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III. RESULTS AND ACCOMPLISHMENTS

A. MAJOR PROJECT AREAS: Changes in the food and nutrition program have been as rapid as the changes in Meal Planning practices of most homes. Wise Food Buying programs almost replace food production and much of the food preservation. Emphasis on Food Preparation has shifted to ways of providing adequate diets. Hence the major project areas, as selected by county program planning committees last year were:

1. Food Buying

a. Thirty-seven of the 100 counties included work in this project and about 1/3 of our field work was spent on agent and leader training for this phase of the work.

b. Why this great interest and need in Food Buying is easy to understand. About 1/3 of Virginia homemakers are now employed away from home. Less food is produced in gardens and on farms. Fewer farm families are raising hogs, beef and chickens for home use. On the other hand better quality and variety of prepared and processed foods is available in the expanding super markets now found even in small towns; so Mrs. Homemaker's problem has shifted to one of Wise Food Buying.

c. What was attempted in this project? Preparation of materials to help volunteer leaders and agents to carry out a constructive program in Wise Food Buying. This program was geared to

help reach a large number of women who are not in clubs, as well as to strengthen the 1600 on-going Home Demonstration Clubs in the State.

d. Several methods were used in carrying forward the program. Preparation of up-to-date materials on Food Buying for use of agents and volunteer leaders. The Circular 811 was made available for all groups studying this subject. Besides using in club programs, it was offered through special interest groups, on radio and T.V., and placed in bulletin racks in Extension offices.

"Cost-per-serving" material to help homemakers see the relative cost of different cuts of meat, of various forms of milk or relative cost of pre-packaged foods was prepared for use in county programs. This is Extension Circular MF-359.

2. Charts were prepared to show relative costs of foods and also one on "10 Ways to Save Money in Food Buying." These were used in leader training programs and loaned to counties on request. Film strips on Meat Buying were used in this same way.

3. An agent training course was given at the agents request during the Annual Extension Meeting last summer by the food and nutrition specialist. A companion course was given by the Meat Processing Department on Selecting Meats for Wise Buying.

4. Exhibits were shown at the annual conference on Selection

of High and Low Cost Foods of equal nutritional value. A movie was shown on Better Buying of Foods which counties may borrow.

5. Suggestions were given for expanding this program to reach all interested homemakers, through special interest program projection committees.

e. Results

Thirty-seven counties conducted programs in Food Buying through clubs, special interest groups, radio and T.V. Programs and through special talks to county groups.

Chesterfield county formed a consumer conference group to study how consumers can know more about what they are buying. Fairfax county followed a plan they previously found successful -- that of holding county-wide forums on popular topics, to reach many who are not already a part of any Extension service program. One planned this year was beamed to the consumer on "How to Select Food for Good Looks and Good Health." This will be held at "7 Corners Shopping Center" a suburb of Washington, D. C.

Henover county made a study of current food habits of various age groups to help determine where their greatest emphasis should be placed.

Washington county leaders each gave a demonstration on Better Buying of Foods and they prepared an exhibit of the various

forms of milk and the equivalent amounts of milk products to give the same amount of calcium. Comparisons of cost were shown.

Norfolk County has for several years carried on an outstanding program to help consumer's do a better job of wise food buying. This year they devoted two programs to suggestions on this part of the consumer problem. One was on "How to Shop", the other on "How to Buy Beef for Best Values."

The leaders presented these demonstrations to their club and we found them digging out many local figures and examples to make it more effective. Here are a few of these local additions the agent discovered being used:

1. "Use three-way-milk plan, some fresh, some dried, some canned. How much is your milk bill a year? A family of four needs 1,095 quarts of milk a year to meet their nutritional requirement. The cost for different forms of this much milk for a family of four for one year at Norfolk prices is:

\$294.95 for Homogenized @ 27¢ quart
197.10 for Fresh non-fat milk @ 18¢ quart
284.70 for Grade A pasturized @ 26¢ quart
120.00 for Dry skim milk

2. Open and display three brands of peaches - a well advertised brand, the store's best brand and a little known brand. Homemakers compared flavor, appearance, cost and amounts in can and were often surprised at the difference.

