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Food & Nutrition

For Building Use Only

A Special Guide to
USDA Food Programs

Depository

June 1979

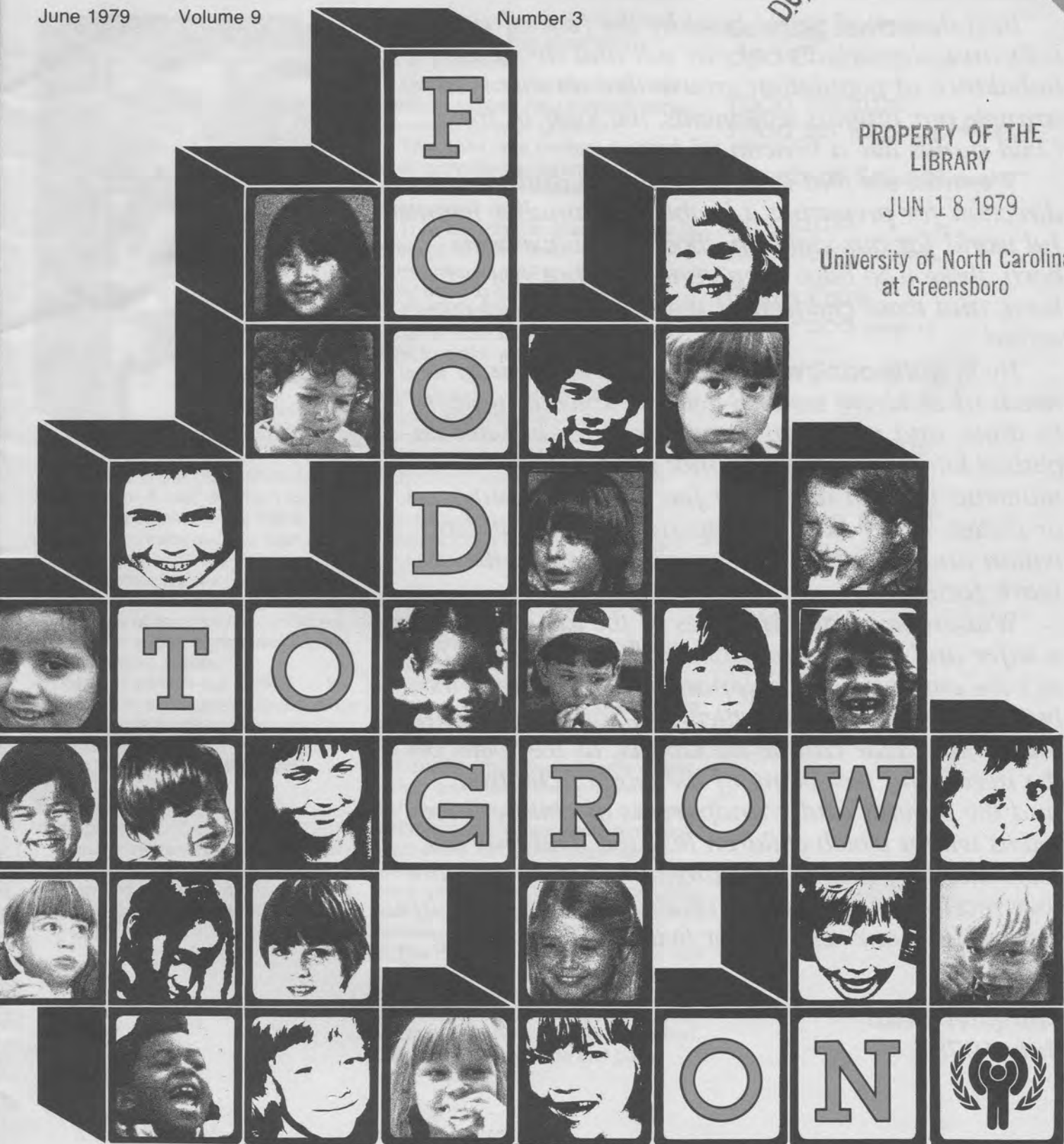
Volume 9

Number 3

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ASERL



"In a darkened world beset by the fear of nuclear holocaust, degradation of our soil and air, and imbalance of population growth that threatens to strangle our human settlements, the Year of the Child stands like a beacon of hope.

