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Children bear the promise
of a better world . . .

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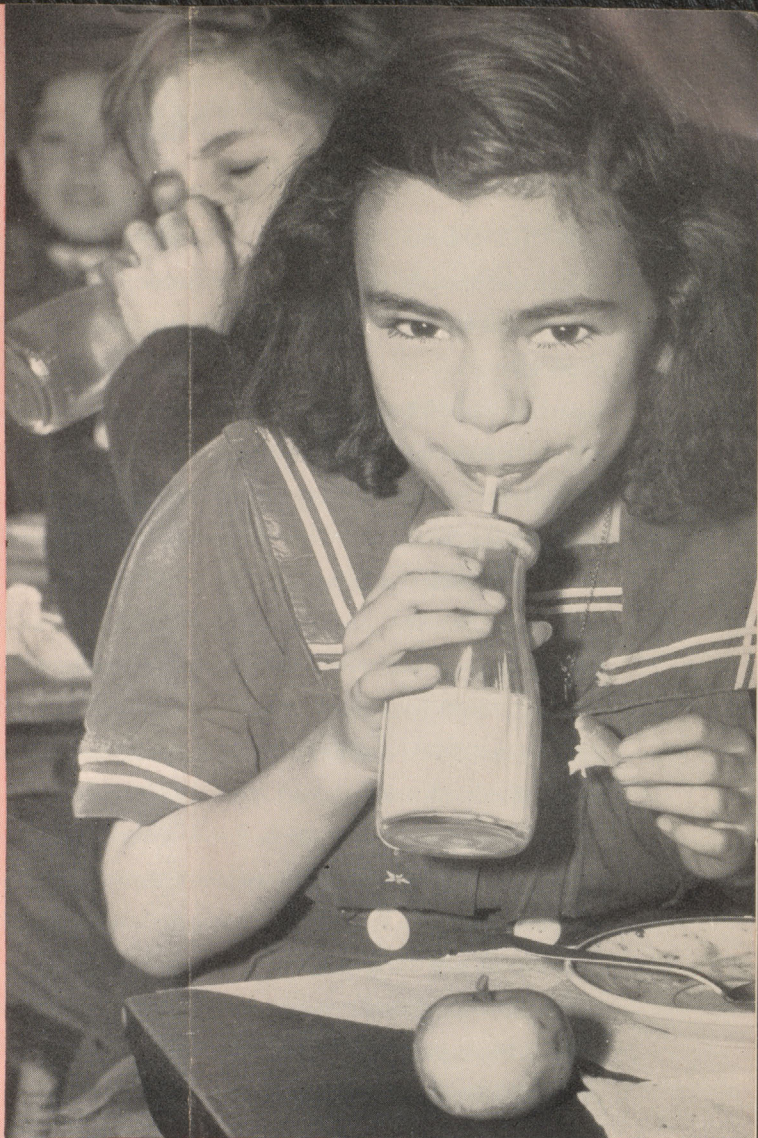
PERIODICALS

Have they the protection
of proper food?

Food

For Carefree Play Today

For Productive Work Tomorrow



JUST as by the use of modern medical science, we have conquered diseases that took an enormous toll of life in the past, so by the use of the modern knowledge of nutrition we can build a better and a stronger race, with greater average resistance to disease, greater average length of life, and greater average mental powers.—*Recommendations of the National Nutrition Conference for Defense to the President of the United States.*

Better food will build

SINCE THE FIRST WORLD WAR we have learned much about the food needs of growing children, and many children have benefited by the application of that knowledge. Better and safer food has played an important part in the great reduction in the death rate of babies in this country in the past 25 years. More of the babies who live are in good health because they are well fed. Most babies are now given cod-liver oil or some other rich source of vitamin D in the first months of life, and as a result cases of severe rickets have become very rare. They get orange or tomato juice, too, and consequently few babies suffer from scurvy. Babies are probably the best-fed group in our population today.