3. Buy young chicken and compare the cost of whole chicken with the cost of two pieces of chicken breast and two legs. Croquettes were made from the bony pieces of the whole chicken and the whole chicken (two meals) cost only 87¢ while the chicken pieces (one meal) cost \$1.55.

4. Compare the cost of ready-to-eat cereals, cost of eight individual boxes of cereal, 10-1/3 oz. of sugar coated and 10-1/2 oz. box of plain cereal.

As a result of these demonstrations the Norfolk homemakers were much more aware of good costs."

2. Weight Control

a. Forty counties have had special programs and weight control groups during the past five years. Almost 1/4 of our field work this past year has been spent on this project. Six counties started new groups this year -- Franklin, Craig, Westmoreland (2 groups, Negro and White), Frederick, Nelson and Floyd County.

All of these groups are carried on cooperatively with the County Health Department just as the state program was planned by both Extension Service and Virginia Health Department. The material we used were prepared and printed by Extension with the help of the State Health Nutritionists.

Each group follows the same general pattern, yet work it out to fit their local needs. Nelson County started under the sponsorship

of their special interest nutrition committee, after they had a check of food habits, and decided they should be able to help many "fattys" to lose some of this weight. They called their group the CC Club (Calorie Conscious). Individual pictures were taken as they started, and of those who lose 10 or more pounds "after" pictures will be made. These twenty-three members lost 200½ lbs. in the four months of the group meetings, which is only slightly over 8 lbs. average. They are continuing the group with new members starting as those who have reached their goal drop out. They plan to continue meeting once a month to help the new ones, and hold on to those who still want the stimulus of the club.

One good "chuckle" from Westmoreland group was about Mrs. Moxinge who lost 30 pounds at the end of five months said she could wash her feet in a basin by going over her knees to get to them; before losing she had to reach down by her side. She was delighted with the improved technique.!

b. Nutrition studies in Virginia as in other parts of the country indicate that overweight is a very serious nutrition problem. This year we decided to not only continue helping counties who wanted to start weight control groups, but to follow-up on those who had completed such programs during the past five years. The nutrition specialists asked for special help from the Federal Extension Nutritionist and from the research section of our Home Economics Department at V.P.I.

Together we outlined a plan to follow-up these weight control groups in fifteen counties, to help determine the permanent value of the program and to get some leads on how to make this phase of our Extension work more effective from now on.

c. During 1959 twenty-two counties had some emphasis on weight control through better food habits as a part of their club programs. This included planning and a study of low-calorie foods, such as: desserts, snacks, or salads. Often these special club programs lead to the formation of a group for weight control as reported here by Norfolk County.

About two years ago, Norfolk County had two weight control groups. In a check last year, 2/3% of the club members said they were overweight, the average was 20 pounds too much. Therefore, this past year they included one of their monthly programs in each club to a discussion of "How to Control Weight Through Good Nutrition." In reporting on how this was done and the results which she could point to, the Home Demonstration Agent report tells it well. "Some overweight homemakers in Norfolk County are giving more thought to their expanding beltlines as a result of the recent Home Demonstration Club lesson on "Sensible Weight Control". Club hostesses served more low calorie refreshments such as congealed salads and black coffee instead of the customary rich pie or cake dessert. The summary of this meeting was a

true and false quiz on weight control. This helped to clarify many misconceptions about weight loss.

As a result of the club discussion Bethel Home Demonstration Club decided to start a special interest weight-control group in their community to help themselves, their weight friends and neighbors. Three club members and four other women in the community started the group. They elected their own Chairman and Secretary and the chairman was responsible for the program which the Home Demonstration Agent helped her plan. They reported new members were joining as the word got around and if the interest continues to build they will not stop with eight meetings as originally planned but continue to meet. Getting together every two weeks for a low calorie luncheon and to learn how to prepare new low calorie dishes is enjoyable and inspirational, they say. Several members beamed with pride as they told the agent they had lost one, two, three or four pounds since the last meeting.

