMENTAL PRINCIPLES OF COMMUNITY NUTRITION IN ITALY

Professore Dottore Gino Simonelli
Docente di Clinica Biologica

THE PUBLIC HEALTH NURSES ROLE IN INTERPRETING NUTRITION

Miss Ines Scalerone
Capo ONMI d'Italia - Assistente Sanitaria Visitatrice

FOOD EXHIBIT - AN ADEQUATE DIET FOR A WORKING ADULT

Dr. Edvige Fileti

* 3 P.M. - FOOD DEMONSTRATION - EVAPORATED MILK

Demonstrators - Rome Hospital Dietitians

22 August - 10 A.M. - THIRD SESSION

Aula Magna Magistero
Universita' di Firenze
Via Pairone, 7

FUNDAMENTAL PRINCIPLES OF CHILD NUTRITION

Prof. Cesare Cocchi

CONTRIBUTION TO CHILD NUTRITION OF SCHOOL LUNCHES

Miss Marjorie Bailey

Feeding Specialist - UNRRA

FOOD EXHIBIT - AN ADEQUATE DIET FOR A CHILD

Dr. Edvige Fileti

* 3 P.M. - FOOD DEMONSTRATION - GARBANZOES

Demonstrators - Rome Hospital Dietitians

23 August - 10 A.M. - PANEL DISCUSSION

Aula Magna Magistero
Universita' di Firenze
Via Pairone, 7

Subject: HOW TO IMPROVE THE NUTRITIONAL STATUS OF ITALY FOR
THE FUTURE

Chairman: Dr. G.B. ROATTA

DOCENTE D'IGIENE R. UNIVERSITA'

Speakers

PROF. FORTUNATO PALAGGIO - DIRETTORE DI SEPRAL

Food Problems Relating to Supplies and Rationing and
Necessity for Educating the Nation in Correct Eating.

MISS ELENA SALVADORE - ASSISTENTE SANITARIA DEL
DISPENSARIO ANTI-TUBERCOLARE

The Nurses Contribution toward Improving
Nutritional Health of the Population

PROF. GIUSEPPE MECCA - DIRETTORE DELL'OMMI DI FIRENZE
Child Nutrition at Present and future Requirements
for Improving Nutrition of Children

DOTT. MARIA CAPELLO - ASSISTENTE SOCIALE UFFICIO
PROVINCIALE DEL LAVORO

The Social Workers Contribution toward Improving
the Nutritional Health of the Nation

PROF. B. BORCHI - ASSESSORE ALL'IGIENE E SANITA'

* 3 P.M. - FOOD DEMONSTRATION - DRIED PEAS

Demonstrator - Rome Hospital Dietitians

FOOD DEMONSTRATIONS will be held each afternoon at 3 P.M. as follows:

Group I and II - Pia Casa del Lavoro - Via Malcontenti, 6

Group III - Istituto degli Innocenti - Piazza Santissima Annunciata, 12

- THE PUBLIC HEALTH NURSES' PART IN COMMUNITY NUTRITION
PROGRAM -

The Sitting will be opened by His Excellency the
Prefect of Florence with the following speech:

To the representatives of U.N.R.R.A.,
to the town authorities, to the employees, to the
exponents of the sheltering and relief institutions of
Florence, to the Professors of every order and grade
here present, to the numerous willing and courageous
phalanx of the Sanitary Visitating Assistants, the
Governments' good wishes.

Florence is delighted, ladies and
gentlemen, to have you as her guests and is grateful
to the Ministry for having chosen this praiseworthy and
tortured city to become the seat of this convention.

Your purpose is a high ideal of a
practical nature - assistance and economy at the same
time, and your work will bring to light a system, which
will restore the diatistic boards and medical prescriptions

to a more practical and a more hygienic and pleasing form. For this, U.N.R.R.A. will contribute greatly through studies and experience.

All our appreciation and all our highest praises would fall short of her deserts in this superiorly Civilized Work of Assistance.