The benefits of good nutrition do not stop with babyhood. At all ages well-fed children tend to be taller and heavier than undernourished children and less susceptible to certain diseases. Children who have had a good nutritional start and who have gradually assumed responsibility for their own food habits are likely to be both healthy and happy. Moreover, they have a good chance of growing into vigorous adults ready and eager to carry on their share of the productive work of the country.

The best-nourished children the country has ever known can probably be found today in those families that have known what foods are needed for healthy growth and have been able to provide those foods. But, in spite of all our knowledge of nutrition and the progress we have made in applying it, many children in the United States today are undernourished. Some are suffering from diseases traceable directly to faulty diets. Many more are generally under par, lacking in vigor under even ordinary circumstances and falling easy prey to any unusual strain. Unless these children are rescued from their state of borderline malnutrition, they may never know what it means to feel really well. When they reach adulthood they may find it hard to carry their share of

OUR CONCERN—

sturdier human beings

the country's work and to provide a good life for their children.

Well-nourished and malnourished children alike need special safeguards in the present national emergency. Living costs have risen sharply in some parts of the country. Unless wages have kept pace, families are faced with diminished purchasing power. Unless they know how important nutrition is to health, they may skimp on food to get money for the increase in rent or clothing. As families have moved long distances to be near fathers in Army camp or defense industry, mothers find it harder to select the best buys among unfamiliar foods. Many mothers, taking employment outside the home, have either to turn over the preparation of the family food to an older child or to assemble sketchy meals when they come home tired from work. Children who once had a hearty hot meal at noon may have to forage for themselves at home or to buy unsuitable foods at a bakery or eating place near the school. Under such circumstances even children who have been well fed for years begin to show signs of neglect before long.

These threats to the nutrition of children need never become actualities if all who are aware of the danger act quickly and vigorously. Parents can do much to safeguard their children's health through proper nutrition if they know what foods are most important and how they can be obtained within the family budget. The community can do many things through group action that parents alone cannot accomplish—such as providing nourishing noon meals for children at school. The Government can supplement and reenforce the efforts of parents and communities.

In our country we can produce all the foods that children need for healthy growth. Our job is to see that the children get enough of the right kinds of the food that we produce in such abundance.

EVERY CHILD!

Parents, foster parents, child-caring institutions

As individuals or institutions that have in your safekeeping the health of one or more children, you can:

Know what foods make for good nutrition in children of all ages. Use a daily check list to see whether the children you care for have enough of the foods that protect their health.

Do the best you can to provide these nourishing foods with the money you have to spend and the time you have to prepare the food. Many very nourishing foods cost no more than others that are far less valuable.

See that the foods bought for children are stored and cooked so that they keep most of this food value.

See that the foods are so well cooked and served that the children will enjoy eating.

Help the children to form good food habits, to learn to like simple, nutritious foods.

See that children get the sleep, the rest, the outdoor play, and the health supervision that will help keep them in condition to get the most from their foods.

Join others interested in good nutrition to accomplish by group action what you cannot do for children by yourself.



*Are Your Children
Getting These Foods
Regularly?*

**EVER
NEEDS TO
TO GRO**

MILK—One and one-half cups a day for each child.

BUTTER or oleomargarine with added vitamin A.

FRUITS AND VEGETABLES—Four servings a day, choosing them wisely.

A fruit or vegetable: Oranges, grapefruit, leafy vegetables.

A vegetable or fruit high in iron: Green leafy vegetables, yellow fruits, etc.

Potatoes: At least one serving.

Another serving of vegetable every day.

EGGS.—One a day, at least four or five a week for each child.

MEAT OR FISH.—Four times a week.

CEREALS AND BREADS enriched.—One cup for each child at each meal, to stimulate appetite and energy.

COD-LIVER OIL.—One teaspoonful a day.

Purchase
Government
Washi

Members of a community that cherishes its children

You can join forces to: Study the Proceedings of the National Nutrition Conference for Defense* and see how the recommendations can be applied in your community.

Create an organized demand for foods that have high nutritive value for their cost—such as whole-grain and enriched flour and breads, skim milk (fresh and dried), soybeans.

Supplement the food supply of children of low-income families, by means of nourishing noon meals at school, low-cost milk distribution, the food-stamp plan.