In the same month the agent presented a fifteen minute television program on "Sensible Weight Control" and as a result received numerous requests for weight-control information. Before beginning this program, she contacted the President of the Norfolk County Medical Society to explain the educational objectives and the procedures used in carrying it out. Dr. Donald T. Faulstich, Public Relations Chairman, Norfolk County Medical Society replied, "I think the ideas contained in

your letter concerning the Educational-Nutritional program on weight-control are excellent. I agree that group therapy for the patient is a good approach. Your letter has been posted in our meeting hall and I will bring it to the attention of the other members."

In an effort to more effectively summarize and evaluate the work of the groups which have been going in Virginia for about five years, several methods of follow-up were planned. This was done with the help of Mary Jane Burgess, a graduate student and Margaret Collins, a member of the Home Economics Research Staff, and included:

1. A letter to all 34 county home demonstration agents whose weight control groups had been conducted. This was to ask their help in contacting the members who had been in such groups and to arrange for a meeting of these people. Miss Burgess prepared these materials, and they were sent out from our office and the County Home Demonstration Agents office.

2. Special letters, questionnaires, and reports were prepared to get desired information about present food habits, weight, effect on family and present attitude toward losing weight. Copies of these are in the supplement.

3. Meetings were held in 10 counties, of the members who had enrolled in groups in the past few years. The purpose of these meetings was to find out if the homemakers had maintained the weight

loss which they achieved during the classes. If not, what help they want or need now? They were asked, "What changes in the program you had would you suggest to achieve better results?"

4. Individual interviews were used as far as possible to contact those who did not attend meetings. These interviews were done by the Home Demonstration Agents, with the help of Mary Jane Burgess and Margaret Collins.

5. New materials were prepared for weight-control groups.

These include:

- a. Revising Bulletin #219 "Take Off Pounds Safely"
- b. Preparation of Snack Chart - MF-591
- c. "Gouldn't Have Done It Alone" MF-593

Results of this program are more definite and self evident than for most nutrition programs. We feel that the special help we solicited this year has given us some new enthusiasm to continue this program in more effective ways. It is a project which is never-ending for continued follow-up is needed. Of course, there are many values in improved food habits for all the family which cannot be tabulated.

1. A summary of the weight control groups show that forty counties have had one or more group weight control programs. Six of these were carried on this year so results for all of these are not yet completed.

2. 1,036 women have enrolled and 716 have completed the

four-month class.

3. Total weight loss reported was 8,244 lbs. -- over 4 tons of unwanted fat! Average weight loss was 14 lbs.

4. Other useful information was secured from 118 of those completing the weight control program. These were contacted either in group meetings or by individual interview. These facts include:

Average weight of those enrolled in groups at start was 174 lbs. -- at the end of class, 160 lbs.

1/4 of those enrolled were over 200 lbs.

The largest number (36%) of the women were in the 150-175 lb. group.

41% of the enrolled group dropped out before completion.

1/3 lost from 6 to 10 lbs.

1/5 lost over 20 lbs.

The heaviest group did the best -- of those over 200 lbs., 60% lost 6 to 12 lbs.

All of those contacted in the follow-up said that they now know that they can lose weight again and they know how to do it. The real problem is to have some strong motivation, which the group provided.

The greatest value of these groups as reported by the members and the agents who conducted them is that they furnish the best opportunity to learn and teach about good nutrition and good food habits. All reported that it had helped them feed their families better.

The changes in eating habits most often listed were: cutting down on high-calorie foods such as salad dressing, candy, cream, and desserts; eating better balanced meals; changing types of foods in order to have more lean meat, skim milk, etc.; eating less food--no second helpings; omitting or cutting down between-meal snacks; being more aware of food habits; and changing cooking methods, especially less fat and sugar.

The most difficult things to change were listed as: "stop nibbling between meals; omit or eat less sweets and soft drinks; eat fewer fried foods and rich desserts."