"We must see that its light guides us and gives us direction for preparing a livable, sustainable, beautiful world for our children, those who have been born, those who have been conceived but not yet born, and those children of the future not yet conceived.

"By keeping our eyes steadily on the pressing needs of children, we can determine what needs to be done, and what can be prepared for but accomplished later. For babies cannot wait. A few moments without oxygen, a few hours without food or shelter, a few days of desperate emotional deprivation and, if they survive at all, they carry the mark for life.

"Within the world initiatives of the last decade for a safer and better cared for earth, initiatives to protect the environment, balance population, feed the hungry, design human settlements for human living, this coming year can be the climax, as we focus on the needs and well-being of the world's children, and the parents and grandparents of children, the towns within which children live, the food they eat, the water they drink, the education and health care they receive. As we provide children with a fuller life we will find our reasons for living and protecting the world."

*Margaret Mead
July 1978*

International Year of the Child



This year is the International Year of the Child! A year in which to recognize and celebrate the rights of children everywhere. . . to plan special activities involving children. . . to commemorate childhood. Most of all, it is a year in which to heighten our awareness of the *needs* of children and to take a look at how well we are meeting those needs.

Our lives stretch out behind us to childhood in an unbroken line. Let us reach forward to do what we can to give those starting out on their journeys a loving and hopeful beginning.

Interested in helping?

If you're interested in helping children in your community, you may want to find out more about the Federal food programs administered co-

operatively by the U.S. Department of Agriculture and State and local agencies.

Did you know, for example, that Federal aid can help schools serve breakfast as well as lunch?

That child care centers and summer recreation programs can get financial aid and Federal foods, much like schools do?

That low income does not have to prevent families from making sure their children get the nourishing foods they need to grow and learn?

That *all* children—regardless of income—can benefit from learning how to make wise food choices.

In the following pages, you'll find a description of each of the food programs and information on how it benefits children. We hope this information will be useful to parents, school administrators, community groups and others interested in expanding services to children in schools, child care centers, camps and other institutions.

First, some background

As you may know, the food programs are administered by the U.S. Department of Agriculture's Food and Nutrition Service, State governments, and public and private agencies in local communities.

Usually, State departments of education administer food programs serving children in schools, child care centers and summer recreation facilities. State departments of health, welfare, and agriculture usually have responsibility for programs providing food stamps or supplemental foods to families.

The Food and Nutrition Service has seven regional offices in: Chicago; San Francisco; Atlanta; Dallas; Denver; Burlington, Massachusetts; and Robbinsville, New Jersey. You'll find their addresses on the last page.

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Serving Mothers and Children

The Department of Agriculture has two programs to meet the special needs of low-income mothers and children. One is the Special Supplemental Food Program for Women, Infants and Children, commonly known as WIC. The other is the Commodity Supplemental Food Program, or CSFP.

How WIC works

The Special Supplemental Food Program for Women, Infants and

Children is operated by local health clinics or other health facilities. Participating clinics provide nutritious food supplements to pregnant, breastfeeding and postpartum women, as well as to infants and children up to their fifth birthday.

To qualify for WIC, mothers and children must be individually certified as "nutrition risks" because of dietary need and inadequate income. Competent professionals—physicians, nutritionists, nurses, and other health professionals—determine nutritional need through a medical or nutritional assessment.

For each participating mother or child, WIC clinic staffs prescribe specific monthly packages of foods high in protein, iron, calcium, vitamin A and vitamin C. Depending on the age and nutritional needs of the woman or

child, the package includes such foods as iron-fortified cereal, eggs, juice, and either milk or fortified infant formula or cheese.

Clinics provide WIC foods in one of three ways. They obtain foods from local firms and distribute them directly, they arrange for home delivery, or, they give mothers vouchers to exchange for specified items at authorized grocery stores.

Along with the foods or vouchers, clinics offer practical lessons on nutrition and food preparation to help mothers understand why diet is so important to their children's health and development.

The WIC Program is now supplementing the diets of over 1 million people a month. It operates through 73 State agencies, including health departments in 49 States, Puerto

Food Stamps: Food For Kids

Rico and the Virgin Islands, and 22 Indian State agencies.