Encourage families with enough land to raise the protective foods their children need—vegetables, fruits, eggs, milk.

Provide opportunities for physicians, dentists, nurses, social workers, teachers, and others who influence parents and children to keep up to date on nutrition.

See what can be done about remedying conditions that reduce the family's ability to buy food, such as unjustifiable increases in food prices, taxes imposed in the interests of a special group, inadequate financial aid to dependent families.

*Are the Children
of Your Community
Getting Them?*



EVERY CHILD OS THESE FOODS GROW STRONG

and one-half pints to one quart
r each child.

olomargarine that contains
tamin A.—At every meal.

D VEGETABLES.—At least
ings a day for each child. In
them, consult this list:

vegetable rich in vitamin C:
grapefruit, tomatoes, green
vegetables, cabbage, turnips.

e or fruit rich in vitamin A and
Green leafy vegetables, other
vegetables, yellow vegetables,
fruits, ripe tomatoes.

At least one serving a day.

erving of some kind of fruit or
le every day.

e a day for each child if possible;
four or five eggs a week for each

FISH—Once a day, or at least
nes a week.

AND BREAD, whole grain or
d—the serving of cereal a day
h child; bread according to
e and energy needs, perhaps at
eal.

R OIL—Every day.

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Nutrition becomes part of

MANY COMMUNITIES are expanding their nutrition work as part of their national-defense effort. Check on whether your community has the following services, essential to the health and welfare of its children.

Health Services: Prenatal clinics and child-health conferences provide an opportunity for mothers to get health supervision and nutritional advice for themselves and their children. These public-health services supplement the care given by private physicians, dentists, and nurses.

Ask your health department or public-health nurse about these services.

Welfare Services: Family-welfare agencies give counsel on economic and other problems of family life. They help parents to plan their expenditures so as to get the most for their money, to have wholesome recreation, and to get advice on mental hygiene. Private and public welfare agencies may arrange for financial assistance to parents who could not otherwise provide nourishing food for their children.

Ask your department of public welfare or your council of social agencies about these services.

Distribution of Surplus Foods: The Surplus Marketing Administration of the United States Department of Agriculture makes agricultural surpluses available to families certified as in need. These foods are distributed either direct or through the food-stamp plan. Schools that serve a noon meal to needy children may also receive surplus foods.

Ask your welfare department or Surplus Marketing Administration office about the local surplus distribution.

School Meals: In a growing number of schools, all children who remain at school during the noon hour may have a complete noon meal regardless of their ability to pay for it. Other schools serve a hot dish and milk to supplement the lunch packed at home. Sometimes the cost is met wholly from school funds, private donations, or contributions from the parents. Many schools have been able to serve a noon meal only because they

the home-defense program

could count on labor supplied by the Work Projects Administration or the National Youth Administration and because they obtained a goodly part of the foods served from the Surplus Marketing Administration. Nursery schools and summer play schools may also serve lunches through the cooperation of these Federal agencies.

Ask your superintendent of schools about school-lunch programs.

Educational Programs for Children: In many communities children can find out how important food is to health and what foods do most for growing children. Increasingly, schools provide both instruction in nutrition and an opportunity to put that instruction into effect. Nutrition is one of the topics taken up in the educational programs of the youth organizations—such as 4-H clubs, Boy Scouts, Girl Scouts, and Campfire Girls.

Ask your school officials about their program for nutrition education.

Educational Programs for Adults: In rural areas the home-economics extension services of State agricultural colleges have long provided instruction in foods and nutrition for study groups affiliated with county farm bureaus or home bureaus.

Some school systems offer adult-education programs in homemaking, including food and nutrition.

Local Red Cross chapters offer a course in foods and nutrition under a qualified instructor. The number of these courses has increased greatly in connection with the national program for civilian defense.

The Work Projects Administration has units on food and nutrition in its adult-education program.

Neighborhood houses and many other centers for group activity are giving classes in food and nutrition, often in active cooperation with local nutrition committees for defense.

