

Vegetarianism A Real Trend?

CHICAGO, Ill. — Recent reports have suggested that vegetarianism is a growing trend. Once again, the checkoff-funded *Eating in America Today II (EAT II)* dietary intake and attitude report conducted for the National Live Stock and Meat Board found that what we actually eat doesn't always match what we think we eat.

We're not all nuts. The EAT II study, comparing actual food intake to self-reported dietary preferences, found that most self-reported Meat Avoiders and Vegetarians do eat meat. In fact, their actual meat consumption is only about 1 ounce less than the self-reported Meat Eaters. On average, self-reported Avoiders and Vegetarians eat 2.3 ounces of beef, veal, pork, lamb and deli/prepared meats a day. Self-reported Meat Eaters consume 3.5 ounces of these meats a day.

Although meat's role in the diet has been changing, America is still a nation of meat-lovers. More than 99 percent of the population eat meat (this does not include poultry or fish), with less than 1 percent not consuming any meat during the 14-day recording period. However, about 5 percent classify themselves as Meat Avoiders (say they never eat meat) and 2 percent classify themselves as Vegetarians (always on a vegetarian diet). While Meat Eaters are split evenly

by gender, self-reported Avoiders and Vegetarians are predominantly women and there is overlap between the latter two groups.

Similar Eating Patterns. Self-reported Meat Eaters, Avoiders and Vegetarians have the same pattern of caloric intake by food groups. All segments get the most calories from the Bread Group; followed by the Meat Group; Fats, Oils and Sweets; Milk Group; Vegetable Group and the Fruit Group. Self-reported Vegetarians eat more foods from the Bread Group, specifically pasta, and cereal.

Fat facts. The study found that all three segments consume more than the recommended 30 percent of calories from fat: Meat Eaters, 37 percent; Meat Avoiders, 34 percent, and Vegetarians at 35 percent.

The Meat Avoiders fat intake is lower than the other two segments because they consume the least amount of food from all food groups. While self-reported Vegetarians' Meat Group consumption is slightly less than Meat Eaters, they consume more foods from the Milk Group. Cheese is their greatest source of saturated fat.

Self-reported Vegetarians make great strides in reducing foods from the Fats, Oils and Sweets category, specifically, they consume fewer sweetened beverages. However, their fat intake from this category is virtually the same as Meat Eaters.

Perceptions about meat consumption. The clamor for change in the American diet has led to confusion about the role of meat. According to the *Eat II* report, while 52 percent of adults disagree with the statement, "Adults should eliminate meat from their diets," about 25 percent agreed with the

statement and about 23 percent didn't know.

"Women and teens think they need to cut back on meat because they are concerned about fat. This isn't a wise strategy because lean meat provides many essential nutrients," said Mary Abbott Hess, L.H.D., M.S., R.D., nutrition consultant and former president of The American Dietetic Association. "Instead, they should cut down on fried foods, rich sauces and desserts which provide calories and fat without the nutritional benefits of meat."

How To Locate Missing Vital Records

WASHINGTON, D.C. — *Where To Write For Vital Records* is an important U.S. Government Publication that explains how and where to write for birth, death, marriage and divorce certificates.

Official certificates for birth, death, marriage and divorce events are on file in various state, city, county and other local government offices. This publication lists the appropriate agencies to contact in each state within the United States including the address and telephone number and the cost of a copy. Other useful information on the availability of records and how to obtain certified copies is also provided. Specific instructions on what to include in

your request when writing for records are described. Information and instructions on how to obtain

foreign records and certificates of citizenship are also covered.

TO ORDER: Send a check for

\$6.95 Payable to Federal Reprints to: Federal Reprints, PO Box 70268, Washington, DC 20024.

Horticulture Volunteers Needed

WEST CHESTER (Chester Co.) — Penn State Cooperative Extension is looking for volunteers to help in its horticulture program in Chester County. The volunteers will be involved in answering horticulture questions in the office, plant clinics, planning and maintaining a demonstration garden and open house, giving talks, and providing horticulture information to residents of Chester County. Training will be provided to help you with your pro-

ject.

An orientation session will be held on both March 8 and March 9, from 1 p.m. to 4 p.m. You may attend either session to learn more about the program, fill out an application, and take a pre-test.

Training classes will be held from 1 - 4 p.m. during the fall.

To register for the orientation session or to obtain further information, contact Lou Middleton, Horticulture Agent, Chester County Cooperative Extension, 610-696-3500.



1995 Dairy Of Distinction Farms Sought

Kingston (Luzerne Co.) — Do you take pride in maintaining your dairy farm? Does your dairy farm project an attractive, wholesome image to consumers? If so, the Dairy Of Distinction Program of New York, New Jersey and Pennsylvania will consider your farm for the program's annual recognition awards.

The Northeast Dairy Farm Beautification Program was first

started in 1983 to recognize the hard work and dedication of the farmers who maintain attractive farms. The purpose of the program is to instill a greater sense of confidence in the wholesomeness of dairy products, and increase their sales.

Farms that apply are judged on the roadside appearance of buildings, grounds, and surroundings, since this is what our dairy product

consumers observe as they drive by. The cleanliness of the barnyard, feed areas and manure management are other aspects of the farm operation taken into consideration. Roadside judging is conducted during the month of May. Former winners of past years are also rejudged to ensure they continue to meet the standards of excellence.