3. Milk Emphasis Program

Last year a state-wide campaign was planned by the Dairy Department, Home Economics Department and Dairy Councils called together by the food and nutrition Extension specialists. This was an effort to spotlight the needs of many people, especially young girls and adults to use more milk and milk products. Studies just completed in the state (Experiment Station Technical Bulletin #132-Feb. 1958) showed calcium to be our greatest nutritional lack. Hence, nutrition education seemed to be the best place to start.

This year the campaign continued--partly under its own steam and through more materials and help from the coordinating groups. Many county nutrition committees made a "milk check" as suggested on

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blanks which we made available and summarized these to use as a basis of showing needs for continued emphasis.

Nelson county is now following this with a second check of the same group to see to what extent the educational program they had was effective.

Following their nutrition committee survey showing that 2/3 of the women do not get enough milk, Norfolk County had a special interest meeting on Using More Milk to which the general public was urged to come and an amazing crowd did! Plans were discussed for more "milk-breaks" more milk dispensing machines. More educational programs on the use of more milk in all forms.

A demonstration on Easy-Tasty Ways to add more milk to your diet was given and leaders from three clubs were so enthusiastic over the suggestions that they went back and gave the demonstration at a special meeting of their clubs - to which they invited other friends and neighbors. A local dairy gave cottage cheese as door prizes at these meetings. Albemarle County put in a special demonstration for each club on milk and milk dishes to show homemakers how they can increase the amount they use in their regular meals.

An exhibit was shown at the State Home Economics Association to tell of the work done here at V.F.I. on "Ways to use increased amounts of milk by use of dry milk solids". The purpose of this program was not

to emphasize dry milk over fresh or canned, but to show how standard recipes for foods can be "stepped-up" to include 2 to 7 times as much milk solids and still retain a high standard product. Custards, biscuits, breads and cakes were all "enriched" and the exhibit created much interest.

In each food or nutrition demonstration this year a special effort has been made to use more milk -- fresh, canned and dry--and to emphasize the need for using more milk. This conscious effort has been made by both county and state workers. To further emphasize this milk emphasis program, Mr. Guy Hageotte of the Dairy Department has helped in many counties by giving leader training and special interest meetings and making use of cottage cheese, milk drinks for snacks, and making ice cream at home. A new milk drink bulletin was prepared (copy in supplement).

These three illustrations of project activity show the types of programs carried on and some of the methods used. This report, for the first time is not attempting to list all work done or projects included. These were selected as some of the most important.

SUMMARY OF WEIGHT CONTROL GROUPS - 1953 - 1959
(Summary by Mary Jane Burgess)

COUNTY	YEARS OF PROGRAMS	NO. OF GROUPS	NUMBER ENROLLED	NUMBER COMPLETING	TOTAL WEIGHT LOSS
Albemarle	1953-54	1	42	25	266
Appomattox	1953-54	1	33	20	277
Arlington	1956	1	36	25	157
Augusta	1953-54	1	21	15	186
Bedford	1958	1	17		
* Charlotte	1954-55	1	12	12	177
Chesterfield	1953-56	4	109	84	1248
Craig	1954-55	1	18	14	180
	1958-59	1	8	Group in progress	
Fauquier	1953-54	1	24	14	134
Floyd	1958-59	1	19	15	230
Fluvanna	1953-54	1	10	7	123
Franklin	1958	1	26	22	168
Goochland	1956	1	18	15	195
Greensville	1957	1	12	12	135
Hanover	1954-55	2	41	19	270
Henrico	1958	1	40	30	240
Isle of Wight	1956	1	14	9	186
King William	1954-55	1	23	17	214
Louisa	1958	1	50	45	419
Mecklenburg	1958	1	21	18	197
Nansemond	1954-55	1	25	20	223
Nelson	1959	1	26	18	151
Norfolk	1953-54	1	30	13	176
	1956	1	8	5	168
Northampton	1956	1	15	13	187
Nottoway	1956	1	11	8	138
Page	1954-56	2	33	25	215
Pittsylvania	1958	1	33	21	439
Powhatan	1956	1	10	8	111
Princess Ann	1954-55	1	18	16	190
Pulaski	1954-55	1	15	7	69
Roanoke	1953-55	2	84	38	368
	1958	1	72	44	177
Rockbridge	1954-55	1	10	6	78
Stafford	1957	1	20	20	242
Warren	1956	1	24	12	132
Warick	1958	1	8	8	14
Westmoreland	1959	1	8	7	73
York	1956	1	18	12	137
Hampton	1954-55	1	25	15	150
TOTALS		46	1,057	734	8,395