How the CSFP works

The Commodity Supplemental Food Program distributes USDA-donated foods to low-income women and children certified by local health agencies.

Those eligible include infants, children up to age 6, and pregnant or breastfeeding women vulnerable to malnutrition. To take part in the CSFP, women and children must be determined to be in nutritional need. In addition, they must qualify for benefits under an existing Federal, State, or local food, health, or welfare program for low-income people.

Participating women and children get prescribed food items, which they pick up at a distribution facility. Foods available through the Commodity Supplemental Food Program include: infant formula or evaporated milk and corn syrup blend; instant nonfat dry milk; instant mashed potatoes; enriched quick-cooking farina; egg mix; peanut butter; canned boned chicken or turkey, or canned beef with natural juices; canned fruit and vegetable juices; canned vegetables; and canned fruits.

The CSFP now serves approximately 100,000 people monthly in 11 States and the District of Columbia. Nutrition education is a vital part of the program.

For more information

For further information on WIC and the Commodity Supplemental Food Program, contact your State health department.

For the recent publication, *How WIC Helps: Eating for You and Your Baby* (Program Aid 1198), write to the nearest regional office of the Food and Nutrition Service, or to: Supplemental Food Programs Division, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250. □

The Food Stamp Program helps low-income households purchase the foods they need for good health.

Participating families get coupons, free of charge, which they exchange for food at authorized stores. The amount of food stamps depends on a household's size and income after deductions.

In the past, most households had to pay for their food stamps. They got back stamps worth as much as they had paid, plus some bonus stamps. Now, they no longer have to buy their stamps. They get *only* the bonus stamps, at no cost. Instead of using their money to buy food stamps, they can spend it—along with their bonus stamps—directly for food at the grocery store.

To qualify for stamps

To qualify for food stamps, a family must meet several criteria. For example, family income and assets must not exceed certain limits. And, the family must meet work registration requirements and certain citizenship and residency requirements.

People apply for food stamps at their local food stamp offices, and qualifying households get food stamps within 30 days of the day the office received their application. Some families which need help immediately may be able to get food stamps within a few days.

Since food stamps first became available in 1961, they have helped millions of families get through difficult times . . . times of unexpected unemployment, illness, and hardship caused by floods and other disasters. In 1978, monthly participation averaged 16 million people nationwide.

Children benefit

Children have always been a major beneficiary of the Food Stamp Program. A survey completed in 1976 showed that the majority—54.8 percent—of people then participating were under the age of 18. Of those,

approximately 46 percent were age 14 and younger.

For children to benefit from food stamps, their families must know how to apply for and use them. Private groups and individuals can help spread the word about food stamps to people in need. They can distribute flyers at grocery stores, apartment complexes, and other neighborhood centers. They can encourage local businesses and newspapers to display food stamp information.

Community groups and individual volunteers can help in other ways, too. For example:

- Volunteers can give rides to people who don't have transportation to apply for or pick up their food stamps. In instances where applicants are ill, or for other reasons cannot go in person to the food stamp office, volunteers can help arrange for home interviews or make other arrangements.

- Getting to the grocery store is a problem for some families. Volunteers can offer rides and, where appropriate, suggestions for menu planning and shopping.

- Sometimes people are hesitant to apply for food stamps even though they may be eligible and, like many people, may need assistance for only a short time—during a period of unemployment, for example. Friends and neighbors can often convince them that food stamps are not "charity," but a service they've helped pay for, with their tax dollars.

For more information

For more information on food stamps, contact your State or county social service department, or the nearest regional office of the Food and Nutrition Service. □

Lunch at School

Can I buy lunch at school? Of course. My school has always served lunch.

To thousands of kids, it certainly might seem that way. Since 1946, the National School Lunch Program has helped schools provide nourishing, low-cost lunches to children. During the last 10 years, the number of schools serving lunch has increased dramatically.

All public and nonprofit private schools of high school grade and under may participate. Public and licensed, nonprofit, private residential child care institutions are also eligible. To receive Federal aid, participating schools and institutions must:

- Operate the lunch service on a nonprofit basis for all children.
- Serve nutritious meals according to the requirements set by the U.S. Department of Agriculture.
- Provide lunches free and at a reduced price to children who qualify for them, based on specific income poverty guidelines.
- Insure that children receiving meals free or at a reduced price are not overtly identified.