To qualify for consideration, you must be actively dairy farming and shipping milk. Applications are available from your state secretary, Pennsylvania: Paul Nichols, American Dairy Association and Dairy Council, Inc., 239 Schuyler Avenue, Box 5, Kingston, Pa. 18704, (717) 283-2204, New York: Carol Weddle, N.Y. Holstein Association, 957 Mitchell Street, Ithaca N.Y. 14851, (607) 273-7591, or New Jersey: August Knispel, R.D. 1, Box 325, Pittstown, New Jersey 08867, (201) 735-4989. All applications must be completed and returned by April 15th, 1995.

The Dairy of Distinction program is financed in Pennsylvania by Dairy Farmers through the American Dairy Association Dairy Council and Pennsylvania Dairy Promotion Program, plus Agribusiness organizations. The Pennsylvania Dairy Of Distinction Program is conducted with advice and help by Penn State cooperative extension.

HOW IS YOUR FARM SCORED?

Northeast Dairy Farm Beautification Program, Inc.

Awards will be based upon neatness, good maintenance and other factors which can be controlled by the farmer. Attractive background scenery should not be weighed heavily in judging. All judging observations should be made from a vehicle at one or more points on an adjacent public highway (or if farm is off the road, the nearest lane). Judging should give equal consideration to old wood construction and new construction of metal or concrete block.

The award program may be used for subsequent advertising or promotion activities for dairy products or dairy farming. Farmers who apply for awards agree that; if selected they will cooperate with these activities and make all reasonable efforts to maintain both the exterior and interior of their properties in an acceptable condition.

HOW THE APPLICATION WORKS

The owner or operator of the dairy farm should sign the application and send it to NEDFBP secretary by April 15.

HOW THE JUDGING WORKS

Judging teams will visit farms during the month of May. Farms will be judged each year as the award is presented on an annual basis. Any dairy failing to maintain appearance standards will be asked to remove their sign. The Dairy of Distinction signs remain the property of the committee, not the property of the dairy farmer. All farms must achieve a compliance score of 90 percent on their Dairy of Distinction score card. *Your cooperative or milk handler will be contacted to approve your milk quality.*

RULES FOR THE DAIRY OF DISTINCTION AWARD

1. The Dairy of Distinction sign remains the property of the Northeast Dairy Farm Beautification Committee.
2. The post and bracket shall be supplied by and maintained by the dairy farmer. It is suggested that a wood post 4' x 4' x 12' or iron pipe 2' x 12' be used. Posts or pipe should be installed and maintained in true vertical position with 8' above ground. Top of the bracket should be lower than six inches from the top of the post.
3. Sign shall be displayed in front of the dairy at roadside. An attractive post and bracket, or other frame, shall be used to display the sign. No more than three signs should be displayed from the sign frame or post, and all shall be of a style, general size and quality comparable to the Dairy of Distinction sign. Sign should be secured on all sides to avoid wind damage.
4. Signs shall not be moved to other premises. New owners of a Dairy of Distinction farm must apply to retain the sign.
5. Replacement of damaged signs shall be the discretion of the committee.
6. No producer shall be charged with scoring or sign expense.
7. Judges' decisions will be final.
8. Judging will take place between May 1st and May 31st.
9. Farms awarded a Dairy of Distinction sign in previous years will be judged between April 1st and April 30th. If they do not qualify, they will be rejudged between May 1st and May 31st so they have the opportunity to keep the sign.
10. Farms that do not requalify will return the sign to their regional Dairy of Distinction Committee.

Application

PURPOSE OF PROGRAM

Attractive dairy farms give the consumer greater confidence in the wholesomeness of milk and stimulate milk sales which encourages public support for the dairy industry. The award gives recognition to the dairy farmer for maintaining a well-kept farmstead.

ELIGIBILITY

All Northeast dairy farms producing milk for sale are invited to make application for the award. Dairies receiving the 10 highest scores in each of the 91 districts will receive an 18" x 24" Dairy of Distinction sign to be displayed in front of their farm.

APPLICATION

Your Name _____ Farm Name _____

Mailing Address _____

Phone Number (_____) _____

Cooperative or Handler (where you ship your Milk) _____
(Your Handler will be contacted to approve your milk quality)

Location (driving directions for judging team) _____

County (where your farm is located) _____

I hereby apply to the Northeast Dairy Farm Beautification Committee to have my dairy scored in accordance with the rules of the program for the purpose of obtaining a Dairy of Distinction sign to be displayed on my premises. (No producer will be charged for scoring or sign expense.)

Date

Signature of Owner/Operator

Return application by April 15. New York dairies send to Carol Weddle, New York Holstein Association, 957 Mitchell Street, P.O. Box 190, Ithaca, NY 14851; Pennsylvania dairies send to Paul Nichols, ADADC, Tower Business Building, 239 Schuyler Ave., Kingston, PA 18704; New Jersey dairies send to August Knispel, R.D. 1, Box 325, Pittstown, NJ 08867.

Northeast Dairy Farm Beautification Program Inc.