U.N.R.R.A. does not limit itself to bringing to our succour, provisions and means, but also offers us the auxiliary of her counsel and advice, inspired by a fraternal and human solidarity. But aside from the practical purpose, we wish to speak of the spiritual and moral significance of this convention.

The assistants will be led, convinced and guided in the practical dietetic assistance, which means that a new branch of studies will be inaugurated - also as to preparation and training, with a serious purpose and with pre-arranged technical directives and which consequently discards, and let us hope for ever and in every section of public and civilian life, the (empiricism) fake improvisations which were a typical characteristic of the banished regime, which

sacrificed the specific competence of each individual's task to favouritism for the earliest members of the regime.

Study, preparation and training in favour of the non privileged and unfortunate is our scope and it is to labour, to misery, to sufferings, that the New Italy gives her care and her attention. It is in the homes where suffering dwells that she penetrates with her technicians, with experimented systems, so that suffering can be as much as possible attenuated and so that their spirit will not weaken. All this is to be done silently, without the creation of offices or "Enti" - without speculation from the different political parties, without flashing advertisements and with no obligatory thanks or demonstrations of gratefulness on the part of the assisted of which demonstrations the Italian people have had over 20 years experience, ending now in unspeakable tragedy.

These spiritual considerations must underline the purpose for which we are here gathered and enlighten your souls, ladies and gentlemen, to pledge your love and to enliven your genius and your bodily strength,

for when you shall be called upon to prepare the meals
for the sick, for the children, for lying-in mothers,
for nursing women or for when you will be called upon
to soothe the suffering or to relieve the ones in pain.

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Talk given at first U.N.R.R.A. Nutrition Conference
for Public Health Nurses of Central Italy.

Florence, August 20th 1945

- THE PUBLIC HEALTH NURSES' PART IN COMMUNITY NUTRITION
PROGRAM -

Professor Furno Alberto (President of this reunion)
now speaks:

Ladies and gentlemen,
as the Provincial Doctor I am greatly honoured in
underlining the welcome initiative undertaken by the
High Commissioner for hygiene and Public Sanity of the
Italian democratic Government, which in accord with
U.N.R.R.A. and with the O.N.M.I. wants this dietetic
course with the purpose of special education in the
preparation of food, which point is not to be overlooked
if we are to obtain the efficacious nutrition of human
beings especially when these are children and sick
people. Almost everyone knows in what way these particular
subjects are almost always fed in relief Institutes.
For these people a good nutrition is the fundamental
element of life, of growth and of rational therapy.
Food which is cooked well or badly, in one way or

another, is either accepted with joy and pleasure or else inexorably refused with disgust or if eaten, is not digested properly. In hospitals, clinics and even in certain private homes, such badly prepared food is often offered to sick people, when it would even cause a normal person nausea - whereas with a little care and trouble and a little cooking ability, these foods might be partaken of with a better and larger appetite. The waste of food material which occurs under the unfavourable conditions above mentioned is enormous, so great that the Hospital administration could very well stand the extra expenses of a more numerous and competent personnel, paying the extra expenses out of the economy which they would realize, merely by diminishing the wasting and careless discarding of good food. The purpose of this course in dietetic is to educate a certain category of assistance personnel to the good and carefully planned preparation of the foods destined to the babies and the sick. For intelligent woman and ones already initiated to the care of the sick,

even a few days are enough to learn theoretically and practically that which is indispensable. I greet and thank U.N.R.R.A. in the name of the Florentine Doctors. This International Relief Organization to the unhappy countries, which by reason of the war, and in the actual war itself have suffered losses and destruction, and in some countries the humiliation of a defeat that was deserved.

We will never forget the sight offered to us by the Allies, unique in the history of peoples and of wars. Trucks loaded with flour, sugar, soap, medicines, immediately following the armoured tanks which were chasing the enemy in retreat.

