



Doctor in the KitchenSM

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NUTRITION TODAY IN A NUTSHELL
For the past few months, a television program titled "Nutrition for Today" has been presenting a series of panel discussions by nutritionists. The series was produced by the U. S. Department of Health, Education and Welfare and WRC-TV, the NBC station in Washington, D. C. Other NBC stations also have been telecasting the program.

Highlights from the series are worth passing on to you—in this time of heightened

public and professional interest in nutrition.

How have our eating habits changed in recent years?

- There are more and more packaged "convenience" foods in supermarkets; fewer foods are cooked "from scratch" at home.

- Fast-food chains provide fairly inexpensive food; families eat away from home often.

- For many of us, the pace of life has speeded up and more meals are eaten "on the run." Fewer families sit

Lancaster Co. Farm Women Attend Annual Picnic

The annual Lancaster County Farm Women picnic was held Wednesday, August 7 at the Lampeter Fair Grounds. A delicious display of food from the members favorite recipes, ranging from zucchini casserole to peach cobbler, decorated the tables.

Following the picnic, in which approximately 100 members and their families participated, the executive board meeting was conducted by President, Mrs. Carl Johnson.

Mrs. Robert Gregory, First Vice President, advised that the Farm & Home Center is co-sponsor with the Garden Club at a Flower Show, which is open to the public and is to be held

October 12 and 13 at the Farm & Home Center.

A communication was read from the Christmas Seal Campaign thanking the societies for former participation and advising that envelope stuffing would no longer be required due to automation.

Members were urged to start sewing their long dresses for the Style Show to be held at the State Convention in January. Each County will be represented by ten participants which will be selected at the County Conventions.

It was announced that the theme for Homemakers Camp to be held at Camp Swatara on August 25, 26 and 27 is "World of Women".

down to eat three, or even one or two meals together.

- Few of us eat three balanced meals a day that have been planned and prepared by one person who is trying to meet the nutritional needs of the entire family.

It seems to me the real crux of change has been the breaking down of the family group eating at home. Under the new situation, family members, except probably very young ones, do not now nourish themselves under the watchful and careful eye of mother. This means we may well have lost one of the most important values of "mothercraft."

In its place, the individual must now know more of what he or she is doing, nutritionally. We probably

need motivation as well.

Which brings us to the importance of nutrition education.

The need is enormous. The public, I think, is aware of this—thus the tremendous sale of every kind of diet book, whether the author is a faddist or really knows his stuff. And reams of articles appear each month in the popular magazines. Also, improved nutritional labeling on our food products is in the offing.

Varied, Balanced Meals

You are achieving good nutrition when you eat varied, balanced meals that give you the nutrients you need and, in doing this, you take in only the calories you need to perform each day's activities. Thus you need to know what nutrients you need, which foods offer these ingredients, and what your total energy requirements are. When you know that, you know nutrition pretty well.

There are poor people and elderly people with special problems who are malnourished in this country. But a lot of other people are either underfed, or overfed, through simple ignorance or lack of sufficient motivation.

The October Board Meeting will be held October 1 at the home of Mrs. John Hess, Mountville, Penna.

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