Schools and residential institutions are reimbursed based on the number of lunches served free, at reduced price, and at full price to paying students. In addition to cash assistance, schools receive technical assistance, USDA-donated foods, and funds for nutrition education.

Available nationwide

The school lunch program is now available in almost 93,000 schools. During 1978, these schools served nearly 4.3 billion lunches to 26.5 million children.

Throughout the country, students,

parents, and teachers are being encouraged to take an ever more active role in their schools' lunch programs. Together with food service people, they are asking some important questions:

Are lunches attractive and appealing? Are the foods of the highest quality, and are they prepared in the best way to preserve their nutritional value?

Is the lunchroom a cheerful, pleasant place? Do students have enough time to eat, or do they spend most of their lunch periods waiting in line?

Do menus include food students like? Is there enough choice and variety?

Youth advisory councils and student tasting panels have made a big difference in many schools. Kids like having a say in what's served, and they often have valuable suggestions. Redecorating the lunchroom is another way to get kids involved. Murals, bulletin boards, tabletop decorations and other student-made items can go a long way in brightening up a cafeteria and boosting kids' interest.

Parents play key roles

Parent groups, particularly parent-teacher associations, can play key roles. Through its new Task Force on Child Nutrition, the National PTA is encouraging member organizations to work to improve the quality of school meals. And in the October 1978 issue of *PTA Today*, PTA leaders had several suggestions for parents. Here are some of them:

"As a parent, perhaps the most important impact you can have is on the quality of food served—at your child's school as well as in your home.

"For example, you and other parents in your community may wish to make a change in the kind of foods offered: whole grain breads rather than white bread; more fresh fruits and vegetables; or foods with fewer additives.

"A subcommittee of your school lunch committee may want to meet on a regular basis with the food service personnel in your school to help select the food to be purchased and to plan menus.

"You may want to visit the school and have lunch on a regular basis. If you've been hearing criticism of the food from your children, this is really the only way to evaluate that criticism. It is also a good way for parents to express a continuing interest in the school lunch program. . .

"If you feel your children are not eating properly at school because insufficient time is allowed for lunch, you may want to discuss a change in scheduling with the school's administrators. Also, perhaps some of the younger children might be permitted to go out to play before lunch, thereby avoiding the rush to finish early. . .

"PTAs and PTSAs traditionally have helped to improve the environment of the cafeteria by, for example, providing tablecloths or hanging paintings.

"Some local units—like the Elliston School PTA in Elliston, Montana—have gone even further and assisted in refurbishing an area of the school for a kitchen and cafeteria.

"Certainly, you will want to encourage your school district to incorporate nutrition education into the school curriculum—beginning in kindergarten and continuing through the twelfth grade—as part of a comprehensive school health education program. (New federal funding is available for nutrition education.)

"The cafeteria should serve as a learning laboratory in nutrition. It offers other possibilities as well. In the elementary schools of Omaha, Nebraska, for example, with the help of the local PTA, students partake of

special holiday dinners, which serve good food and provide opportunities to learn new things about food and nutrition as well."

Community involvement has traditionally been part of school lunch, especially during National School Lunch Week, celebrated each year during the second week of October. In honor of the International Year of the Child, "Nutrition With Love" is the theme of this year's National School Lunch Week.

For more information

For information on school lunch activities in your community, contact your local food service manager or parent-teacher association. For more information on the National School Lunch Program, contact your State Department of Education or the nearest regional office of the Food and Nutrition Service. □



Breakfast for Energy

Morning is a busy time. School buses and trains to catch. Carpools to meet. Starting the day is often a race against the clock.

Unfortunately, many people beat the clock by going without breakfast, even though it is frequently cited as the most important meal of the day. The American Medical Association estimates that only one out of every five Americans eats an adequate breakfast. A study by the Department of Health, Education and Welfare indicates that as many as one out of four children goes to school without breakfast.

Studies have repeatedly shown a direct link between breakfast and learning. Kids need energy for those morning lessons. And children who skip breakfast have been shown to be apathetic and listless compared to their classmates who have had a morning meal.