* Negro Group

4. 4-H Meal Preparation Program

There are four food and nutrition projects carried on by 4-H girls (and a few boys) namely, Food Preservation, Making Breads, Outdoor Meals and Meal Preparation. The latter is the only one which will be discussed here as typical of the methods used in the others.

All 4-H'ers are teen-agers or pre-teen ages, and their food needs are a current topic of concern and interest to parents, leaders, teachers and Extension workers.

Most people working with this age group realize that their food habits are, on the whole, poor; and that girls are worse than boys, in eating adequate nutritious foods. Even with this understanding, many committees find it interesting and helpful to make local studies because (1.) by so doing they get more people involved in getting the facts, (2.) those folks who have been involved in the study are more interested and ready to plan an action program to help improve the local situation--in this case the youngsters' food habits. Two examples of such surveys made last year were in Hanover County, where the special Interest Nutrition Committee conducted the study, and in Surry, where the 4-H committee made the survey. The Surry committee checked 100 girls and boys in the high schools. Their ages were from 13 to 18 years, and the weights went from 70 to 185. Sixty-three of the 100 lived on farms (missing even for a rural county).

This makes it even more significant that less than 1/2 consumed as much as 1 pint of milk a day. It is also interesting that 71% had some citrus fruit, this is not grown in Virginia, and it was not served in the lunchroom the day of the survey. About 1/2 of them had a green vegetable. This group concluded that their emphasis should be to encourage wider use of milk and milk products and more green vegetables.

What is included?

Meal Preparation is a project which includes many phases of meal planning, preparation, and serving. It is planned so that members may take parts of this project for three or four years, although some only take a portion of it for one year. The objectives are to interest girls in learning how to select adequate meals for herself, how to know and plan for the daily food needs, and how important it is for her to eat the food she needs each day. It is also organized to help her know how to plan meals for her family and to help prepare and serve these at home as part of her responsibility to the family group.

Methods of carrying on this and other 4-H projects varies in the counties. A general pattern is for the group of girls who select this project to plan their project meetings at a time and place when they, and their leaders can work most effectively. Often this project is conducted in the summer, but if during the entire year, they

may meet on Saturdays, after school or at night. Where possible one or more mothers of girls in the group are asked to help as project leaders.

Home Demonstration Agents do most of the leader training for 4-H projects. The State Specialists prepare the materials and do some agent training. Often older girls act as Junior leaders of their own or of a younger group. Last year the two of us spent only eight days in training for 4-H projects. This is not because of lack of interest in this program, but the requests for the adult work and the special interest programs take all the time and most agents feel more capable of working with their own 4-H leaders.

Demonstration contests are used as one method of teaching good work habits, accurate information and presentation of a subject. Each county has club and county demonstration contests, and the county winners compete in district and then in State contests. These contests are used as a means of popularizing the projects and of showing the parents and the people of the county what 4-H girls learn through 4-H projects. Each county and club plans its own demonstration contest, in order to create the greatest possible interest locally. Awards and recognition are arranged by the county committee, and both Junior and Senior members are encouraged to give as many demonstrations as possible. Separate contests are arranged for younger and older girls in order to encourage the young ones. Through success in this

they become more interested in continuing in 4-H work.

In Albemarle a new device was used to get the girls started in giving demonstrations. They made it a game and had two leaders choose sides. One girl on each team was called on to demonstrate a certain technique, such as how to accurately measure brown sugar. They were given identical equipment and were judged on the correctness of the technique, her poise, the time it took and other points of a good demonstration. This is now used as a way to review important points.