Only the Peoples who have always breathed an atmosphere of liberty and of true Democracy are capable of similar acts of human solidarity, because they are guided by men for which war has been a hard and painful necessity and who have wanted immediately to mitigate with manifestations of brotherly kindness all human beings who are victims of this ferocious war. U.N.R.R.A. is the great and compassionate vanguard of

the Peace which is drawing near and the international symbol of good which comes to the hopeless and terrified peoples. It uplifts them and encourages them, it helps them to rise, showing them by its luminous deeds, that in the International law of the free peoples is born the true human civilization, for which men's duty is to fight and their right is to win.

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Talk given at first U.N.R.R.A. Nutrition Conference
for Public Health Nurses of Central Italy.

Florence, August 20th 1945

17 August, 1945.

INTERPRETATION OF U.N.R.R.A.

BY

ROBERT BANNISTER
DIRECTOR, WELFARE DIVISION, UNRRA ITALIAN MISSION.

U.N.R.R.A. is a cooperative venture of United Nations for the relief of distressed populations. The destruction of war affects the lives of people and especially of children for years afterward. The ignoring of this obvious fact caused infinite suffering at the end of world war I.

Hungry people must be fed. But that is not enough. They must be fed in such a way that the dignity and self respect of man is not destroyed. To help avoid some of the mistakes at the end of world war I U.N.R.R.A. was created.

U.N.R.R.A. is more than a relief agency. It is a symbol that some good still exists in the world. It represents the joint concern of the United Nations about the conditions of the civilian populations who suffer as a result of war.

The U.N.R.R.A. program in Italy is a limited one. It is important to note, however, that it was approved unanimously by the member nations of U.N.R.R.A. The program is limited by the amount of funds appropriated for it, and it is limited by the kinds of help offered. \$50,000,000 was appropriated for the Italian program. Three kinds of help are offered in Italy. (1) The provision of medical supplies, (2) assistance in the care of displaced persons, and (3) care of and welfare services for women and children.

You are meeting here to discuss certain aspects of the program for women and children. Therefore, my interpretation of U.N.R.R.A. will be confined to an interpretation of that program.

It is significant that two thirds of all the money appropriated for Italy is to be spent on this program. The bulk of the supplies for this program are food supplies. To date, U.N.R.R.A. has brought into Italy about tons of food.

The operation of this program represents a real partnership with Italy. The Italian Government provides an amount of lire equal to the cost of the imported supplies. These lire from the Italian Government do not pay for the imported supplies. They pay for the expenses in Italy of the programs made possible by the supplies. These lire will also be used to strengthen local agencies, so that when U.N.R.R.A. leaves, the Italian agencies can go forward by themselves.

The Italian Government also directly operates the program. We foreigners bring the supplies in, and we help the Government develop policies and organize the program. When policies and instructions are released however, they are Italian Government releases. Most of you have seen your Government's instructions for the selection of persons to be fed. In each province, your Government has organized a Provincial Committee. This Committee is responsible for carrying out the welfare program for women and children.

You notice that I have used the phrase welfare program. I do that because it should be more than just a feeding program. How much more, will depend on what you wish to make of it.

The statement that "man does not live by bread alone" has relevance in this program. It is important that children be fed. But the way in which they are fed is equally important. It is also important that we be aware of other needs of children.

At this conference you will consider different ways of feeding children. You will also see demonstrations of preparing foods so that children will like them. I hope that you will also consider - if not at this conference at least at a later meeting - some of the other things that children need as well as food.

All children need love and a happy home life. Therefore we should be interested in the home conditions of children.

For the pre school child play is important. The child may be kept occupied in his own home or in a nursery.

For school age children it is important that they attend school. In addition, constructive play opportunities for after school and holidays are essential for this group. I understand that the city of Florence presently has summer colonies for children and that U.N.R.R.A. foods are being used in these colonies.

Adolescent children have many needs. Because of their rapid growth, they have greater nutritional needs than school age children. Also the adolescent has probably suffered more from the war than other groups. His training has been interrupted, and he is the potential later force in every country. He needs planned activities for his leisure time. He needs training for work. He needs opportunities for doing something constructive for his community.

U.N.R.R.A. is bringing food into Italy. In addition, U.N.R.R.A. staff are ready to give all possible help in reactivating the Italian agencies which serve children.