Schools can offer breakfast

Through the School Breakfast Program, schools can offer nourishing low-cost meals to students who—for one reason or another—don't have the opportunity or the time to eat breakfast at home.

Like the National School Lunch Program, the School Breakfast Program reimburses schools for meals served in accordance with certain minimum requirements. School breakfasts must include at least: a serving of fruit, vegetable or juice; milk; and bread or cereal. Breakfasts should also include, as often as possible, a serving of meat or meat alternate, such as cheese, eggs, or peanut butter.

Children who are eligible receive breakfast free or at a reduced price under the same income guidelines used in the National School Lunch Program.

School breakfast started as a pilot project limited to schools with large numbers of needy children or children who traveled long distances to

school. Today, the program is available to all public and nonprofit, private schools of high school grade and under, and to public and licensed, nonprofit private residential child care institutions.

Some schools are hesitant

Most schools find breakfast is an easy meal to prepare and serve. In fact, it's a lot easier than lunch. Yet many school administrators are reluctant. Compared to the nearly 93,000 schools serving lunch, only 23,000 schools are now serving breakfast.

Parents and community groups have been successful in getting school breakfast started in many areas. "Selling" the idea to school administrators is often the most important step.

Is there really a need? What will it cost? How will we staff it? And what about scheduling and supervision? Will kids really eat breakfast at

school? These are common concerns, and parents and community groups can research answers before approaching school officials.

If you're interested in starting school breakfast in your area, you may want to find out what other communities have done. They may have suggestions on how to get started, or how you can help once breakfast gets going. In some schools, for example, parents and other neighborhood volunteers serve as cafeteria monitors.

The State Department of Education is a good source of information. So are parent-teacher associations and other organizations working with child nutrition.

Three groups working nationally are: the Children's Foundation (1028



Connecticut Ave., N.W., Suite 1112, Washington, D.C. 20036); the Food Research and Action Center (2011 I St., N.W., Washington, D.C. 20006); and the National Child Nutrition Project (46 Bayard St., New Brunswick, New Jersey 08901). All three have supported breakfast efforts in several States, and have published guidance material.

In a November 1978 report, "Barriers to School Breakfast," the Children's Foundation discusses the various difficulties—real or anticipated—that have been cited as barriers to serving breakfast at school. The report gives recommendations for getting community support and making school breakfast successful.

Assessing the need

One of the questions frequently raised is whether feeding children breakfast really *belongs* in school. Isn't it a family responsibility? Whatever the merits of this question, the fact remains: a large number of children arrive at school with little or no breakfast on which to face the day. School breakfast is an important

option for children who do not have access to breakfast at home.

Financial need may make the breakfast program especially important to children in certain areas. Some low-income families simply cannot afford to serve breakfast every morning.

In other areas, other factors may be significant. For example, children may have to travel long distances to school and may not be hungry when they leave home. Or, they may come from homes in which both parents work, and there is no one, or too little time, to prepare a morning meal.

For information on what's happening in your area, and how you can help, contact the State Department of Education, or the nearest Food and Nutrition Service regional office. □



Child Care and Food

When people think of child care, they might not think of food. But food is an important part of every child's day, and a child care center cannot provide good care without providing good food.

The Child Care Food Program helps communities serve nutritious meals and snacks to preschool and school-aged children. More than 600,000 children now benefit from the program, which operates in nonresidential day care centers, settlement houses, recreation centers, family day care homes, Head Start centers, institutions providing day care for handicapped children, and others.

The program began in 1968 in areas of economic need with high concentrations of working mothers. It was expanded in 1975 by legislation which extended eligibility to all public or nonprofit licensed day care centers. The legislation also opened participation to family and group day care homes.

Centers join in two ways

Child care centers and after-school recreation centers may join on their own, or they may join under the authority of a sponsoring organization. If they participate on their own, they are responsible for their own finances and for administering their food services. If they have a sponsoring organization, the sponsor assumes those responsibilities. Family and day care homes *must* have sponsoring organizations.

Sponsoring organizations may be public or private nonprofit agencies. Examples include units of State or local governments, community action agencies, churches and family day care associations.

Federal assistance takes the form of cash reimbursements based on the number of breakfasts, lunches, suppers and snacks served. The rate of payment varies according to the family income of the children served.