Gamblerland County honored their district bread demonstrator with a luncheon in her honor given by the Virginia Bakers Council.

State Food and Nutrition demonstration winners are used in many ways to acquaint the public with the 4-H program. The bread winners took part in the program of the Virginia Bakers Council, and the Food Preparation winners in the Virginia Horticultural Meeting.

Last year sixty-eight girls took part in the State demonstration contest, representing many thousand members enrolled in the food and nutrition projects.

The interest and enthusiasm of these girls in their project is well expressed by this Norfolk member who had worked especially on preparation of frozen foods. She says, "For the past few years I

have either done alone or helped prepare everything that has gone into our freezer. It's such fun to prepare meals next winter and to remember events that happened when they were processed for freezing --the inquisitive green snake as I picked the butter beans, our rush to pick strawberries before the big storm, and the fun on a warm afternoon when we caught fish two at a time."

Another honey story about a 4-H member's canning project was the girl who said, "I don't think I'd be happy as a millionaire because my canning wouldn't be needed or appreciated, and that would be awful!"

Reports show that 14,310 members in the state were enrolled in meal planning and preparation and 10,207 of these completed the years project. Through this program 619,877 dishes were prepared and 11,437 meals served.

5. Related Projects and Activities

Every subject matter specialist finds many related activities to divert or strengthen her program during a year. This past year has been especially so for the food and nutrition folks. For example, twenty-eight field days were spent by Jenet Cameron and four by Mary Thompson in receiving and giving training in oral and written communications, besides ten other days here at headquarters working with the team in preparation for this program. This should certainly pay off in helping us to be better able to get the subject

matter across to others. The next years should show if we make the most of this opportunity.

Last year was one of many meetings and plans for expansion of V.F.I.--it's Role in effecting agriculture, and in the proposed plans for a School of Home Economics at V.F.I. These discussions and committee work help us see where food and nutrition education fits into the total Extension Education and Home Economics Program.

B. CONTRIBUTIONS TO REGIONAL PROGRAMS

Last year the Virginia Food and Nutrition Specialists took part in several Regional programs.

1. Communications Training Program - Janet Cameron was a member of the team to go to Georgia for two weeks in December to take the training program to improve our written communications. Teams from eleven states worked together to plan the type of training which could be of greatest benefit for our State Extension program.

2. Southeast Nutrition Conference - This was held in Georgia in March. It was one where representatives from Industry, Processors, Manufacturers and Educational Workers met to discuss what each can do to help Mrs. Homemaker feed her family a more nutritious diet. Much discussion centered around special food problems of the South, and how each group could help to improve the present nutritional status

in our area.

3. Southern Regional Training Conference of Extension Specialists in Washington, D.C. Both Food and Nutrition Specialists took part in this workshop conference. Mary Thompson discussed our teen-age program and how it was carried on for the past three years. Janet Cameron discussed the five year study just completed on the weight-control program in Virginia.

4. Ninth Triennial Conference of the Associated Country Women of the World - Edinburgh, Scotland, August 3-15. Janet Cameron was an official delegate to this international conference as a representative of the Virginia Federation of Home Demonstration Clubs. She went on her own time and at her own expense, but was given the opportunity to be away for six weeks in order to travel for a month after the conference. The theme of this conference, representing many nations from all continents, was "Looking Ahead" toward peace and understanding of all nations.

IV. TOTAL PROJECT

Many special programs are carried on by the Food and Nutrition Specialists in cooperation with other agencies and organizations, a few of which should be mentioned in an annual appraisal of work done.

1. State Nutrition Committee

Both specialists have worked on programs of this active

committee which is a sub-committee of the Virginia Council on Health and Medical Care. Each year this group sponsors some state-wide program which starts with a general meeting. This past year it was "Food for Older Folks" or "Senior Citizens" -- the State meeting in Richmond was called "Food For the Young in Heart." Dr. Fred Stare and other outstanding speakers were secured for this meeting.