This conference is a good beginning for the work which you and U.N.R.R.A. will jointly undertake in this region. I am greatly pleased that you invited me to your conference. It is an honor to meet you. It is gratifying to know that there are groups of

professional people concerned about the welfare of Italy's women and children. I also wish to thank you for listening so patiently to my faltering reading in Italian.

TRANSMITTER: b3

COMMUNITY EDUCATION IN NUTRITION

by

Sue Sadow

Senior Nutritionist
UNRRA - Italian Mission

Friends:

It is with a most profound sense of satisfaction that I stand here before you and gaze upon this splendid audience, many of you whom I have seen as recently as a week ago, during my trip throughout Central Italy, when I explained to you the purpose of these meetings.

This audience demonstrated to me the result of my long and tiring hours of jeep riding and I am pleased and gratified. Your presence here, coming as you have distances over poor roads, in any conveyance you could find or that UNRRA could provide, proves your interest, your understanding, and your concern with the problems confronting us in this country.

I have learned a great deal during my three weeks journey which took me through the 17 Provinces represented here to-day. The talks with all of you, the visits to your institutions, asili, OMNI centres, school lunches and colonies, the ride day after day through your beautiful country has given me some knowledge of your food production though I realize this has been one of the most difficult years because of the terrible drought. This personal contact has given me a great understanding of your problems and therefore a greater awareness of how this service which I represent, i.e. Nutrition Service, can be made available to you and be integrated with your daily program of activities for the health and welfare of your population.

There is so much that we can learn from one another. By pooling our information and sharing our experiences we should be able to

look forward to the improvement in social conditions for the maximum benefit to all. Nations have a responsibility for learning from each other the most recent developments in all fields for the social and economic welfare of its people, and of making available and disseminating this information so that it will be put to practical use.

A country whose maximum energies for years have been devoted to the prosecution of a war, thus out of contact with the rest of the world, has been denied the opportunity of keeping in touch with the more recent discoveries, as for example, in the science of nutrition. Since nutrition is basic in terms of life and human welfare, UNRRA offers it as one of the important services to help in the rehabilitation of Italy. Food is a subject of primary concern all over the world. Each country is more concerned than ever before with the problem of how to procure enough food to provide at least an adequate diet for its population. A World Food Conference was held in the United States in 1940 to review this tremendous problem.

They concerned themselves with the development of plans for production and transportation on a world basis, giving consideration to the establishment of good nutrition among all people. During the last 20 years there has been great progress in studies made in nutrition. The important part which nutrition plays in the general welfare of people is now recognised, and research is being sponsored and stimulated throughout the world, as the awareness grows of the part this plays in national health. As we learn more about the requirements of the human body for nutrients which are found in food, research is spurred on to discover where these nutrients are found in greatest abundance.

The science of nutrition - its research and discoveries - is of practical value only insofar as it relates to health of human beings.

The work in the laboratories must be used for this practical purpose. As a result of years of research and study, scientific groups have determined and made recommendations of the amounts of each of the nutrients that are necessary to meet body requirements.

These are given in number of calories, grains of protein, fats, carbohydrate, minerals, and amounts of each of the known vitamins.

The figures must be related to types of food and quantities in kilos that will provide these nutrients which will mean adequate nourishment for all age groups. The foods must be those, insofar as possible, which can be produced in the individual countries.

With knowledge of what is required to maintain good health of each individual, plus that knowledge of what the country can produce, nutritionists and food experts can estimate the quantities and types of food which are necessary to provide the nutrition standard adopted by the country. These experts have responsibility for constantly studying and evaluating the national production and transportation problems so that the foods that are produced will provide as much nourishment as possible and reach various communities so that they will be available to the people. These food experts have responsibility for recommending what food and in what quantities they may be exported and imported to provide for an adequate diet. Obviously these recommendations will differ in different countries.