When School's Out

Other assistance includes USDA-donated foods, funds to help purchase or rent food service equipment, and technical guidance.

Volunteers can help

In many communities, child care is a cooperative effort. Parent aides help teach and supervise, and in "co-op" arrangements, they actually run centers as well. Food services can be joint efforts, too. Parents and other adult volunteers can help shop, prepare meals, and serve. They can also help with activities that teach children about food.

Helping doesn't necessarily have to involve spending time at the center. People can help by offering suggestions, donating supplies, or finding recipes or books on nutrition.

Older people can make a special contribution. For children living far away from their own grandparents, having a "foster grandparent" help at mealtime can be a special experience. One New Hampshire family day care mother calls "invaluable" the assistance she gets from a retired neighbor, who comes every day to help her at mealtime.

For more information on the Child Care Food Program and how you might help, contact your State Department of Education, the nearest regional office of the Food and Nutrition Service, or the Child Care and Summer Food Programs Division, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250. □

The Summer Food Service Program for Children spans the gap in the school nutrition programs by providing meals during extended school vacation periods. Sponsors serve nutritious meals at recreation sites, schools, camps, and other convenient locations.

Children age 18 and younger and living in areas of economic need are eligible. Also eligible are persons over 18 who are mentally or physically handicapped and participating in public or nonprofit private school programs. The Summer Food Service Program for Children operates during the summer, or any vacation period longer than 3 weeks in districts with continuous school year calendars.

Any public, or private nonprofit, nonresidential institution may sponsor the program in areas where at least one-third of the children are eligible for free or reduced-price school meals. Camps may also sponsor summer food services, and be reimbursed for meals served to economically needy children. Examples of sponsoring agencies include units of county and municipal school systems, recreation departments, social service organizations, and churches.

All meals are served without



charge to eligible children. The Agriculture Department reimburses sponsors for the operating cost of the food service up to a specified maximum rate for each meal provided. In addition, sponsors are reimbursed for planning, operating, and supervising expenses.

Sponsors are needed

Although the Summer Food Service Program today reaches a large number of children—more than 2 million in 1978—there are still thousands of needy children not reached. This year, the Food and Nutrition Service is working to recruit more sponsors, particularly in rural areas.

In 1979, rural sponsors will be allowed to claim expenses for transporting children to designated rural sites. They will also receive additional administrative money, as will sponsors preparing meals on site.

Interested organizations are urged to contact the nearest regional office of the Food and Nutrition Service or the Child Care and Summer Food Program Division, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250.

Donated Foods Can Help

When disaster strikes, people need help fast. Medical care, shelter, food. Ever wonder where rescue teams get emergency food in such a hurry?

Most of it is federally donated food, which the U.S. Department of Agriculture purchases under the price support and surplus removal systems or procures through contracts. Stored and distributed by State agencies, the foods go to help disaster victims, needy families not participating in the Food Stamp Program, older people participating in community meal services, and people served by charitable institutions.

Many of the foods go to schools and institutions participating in the National School Lunch, School Breakfast, Child Care Food, and Summer Food Service Programs. They also go to local agencies operating the Commodity Supplemental Foods Program.

For detailed information on how the Food Distribution Program might help your community, contact your State welfare agency. For information on distribution to schools and institutions participating in the child nutrition programs, contact your State education agency. The following are examples of the benefits extended through the program.

Summer camps. Certain summer camps, including those which are not eligible for the Summer Food Service Program for Children, may receive donated foods. During the 1978 camping season, foods valued at approximately \$3.5 million were distributed to nearly 4,500 camps serving some 680,000 children.

Charitable institutions. Public or nonprofit private, tax-exempt institutions may receive Federal foods if they conduct feeding operations for needy persons as an integral part of their activities, and if they do not participate in any of the five child nutri-

tion programs listed above. Examples are homes for the aged, hospitals providing long-term health care, soup kitchens, and certain meals-on-wheels services for the elderly.

While all foods are allocated on the basis of those determined to be needy, all persons in a charitable institution may benefit from the donations. State agencies determine which institutions are eligible based on U.S. Department of Agriculture guidelines.

Last year, some 7,400 institutions were using federally donated foods. Together these institutions serve nearly 800,000 people, and approximately 45,000 of them are under the age of 19.