Janet Cameron has served for four years as chairman of this State Nutrition Committee and has thus worked closely with about twenty other organizations on the state-wide programs for better nutrition. About 300 people attended the State meeting this year representing over fifty organizations. Twenty-two of these groups were co-sponsors of the program which not only assured their interest but meant a more effective follow-through was possible through the local organizations represented.

Plans have now been made for emphasis on Dental Health and its relationship to good nutrition for the emphasis in 1960.

2. Special programs were sponsored in each section of the state on Meat Identification, Selection, Cutting and Preparing. These were held in cooperation with two specialists from the National Live-stock and Meat Board. They were organized by Extension men and women agents in the various sections of the State, but included workers from twelve other organizations such as teachers, health workers,

Electric Service representatives, etc.

This is the second year for these meat schools and they were scheduled by request in those sections not adequately served last year. The schools met a special need and request by county workers for more information on meat cuts, and others included how wise buyers can select nutritious cuts within a limited budget.

3. The Virginia Apple Commission and the Virginia Horticultural Society are very active and cooperate with Extension workers. Last year they asked us to do some special work on developing the best possible apple pie which could be used by all the restaurants through their State Association. They wanted fresh frozen and canned apples used. The Extension specialists contacted Dr. Harper, Head of the Experiment Station Home Economics Department and called together representatives of the Appalachian Apple Service and the State Apple Commission and from this developed a special grant for carrying on this project by a student assistant in Home Economics. Ellen Spieden made apple pies every day for several weeks and found out many interesting things about the difference of several Virginia varieties and in using fresh, frozen and canned apples. These results were presented to a training school for the Virginia Restaurant Association. The result, we hope, will be much better apple pie in restaurants all over Virginia. See pictures in supplement.

4. Several inter-college activities have taken more than the usual time this year. First, the proposed plan for our Home Economics Department to become a School of Home Economics as recommended by the V.P.I. Board of Visitors. A total of at least six days was spent in committees and meetings in working on these plans. When such a plan is put into operation, our Extension food and nutrition department will work with those on the Resident teaching and experiment teaching staff, which will help us have closer contacts with these groups. As now set up, we are housed and grouped with other Home Economics Extension Specialists in an Extension Building.

For the past year or two, the School of Agriculture has had active committees to work on "V.P.I.'s Role" in expanding the agricultural interests and needs in Virginia. Janet Cameron was a member of the "Committee of Fifteen" to plan for this Expansion and at least six days this year was spent in this committee work.

Now the entire college is working on a "Greater V.P.I." program so that has taken some time and planning in committees.

All of these and similar activities are no doubt normal for a growing college, and they have helped us see more clearly where our part of each of these programs fits into the whole.

5. Cooperation with State Organizations

Because food and nutrition cuts across so many interests,

we become involved in the programs and work of many state organizations, Besides the Home Economics Association and the Dietetic Association, our two official groups, we help with programs and work on many related

groups such as: Virginia Restaurant Association
Virginia Horticultural Association
Virginia Dairymens Association
Virginia Dairy Producers Association
Virginia School Food Service Association
Virginia Society of Dental Health
Virginia Rural Health
Virginia Council on Health and Medical Care
Distributive Education

V. SPECIAL REPORT

1. Farm and Home Development

Our main contribution to this program is in preparation of subject matter materials which agents and Home Management Specialists use with these families. All subject matter materials are, of course, available to these homemakers, but those on Food Buying, Home-made Mixes and Meal Planning have been used most. Some of the Farm and Home Development homemakers are volunteer leaders for their club, so of course we get to know them as we work with the Food and Nutrition leaders.

This year we worked with Mrs. O'Brien and Miss Fuller in revising yearly-food-supply suggestions. This included food needs for a day, week and year, and food production recommendations.

2. Program Projection

Both specialists have helped agents with special interest

nutrition committees in counties. There are about twenty-five such committees actively working. Last year we met with those in Hanover, Essex, Amelia, Tazewell, Middlesex, Rappahannock.