Some people will say - "good nutrition is dependent upon the ability of people to pay the kinds and amount of food which science declares is necessary" -. This is true. To a great extent the economic situation of a family will determine the conditions

of health. For national health then, we must recognise all factors i.e. economic, production, transportation, exportation and importation of foods. However, in order that no time be lost and while governments are struggling with these grave problems, those of us who work directly with the people can begin and continue our work of disseminating information to the public. We, as the educators, whether it be doctors, nurses, dietitians, social workers, or teachers, have responsibility for giving this information, in such form that will be understood by all groups of people. To a mother who is overburdened with the many problems of the household, there is little value in telling her how many calories or grams of proteins are required each day: But there is real value in teaching her what foods are necessary and how much, and how to cook them properly to preserve as much of the food value as possible. We have agreed that the amount of money a family has to spend for food is a very important factor in determining whether the family will have the necessary foods to build and maintain nutritional health.

A study made in America in 1938 proved that money was not the only factor. We learned through this study, that among our people with good incomes, an appreciable number were suffering from malnutrition and dietary deficiencies. A study of their diets of the food they consumed day by day - showed that actually they were eating poor diets. This means that they were eating sufficient to satisfy hunger but that actually certain bodytissues were not receiving from the food that was eaten, those nutrients which were required to nourish them. We have called this "hidden hunger".

The results of this nation-wide study in the United States

shocked many people. As a result our late President Roosevelt called to Washington in May 1941 nutrition experts from all over the country to review this problem with him. This was known as "The first National Nutrition Conference". One of the most important decisions of this Conference was that the public should be given instructions about foods which individuals must eat to provide and maintain good nutrition, and also how to cook them to preserve as much of the food value as possible. If it is true that the health and wellbeing of a nation is largely dependent upon the food that is eaten, then surely the importance of giving this information to everyone must not be underestimated.

How then can this vast body of wonderful information be made available to the public? What responsibility do we, as trained people in this field have, for making this information available to the public? What means can we use to convey to the people the information which will have a bearing upon their health?

In the United States many different methods are employed at this time. We have set for ourselves the task of making scientific information on nutrition practical - and suitable for all economic groups, and to spread this information far and wide to reach the entire population. It would be impossible in the ten or fifteen minutes that have been allotted me, to acquaint you with all the methods we are using to attract the attention of our people. We have organized classes in nutrition all over the country of fathers and mothers, working girls and many other groups. We have tied up nutrition education with the school lunch program so that our children are learning about the foods they must eat

and why. We have introduced Nutrition education in the factories where meals are served to workers. We have introduced Nutrition education in restaurants and cafeterias so that the general public will be exposed to this information. Out of this widespread and intense interest in nutrition, we are learning day by day, the most effective methods of conveying this knowledge to our people.

During my discussion with you in the provinces I showed you, for purposes of illustration, leaflets which have been used successfully for instructing pregnant and nursing mothers about their own diet and those of infants and children to adulthood. These have been translated into Italian and given to the sub-committee on nutrition which has been formed in each of these provinces to study the contents and re-write others which will be suitable for the locality. This is one method of disseminating knowledge. Then there are visual aids such as posters, which are cleverly executed. The cinema, radio, and newspapers afford an excellent opportunity for reaching the people. Regardless of the food habits of a country, regardless of the economic conditions, one basic fact holds true all over the world, and that is that the human body is dependant upon food to provide its tissues with what is needed for energy, growth, maintenance and repair of tissues. The sooner we provide people with knowledge about what is necessary; the sooner nations band every effort to provide what is necessary, perhaps then the sooner may we look for everlasting peace. Most people will agree that the children of any country represent

the foundation stones upon which the future welfare of a country is built. How they are cared for, taught, influenced, nourished, will result in the quality of the generation that arises from this war torn world. Therefore, let us focus our attention upon the children with the full realisation of the responsibility which rests upon us. Let us consider and weigh their needs now-against a future which seems uncertain and unsteady in so many respects, and let us all do what we can to fulfill at least the known and obvious requirements. We recognise that nutrition is only one of the requirements. We cannot be experts in all fields, but those of us who are concerned primarily with health problems can and must concern ourselves with this fundamental problem. To be well nourished it seems to me, should be every child's right. To see that enough of the right kind and amount of foods to provide for this condition is every nation's obligation. Is it going too far to say that one of the great contributions to a lasting peace will be good nutrition among all people? Does not hunger and physical weakness breed discontentment? The destructive elements of discontentment do not point the way toward building human welfare. . Blinded by these elements men plot ways and means for self-preservation, and revenge, against those who seemingly enjoy the benefits which have been denied them.