Needy families. Although nearly all counties now assist needy families with food stamps rather than Federally donated foods, there are some areas which still operate the Food Distribution Program. Currently, the program serves needy households on 27 Indian reservations in 9 States, and in the Trust Territories of the Pacific Islands. In November 1978, nearly 1.4 million people were receiving foods valued at nearly \$76 million. Over half of these people were children.

Learning About Food

Anyone who works with children knows how easily their imaginations and curiosity are stimulated, and how eagerly they learn.

In recent years, as people have become more and more aware of the importance of diet to health, there's been increasing interest in teaching children about food. Food patterns begin early in life, the reasoning goes, so doesn't it make sense to give children a head start toward good health by teaching them how to make wise food choices?

In schools, child care centers, and recreation facilities, people can find ways to make learning about food interesting, active and fun for kids. Tasting parties . . . cooking demonstrations . . . art and music projects . . . nutrition plays . . . international holiday dinners . . . menu writing contests . . . the list goes on.

Many ways to learn

"Nutrition" doesn't have to be a separate subject—it can be taught along with others, like math, history or science. And learning about nutrition doesn't have to be confined to the classroom. Field trips to farms, grocery stores, buying co-ops and warehouses can supplement what children learn at school. The school lunchroom can be an excellent learning laboratory.

Parents can take part in many ways. Parents in East Aurora, New York, for example, visit classrooms and give "nutrition demonstrations" using foods, posters, and other materials they've brought from home. Parents can offer suggestions for field trips and other activities, and volunteer to help.

In West Virginia, children's interest was sparked when their parents helped out with a nutrition education project sponsored by the State Department of Education. Parents assisted in the lunchroom, took part in



classroom tasting parties, and helped children put on a "nutrition play."

Funds are available

Federal funds are available for a variety of nutrition education projects. Child nutrition legislation authorizes the Department of Agriculture to distribute funds for nutrition education through grants to State education agencies.

A new law, Public Law 95-166, makes Federal funds for nutrition education available on an unprecedented scale, allocating a total of \$26 million for States to use in:

- Providing training in nutrition to teachers and school food service personnel.

- Providing management training to school food service personnel.

- Developing nutrition education activities for children in schools and child care centers.

- Developing and using education materials and curricula.

In some States and communities, projects are already planned or underway. For example, Arkansas has developed a series of six 30-minute television programs dealing with snack foods. The District of Columbia is working to integrate nutrition education and school lunch, with pilot projects involving grades 4 through 6.

Section 18 of the Child Nutrition Act provides funds for conducting experimental or demonstration projects to teach children about nutrition and

its relation to human health. Examples include an Arizona project which involves sixth graders in designing nutrition lessons for younger students. Another, in Minnesota, will develop a model for child care centers interested in using the Child Care Food Program as a teaching tool. Finally, a Tennessee project will explore approaches to teaching mentally retarded and developmentally disabled children.

For more information on nutrition education and training contact your State education agency. □

Nutrition Education Materials for Children and Adults

The Department of Agriculture has a number of publications of interest to children and teachers.

Available this fall will be the Department's Yearbook for 1979, targeted especially to preteenage children, in grades 4 through 7. The topic is food: history; facts; insight into production and nutrition; consumer information, such as how to shop for food and read labels; recipes, games, and crafts involving foods.

Currently available are the materials listed below, with information on how to order.

Single copies of the following are available free from the Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250. Bulk copies may be purchased from the Government Printing Office. To purchase copies, send a check or money order, payable to the Superintendent of Documents, Government Printing Office, Washington, D.C.

Fun With Good Foods, Program Aid 1204 (GPO Stock No. 001-000-03868-1, \$1.90). Activities designed to stimulate children's interest in learning about food and nutrition. For 4- to 7-year-olds, the pamphlet includes some activities which may require some help from an adult.

The 4 Food Groups for Better Meals Game, FNS-122 (GPO Stock No. 001-024-00194-5, \$5.00). A Bingo-type game for all ages.

Ice Breakers: Nutrition Education Paper-Pencil Games, FNS-120 (GPO Stock No. 0001-024-00209-7, \$1.00). Prepared especially for use at school food service training workshops, nutrition education classes, and community health meetings. The games are suitable for junior high and high school students.