Ask your local or State nutrition committee for an over-all picture of opportunities for adults to learn about foods for children.

The road to good nutrition

GOOD NUTRITION is a long-time process, beginning before the baby is born and continuing until he is fully grown. Here are some of the most important points to keep in mind at different stages of the child's development.

Prenatal Period: The mother's food must provide nourishment for herself and her baby. During pregnancy mothers do not need to eat more of all foods. They should eat more liberal quantities of the protective foods, as these supply the materials for building the baby's body.

Can pregnant women in your community get sound nutritional advice and, if needed, help in obtaining supplementary foods?

The First Year: Mother's milk is the food that nature meant young babies to have. Nursing mothers should eat larger quantities of the same foods they needed when they were pregnant. Although milk is the mainstay of the baby's diet, he needs other foods also. If these foods are introduced gradually, most babies will learn quickly to eat them.

Are the mothers of your community encouraged to nurse their babies and taught when to give them other needed foods?

One to Six Years: Many of the food habits that will stay by children throughout life are formed during the preschool years.

Can mothers in your community obtain advice on how to encourage good food habits in children from one to six?

The Early School Years: The school child may be given a greater variety of foods and also foods prepared in different ways. Many children of school age eat their noon meal away from home. That meal is just as important as the breakfast and dinner eaten at the family table.

Can every school child in your community have a nourishing noon meal at school, regardless of his ability to pay?

The Teen Ages: The teen ages are years of rapid growth and vigorous activity. An adolescent boy may require more food than his father; a girl, more than her mother. Besides the three regular meals a day, an after-school lunch is likely to be needed. This lunch should be a regular part of the day's food plan and not just concentrated sweets or soda-fountain fare.

What do the high-school boys and girls in your community eat between meals—fruit, sandwiches, and milk—or candy, hamburgers, and pop?

The food needs of all ages are dealt with in various publications of the Children's Bureau. Write for the current list.

*Our Nation is mobilizing its resources
for the welfare of children
as an important part of national defense:*

To coordinate health, welfare, medical, nutrition, recreation, and related services bearing on the defense emergency, the President of the United States has established by executive order the

Office of Defense Health and Welfare Services,
Paul V. McNutt, Director.

To assure effective coordination of Federal relations with State and local governments engaged in defense activities, to facilitate constructive civilian participation in the defense program, and for other purposes, the President has established the

Office of Civilian Defense,
Fiorello H. LaGuardia, Director.

The *Children's Bureau of the United States Department of Labor* is responsible for promoting the welfare of children at all times through—

Studies and advisory services	Child-labor administration
Cooperation with State agencies	Bulletins, leaflets, and radio talks

The Chief of the Children's Bureau, Katharine F. Lenroot, has been designated child-welfare consultant to the Office of Defense Health and Welfare Services, and the Assistant to the Chief, Charles I. Schottland, has been made liaison officer with that office. The Associate Chief of the Children's Bureau, Dr. Martha M. Eliot, has been designated liaison officer with the Office of Civilian Defense. Other Federal, State, and local agencies are working for the promotion of child welfare, in cooperation with many privately supported organizations.



The Defense of Children Series:

**“CHILDREN BEAR THE PROMISE OF
A BETTER WORLD” includes:**

1. What Are We Doing To Defend Them?
 2. Are We Safeguarding Those Whose Mothers Work?
 3. Are They Getting the Right Start in Life?
 4. Have They the Protection of Proper Food?
 5. Are We Defending Their Right to Health?
 6. Their Defense Is the Security They Find at Home.
 7. Their Education Is Democracy's Strength.
 8. Through Play They Learn What Freedom Means.
 9. Our Nation Does Not Need Their Toil.
 10. Are We Helping Those With Special Needs?
 11. Protect Them From Harmful Community Influences.
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“RAISING A PRESIDENT,” a radio program on defense of children, prepared by the Children's Bureau, is presented by NBC every Monday at 11:00 a. m. E. S. T. (Blue Network)

Pres.
U. S. DEPARTMENT OF LABOR ● CHILDREN'S BUREAU

Defense of Children Series No. 4