It is time to sort out the twisted network of feelings and ideas which have piled up these several unhappy years and study carefully what each one's contribution can be toward preventing a repetition of a disaster which was nearly successful in laying waste the world.

We are assembled here today, professional people, with specialised training and experience, faced with a grave yet

challenging responsibility. Ours is the job to help fashion the future by beginning at once the job of contributing to the nutritional well-being of those foundation stones of the future, i.e. the children of this nation.

In conclusion, I wish to congratulate this conference and all the people who contributed to make it possible and for the interest and sense of responsibility which has been displayed by your very attendance. I appreciate the sacrifice it is on your part to leave your work during these busy days when every bit of time and strength must be used for the reconstruction of your country. I wish you every success in your work and I hope that this conference, which includes representatives from Central Italy, will work toward establishing this on a permanent national basis, so that knowledge and experience from all over Italy can be exchanged and used for the nutritional welfare of all. I hope this is only the beginning of a permanent nutrition education program and that the spirit of UNRRA, reflected in its services to you, will remain permanently in your beautiful country as a symbol of what is essential for establishing a permanent peace.

Paper read in Italian at the First Nutrition Conference for Public Health Nurses of Central Italy. Held in Florence, August, 20-23, 1945.

THE NECESSITY FOR COURSES IN NUTRITION AND
DIETETIC INSTRUCTION
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BY DR. EDVIGE FLETTI, NUTRITION CONSULTANT AND SUPERVISING DIETICIAN
IN ITALIAN HOSPITALS.

This course is organized by the High Commissioner for Health in order to give some nutrition and dietetic instructions.

War is over. Destructions are numerous. An insufficient nutrition has serious consequences on the people's health. There is much to do and to rebuild! We want an immediate, effective help from all those who are in charge of public welfare to restore a health which is compromised or lost. We know that the growing of tuberculosis is striking and apt to ~~make~~ make us worry. We must ensure the children's health, which is the people's health, we must save in the child the nation of tomorrow.

What are we to learn in this course? To be able to comply with this duty.

The family health as well as the Community's depends in a very large part on nutrition. Our nutrition must be reasonably reformed.

To begin with we must create a dietetic conscience, which will help reform in various ways our nutrition to make it really suitable to our body; to make it a healthy nutrition which will ensure the body's good functioning and influence physical health and thru it moral health as well.

There is a sure to be somebody who will say "once" we used to eat without making all this fuss. We used to eat without looking for vitamins mineral salts, and we used to live healthy. "Once" we used to have no statistics to tell us how people fall ill, how they are oppressed with infirmities, and how they die before time. Today, thanks to statistics, we know with a sufficient approximation how all this happens, today chemistry enlightens us on the value of foods. It is useless to overburden our stomach with substances which ~~XXXXXX~~ have no nourishing value

and to go on spending our money in the wrong way, as we "used to do".

We must learn how to choose the necessary food, to make the best use of it, to make it more appetizing and more digestible, with the most rational methods. Food must nourish.

One of the main causes of disease is wrong nutrition. When you don't know how to choose the proper food for your body you have an irrational nutrition; prejudices and wrong habits are unhappily very often the cause of serious disturbances, disease and mortality. We must choose the food which will give us the really necessary substances.