Several publications are available free from the Department of Agriculture's Office of Governmental and Public Affairs. Write to: Special Reports Division, Office of Governmental and Public Affairs, U.S. Department of Agriculture, Washington, D.C. 20250.

Good Food News For Kids. A series of leaflets for grades 3-5.

The Thing the Professor Forgot, a read-to-me poem on nutrition for preschool through third grade. Single copies of both of the above are also available from the Consumer Information Center, Pueblo, Colorado 81009.

The Great American Farm, an activity program for grades 4-6, specifically designed for teachers. It features a wall chart and spirit masters for reproduction of the activity sheets. Single free copies are also available to teachers from The Great American Farm, Box 385, Vandalia, Ohio 45377.

People On the Farm Series. For high school through adult. Glimpses of life and food production on different types of farms: **Raising Beef Cattle, Corn and Hog Farming, Broiler Growers, Growing Oranges, and Dairying**, with others to come.

Single free copies of the following may be ordered from the Food Safety and Quality Service, U.S. Department of Agriculture, Washington, D.C. 20250. Where a price is given, bulk orders may be purchased from the Government Printing Office, Washington, D.C. 20420.

Como Comprar Comestibles—How to Buy Food, Program Aid 976 (GPO Stock No. 001-000-01416-1, \$.80). A teaching aid, in Spanish and English, designed for family economics and consumer education courses. **How to Buy Food**, (GPO Stock No. 001-000-03615-7, \$1.90/1 set). A set of six color posters on how to buy dairy products, poultry, eggs, fresh fruits, and vegetables. Also explains USDA grades.

How to Buy Food, Lesson Aids for Teachers, Agriculture Handbook No. 443 (GPO Stock No. 001-000-03456-1, \$1.30).

Food Safety. A series of leaflets, including: **Safe Brown Bag Lunches; Food Safety for the Family; Summertime Food Safety; Holiday Food Safety; and Food-Borne Bacterial Poisoning**.

Let's take a look at our children...



The International Year of the Child has generated enormous support across the country from organizations of all kinds. And hundreds of non-governmental associations have pledged their efforts toward eight issues identified by the National IYC Commission:

Child nurturing in the family and community

Health

Education

Juvenile justice

Recreation—play and arts for child development

Fostering equal opportunity and cultural diversity

Impact of media on children

Children around the world

The National Commission has asked the Governors of all 50 States

to form State IYC offices to examine children's problems on the local level and provide guidance in local efforts.

Why, one might ask, single out children? There will always (we hope!) be children, and there will always be those who love and nurture them from day to day. But there is not always a focused awareness on any one particular issue. And, as community organizers know, attention is half the battle won.

The International Year of the Child has given us a golden opportunity to kindle that attention into action. So let's take a look at our children—they have a small voice, a large possibility, but just once to pass this way.

by Chris Kocsis

FNS Regional Offices

New England Regional Office

Food and Nutrition Service
U.S. Department of Agriculture
33 North Avenue
Burlington, Mass. 01803
Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont

Mid-Atlantic Regional Office

Food and Nutrition Service
U.S. Department of Agriculture
One Vahlsing Center
Robbinsville, N.J. 08691
Delaware, Maryland, New Jersey, New York, Pennsylvania, Washington, D.C., Virginia, West Virginia, Puerto Rico, Virgin Islands

Southeast Regional Office

Food and Nutrition Service
U.S. Department of Agriculture
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THIRD CLASS BLK. RT.
PERMIT NUMBER .005-5

Published six times a year by the
Food and Nutrition Service, U.S.
Department of Agriculture, Wash-
ington, D.C. 20250.

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Secretary of Agriculture

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Yearly subscription: \$4.00 domestic,
\$5.00 foreign. Single copies 70 cents
each. Subscription orders should be
sent to the Superintendent of Docu-
ments, Government Printing Office,
Washington, D.C. 20402.

The Secretary of Agriculture has de-
termined that the publication of this
periodical is necessary in the trans-
action of the public business required
by law of this Department. The use of
funds for printing this publication has
been approved by the Director of the
Office of Management and Budget
through September 1979.

Prints of photos may be obtained
from Photo Library, U.S. Department
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20250.

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