The most active one was in Hanover where the wide awake chairman Mrs. Swasey directed a survey made to check food habits of many groups--men, women and children.

Their report says, "To determine actual food habits of Hanover County homemakers, the committee suggested that a survey be taken of food consumed by individuals during a 24-hour period. It was planned that each member of the committee should check two organizations in their localities. This survey was taken by the committee at regular meetings. Score sheets were also distributed so the individuals could evaluate the amount of calcium, protein, Vitamins A and C which their diets included.

This study of 145 women showed that 37% had eaten no green or yellow vegetables, 33% had not had Vitamin C foods, 47% had no milk at all and 80% had too little milk in their diets.

In reviewing this survey the nutrition committee felt that the greatest lack in the diet and therefore greatest emphasis should be placed on use of milk. The group decided to compile a bulletin on the importance of milk and ways of using it in the day's meals. This booklet is to be distributed in January on a Friday to all

shoppers in Hanover County grocery stores.

In April the committee decided to promote panel discussions by students at Lee-Davis, Patrick Henry and Gandy on the importance of a good diet with emphasis on the use of milk under direction of homemaking teachers.

A poster contest on the value of milk is planned for Gandy, Lee-Davis, and Patrick Henry. Prizes to be \$10 and \$5 at each school for first and second awards consecutively with a \$10 grand prize to be awarded the prize winning poster in competition between the three schools. The Hanover County Farn Bureau has offered money for prizes for this contest. "

The Hanover committee found many problems to work on such as need for milk by many children, so they were going after that from many angles. One plan was to help lunch rooms "play up" milk through posters in classrooms, on bulletin boards, through home economics classes, clubs and at P.T.A. meetings. "Milk Breaks" were planned to replace coke and coffee time at many meetings and in some offices and schools. One school planned a milk vending machine. A few were considering ways to do away with "coke" machines. Fruit juice and tomato juice was put in many schools for "snack time."

The Hanover committee is also concerned with food habits of adults, especially those who are overweight and they plan to organize

another weight control group to help those who "can't do it alone."

To help the work of nutrition committees, a set of discussion questions was prepared, and because many counties wanted help on ways to study their situation, we prepared four pages of suggestions which are available for use in any county. These covered suggestions on How to Make the Survey, How to tabulate it, score it and a suggested group or county summary sheet for final evaluation.

Following this plan Taxewell County committee made such a survey and now have these facts which will help in planning their committee work for the coming years. This study was on 118 Home Demonstration Club women and 4-H girls and boys.

10 ate no breakfast
36 had a poor breakfast
72 had a good breakfast

From this they concluded that a breakfast campaign was not their most serious problem, but some attention should be given to discussing needed improvements.

37% of the children had enough milk
43% had $\frac{1}{2}$ enough
15% get a very small amount
5% get none

The picture for adults was even worse. In checking vegetables, they found:

25% had no green or yellow vegetable
55% had no tomatoes or citrus fruits
32% had some fruits and vegetables but not enough

A surprising fact was that only 5% of the children had candy and 7% had bottled "pop".

These findings are similar to those of many diet studies. The chief value we see in doing this is the local interest it creates in "How Did we Do?"

Many counties are finding an ever-increasing number of men and women who are interested and concerned about the poor diets of many of their citizens. This is helping to expand the reach of the Extension program through contacts with many who have never been actively connected with it. It also helps the county workers to see many opportunities for new contacts.

SUMMARY AND ANALYSIS OF STATISTICAL DATA

	CAMERON	THOMPSON
Number of different counties worked in	43	55
Days in Field	104	145
Days in Office	157	119
Days leave with pay	45	41
<u>The Field Days are Broken Down into These Different Types of Meetings:</u>		
Adult leader training	45	67
4-H Leader training	3	6
Agent training	9	5
Special Interest training	6	7
T.V. and Radio Talks	48	19
Extension Meetings	86	105
Leaflets Prepared	27	18