Well, you know what food is made of: that is, protein, carbo-hydrates, accessory substances and mineral salts, and water. To be able to choose the food which contains most of these substances we must know where we can find them. Protein is contained in: meat, milk, dairy-produces, eggs, beans, almonds; ~~xxx~~ carbo-hydrates in: farinaceous food, cereals, vegetables. The fats we use most are oil, butter and lard. We find accessory substances in fruits and vegetables. Once we know which is the nourishing and necessary food, we must draw a menu every day in order to give a simple and healthy diet, which can please everybody and be sufficiently varied. This is no easy task. We must take into account the age of the individual, his ~~xxxx~~ kind of work, the region and what is available on the market, and also there should be a certain harmony ~~ix~~ of foods. During this course you will have an opportunity for drawing such varied menus for children, for grown-ups and boarding-houses (or any place where people live and eat together). To be able to buy food commodities rightly it is necessary to know them and their characteristics, particularly their freshness which guarantees a healthy food and prevents waste. A very usual mistake of people entrusted with the task of buying food commodities is that of giving the preference to vegetables with white leaves rather than green ones, whereas it's just the latter which are full of vitamins.

We must be particularly careful ~~for~~^{of} all tinned food; we must look well to see if the tin-covers are perfectly even. A swelled cover indicates that the preserve is beginning to be altered or is already altered, and then it could be very dangerous for anybody's health.

Preparation of the food is more difficult. A healthy and appetizing meal depends very largely on the way it is cooked. Well prepared food will influence the digestive power and the power to assimilate, therefore increasing the food's energetic power.

The first condition is absolute cleanliness and hygienic conditions of the kitchen and ~~larder~~^{pantry}, and personal cleanliness of all kitchen personnel. Even if soap and soda are scarce nowadays we can manage to obtain this, with good will and a sound organization.

Many mistakes are made in preparing vegetables. People throw away the best leaves, the green ones, they wash vegetables in hot water (specially in winter), they peel potatoes in the evening for next day and leave them in water all the way thru the night. They boil vegetables with too much water and what is worse they cool them off by pouring cold water on them. The water ~~where~~^{in which} vegetables have been boiled should be used to make soups. ~~with~~ All these mistakes should definitely be revised, and it's not going to be easy, specially in hospitals and boarding-houses, where they answer: "we have always done this way!"

Vegetables should be boiled just before the meals, or shortly before them: one should not heat them several times, as many of the vitamins they contain cannot stand heat.

As for the preparation of meat you must know that broth is better if you put the meat in cold water, but meat will be more appetizing if you put it in hot or boiling water. Roasted meat is more digestible than boiled meat. Like vegetables, meat should be prepared right before each meal, and not long before.

Spices, parsley, salt and pepper should be used in order to make food more tasteful and more appetizing; parsley contains a good proportion of Vitamin A. But we must not ~~xxxxxxx~~ overdo their use. There is no such a danger at present, but we must learn for the future as well.

Food should not be too fat. In normal times the ~~the~~ daily consumption of fats should not exceed 50-70 grammes (2-2 1/2 ozs.) We must also remember that it's most important to present ~~the~~ food in the best possible way. One could say that we eat first with our eyes. The appearance, the smell, the taste and the variety must satisfy the person who is going to eat. China and ~~xxxxxx~~ silverware, and if possible table-linen should be absolutely clean. ~~in~~ At home we like to see flowers on the table. Sick people too would be pleased by a good presentation. The very table in the ward, which is used for lunch and supper, should be kept in good order. There is much more to say on the subject. Many problems will be dealt with ~~in~~ during the practical demonstrations which will take place every afternoon and will be given by the assistant dietitians from Rome, Misses Berardi and Lorenzetti. In these demonstrations you will learn how to prepare rationally the food which is distributed by UNRRA. As a first help to our children, our mothers and expectant mothers, our Gov-
~~ex~~ ^{necessary} ~~erament~~ has been able, thanks to UNRRA, to give a food supplement. It is most important that we learn how to get the maximum value out of these foodstuffs. It is compulsory to attend the practical demonstrations. I hope you will attend the course with the greatest interest and do your best to ~~xxxx~~ reach the objective of the High Commissioner for Health, and to obtain the same good results we have obtained in Rome and Naples.

