

FOOD AND NUTRITION PROGRAM

FOR WOMEN FOR 1940

Durham County

Number of Clubs 10

Enrollment 320

Raising Standards -Planning-Preparation-Serving

Subjects	Monthly Meeting	Demonstration	Home Assignment
<u>January</u>			
Farm Outlook	Agent	Agent demonstration	Be up-to-date. Wear the
Correct Dress for the housewife.		by actual wearing right type.	proper clothing and shoes when working.
<u>February</u>			
Better balanced meals for the family.	"	Well-rounded and inexpensive one dish meals stuffed cabbage with sausage. Give out seed catalogue.	Prepare stuffed cabbage with sausage. Try using left overs and cheap cuts of meat. Use Guide to Meal Planning. Begin spring garden.
<u>March</u>			
Better standards for Bread and Clean Up Campaign.	" and Leaders	Cornmeal muffins Judging Quick Bread Use of score card.	Keeping the standard for quick breads in mind score your breads when making them for the family. See that the screens are in condition and yards are clean.
<u>April</u>			
Breads continued. Yeast Bread.	Agent	Make bread also have bread ready for loaf	Supply your family for two weeks with bread, planning to produce as much variety as possible in the meals by selection. Make canning budget for the family.
<u>May</u>			
Plain Cake by Standard recipe.	"	Make and scoring cake.	Make the cake for the family using the standard recipe. Score and bring results to next meeting.
<u>June</u>			
Club Refreshments	"	Preparing and serving punch and cookies.	Practice being a gracious hostess in the family group. Plan to entertain occasionally.
<u>July</u>			
Food Conservation	"	Canning corn and Butter Beans	Try hard to bring your canning up to standard. Can fruits and vegetables.

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<u>August</u>			
Food Conservation County-Wide Tour	Leaders and Agent	Canning Foods in Season. Judging canned Goods.	Can vegetables and fruits. Begin fall garden.
<u>September</u>			
Bread exhibit and contest	"	Judges scoring bread brought from the various homes	Report on progress in raising food standards.
<u>October</u>			
Table Courtesies	"	Table Courtesies Practice as demonstrated.	Practice as demonstrated.
<u>November</u>			
Dishes from our pantry shelves	"	Scalloped tomatoes and corn.	Use as demonstrated. Try other recipes using canned products from your pantry shelf.
<u>December</u>			
Christmas Suggestions	"	Making and wrapping Christmas candies.	Practice as demonstrated.

GOALS:

- That 100 women raise their food standard by serving better balanced meals in the home using the food essentials and guide to meal planning.
- That 10 families produce adequate feed and food for the family for a year.
- That 25 women raise the standard in bread-making.
- That at least 12 varieties of vegetables be planted in each family garden.
- With the Live-at-home idea in mind 85 women carry a spring, summer and fall garden.
- That 200 women complete in canning contest.
- That 25 women purchase at least one labor-saving device for the home.
- That 30 families take a daily or weekly paper.
- That 4 families carry the farm and home unit.
- That each member take part in a demonstration during the year.
- That all families work toward better home sanitation.

Leader School Second Saturday in each month.

## CANNING FOR THE HOME

"Raise those vegetables, grow those fruits. "Living-at-Home" needs more recruits cows, pigs, chicks and all the rest, North Carolina's farm health can be the best."

### The Part Canning Play

Even on very small farms there is enough land for a good garden, a small flock of poultry, two cows and three hogs. Larger farms can produce in addition fruits, the family bread supply, and ample hay and pasture for livestock. No complete Live-at-Home program is possible in North Carolina without canning.

"Plan before you can" is the Home Demonstration slogan. This year's canning should have been planned over a period of time-that is plant a garden to meet the needs of our family for an adequate year-around food supply. Plan and plant so that you may serve fresh and stored foods as long as possible. Canning foods which may be readily stored is usually a waste of time, efforts and far space.

### THE CANNING BUDGET

A canning plan or "budget" is necessarily different for every family. The amount of food to can depends on the vegetables stored, as well as those growing fresh in the garden in winter such as kale, turnips, collards, cabbage and spinach. This plan is provided for every member of the family with three servings of vegetables (including one serving of potatoes) two of fruit and one of meat or poultry daily, the recommended amount for best health. If stored and fresh foods are not available it will be necessary to can more. Increased amounts of tomatoes are recommended especially when young children are in the family.

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