- THE PUBLIC HEALTH NURSES' PART IN COMMUNITY NUTRITION
PROGRAM -- Bona Mercenaro, Chief Nurse Florence Province.

In 1919 by suggestion and encouragement of American nurses, The Italian Red Cross in Rome, in the person of Emma Bertoli, well known as a Sanitary Assistant in Florence, founded the first two schools for "Visiting Sanitary Assistants".

In 1920 the first graduates of the school were set to work in the Province.

Twenty six years after U.N.R.R.A. in accord with the Ministry of the interior offers its help and its collaboration to resolve one of our most serious problems.

We are very grateful to our American colleagues for having facilitated our start and of their desire to help us efficiently in this arduous task of to day.

No one better than we, in our continuous daily contact with the people can value their individual and collective necessities.

No one better than we are enabled to develop a vast task of hygienic propaganda of Sanitary assistance,

of signalling, of coordinated assistance.

Our activity must tend above all on prevention, sure and unique way to save human lives, suffering and waste of wealth.

So the prevention of diseases and social disasters is intimately related with the course that is inaugurated to day.

The actual difficulties are very serious. The culinary problem, on account of the scarcity of primary elements presents great difficulties. The diet of the children, the sick, of the adolescents and of the aged is insufficient because of the lack of the basic elements of nutrition. We are beginning to find them again, but at prices that are as yet inaccessible to the greater part of our population.

Only by resolving this problem that has afflicted Italy for so long, will it be possible to remedy to the grave consequence of a sanitary and social character.

We are therefore very grateful to U.N.R.R.A. who is coming to our assistance in a practical and efficacious way, with teachings that will render possible and profitable our campaign for the healthy nutrition of our people.

A good and healthy nutrition is necessary for

the healthy to maintain their health. For the sick to get well and recover completely. It is necessary to maintain united and harmonic the family circle. How many discords, how many desertions from homes have their origin in the lack of a good table.

Women in this field have great social possibilities maintaining the equilibrium of the individuals in the family. Do not let us forget to insist on this while teaching ! This course will complete our dietetic knowledge. Let us bring into the homes of our people what we have learned in our sphere of work and let us apply it in a practical manner. It is no good preaching. It is necessary to act and show them the way to practise what we teach them.

The dietetic propaganda is more than ever necessary in moments such as these, in which one must sharpen one's intellect in order to remedy to so much that is lacking.

So let us gather all our energy to utilise in the most proficuous way what is being offered us.

Our propaganda will most certainly have the attentive collaboration of our housewives.

Each one of us knows by experience what miracles, that only love can inspire, have been accomplished by even the most ignorant women of our nation in the field of

nutrition during these very difficult years.

How many of these women have for long periods at a time given up their ration of bread to their children. Likewise their small ration of sugar in favour of babies and sick people.

Thus demonstrating, notwithstanding numberless privations and sufferings, a strong moral force of equilibrium

On this strength of abnegation we know we can count to obtain that they follow us in our teaching. Let us remember that the measure of our success depends on our being led by love, for our profession, for the ones we assist. A love that must be strong, alive and active, without sentimentalism and backed by patient perseverance.

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Talk given at first U.N.R.R.A. Nutrition Conference
for Public Health Nurses of Central Italy.

Florence, August 20th 1945

- THE PUBLIC HEALTH NURSES' PART IN COMMUNITY NUTRITION
PROGRAM -

Professor Cesare Cocchi, Director of the Pediatric
Clinic of the University of Florence.

Child Nutrition

Ladies,

I am acquainted with your activity, we have worked together
and I know the good you can do, especially at the present
time. I am happy that U.N.R.R.A. has gathered you here.

I will give general facts, insisting particularly
on Infant feeding.

We have a difficult task and you must gradually
widen your knowledge to reach the goal.

A year ago in August 1944 the nutrition problem
was reduced to the minimum, so as to keep alive, however
the problem was faced and we owe it to you that in Florence
it was possible to organize the assistance to our children.

The importance of the nutrition of the child
is connected:

- (1) to the compulsory diet
- (2) to the augmentation of weight.