



FOOD FOR FAMILIES — Mrs. Nellie Proctor, food distributor gets food boxed and ready for family needing items to supplement store purchased items.



FOOD DISTRIBUTORS — Mrs. Nellie Proctor, left, and Mrs. Robert Roberts are commodity food distributors for Perquimans County. Mrs. Wallace Morgan is supervisor of the food distribution program in the county. For March 803 persons were distributed commodities through the social services department. Through the health department 202 persons, including pregnant mothers and children to five-year-of age were served. During March 43,640 pounds of food were distributed in Perquimans County.

Commodities Are Falling Short

North Carolina will receive about \$2.8 million of the \$70.8 million in cash payments that the U.S. Department of Agriculture (USDA) will make to the states because current estimates indicate that deliveries of commodities for school services use will fall short of amounts programmed for the current year, Russell H. James, administrator of the Southeastern region of USDA's Food and Nutrition Service reports.

President Nixon on Friday gave his approval to Public Law 93-13, providing for these payments. Under this legislation, a total of \$70,809,000 will be paid by April 15 to state educational agencies for use in school lunch and breakfast programs.

USDA foods available for distribution to these programs have been limited this year by marketing conditions. To compensate for this shortfall, USDA's Food and Nutrition Service plans to pay the states the difference between the value of foods programmed for

delivery by June 30, and the value of the foods currently expected to be delivered by that date.

The portion of the \$70 million that is distributed to each state educational agency will be based on the ratio of school lunches and breakfasts served in that state in 1972, to the number of such meals served in all states that year.

State educational agencies are to distribute these funds promptly and equitably, and should try to pre-notify all participating schools of the amount they will receive. Funds made available to a school under this law are to be over and above the cash assistance provided under the National School Lunch Program and School Breakfast Program.

Most of the foods donated for school feeding programs are acquired by USDA under price-support and surplus-removal programs, and the strong commercial demand for food has reduced the need for Government purchases. Thus, the volume and value of foods available for donation to school feeding



Ladies Demonstrate Use Of Donated Foods

programs this school year has been less than was estimated earlier in the year.

Donated foods usually represent about 20 per cent of the value of all foods used by schools. The rest is purchased locally by the schools, financed in part by federal cash assistance payments. Because schools were unable to anticipate and adjust for this decline in commodity assistance, Public Law 98-13 provides for a one-time distribution of cash funds to be used by schools to make food purchases, in local markets.

Women Do Wonders With Donated Foods

Series of eight Donated Food Workshops held with parents of Headstart concluded this week at the Perquimans Office Building with a Show and Tell of different dishes prepared with use of the Donated foods. The workshops were conducted by Mrs. M. B. Taylor, Home Economics Extension Agent. The food items used during the eight weeks were the ones disliked by family members. After attending the workshop, we have found all of the donated foods are being used by the family members of the Headstart participants. The percentage of drinking milk has gone up. The recipes prepared and displayed were as follow: Mrs. Ida Baum, Bake Beans, Potato Salad, Mrs. Anne Vaughn, Health Salad, and Turkey Salad, Mrs. Ida Norman, Ovenless Oakmeal Cookies, Mrs. Julia M. Wiggins, Turkey Salad, Mrs. Celestine Modlin, Skillet Dinner, Mrs. Dora Gallop, Luncheon meat Sausage, Chicken Macaroni Casserole, Mrs. Louise Privett, Fruit Punch, Mrs. Ela Riddick, muffins, Mrs. Annie Morgan, giner bread, Mrs. Willie Riddick, Peanut Butter Prunes Spread Sandwiches.

Other dishes prepared and displayed during eight weeks were: Chicken Macaroni Casserole, Peanut Butter Chews, Turkey Pie, Turkey with Rice and Cheese, Turkey Apple Salad, Calica Shaw, Prosted Oatmeal Cookies, Mexican Green Beans, Quick Mix Biscuits, Upside Down Cake, and Peanut Butter Cookies.

Mrs. Taylor stated that the Donated Food Program is most helpful and beneficial to the low income families within Perquimans County. The families who are taking advantage of the workshops and requesting assistance doing nicely in meal planning. They are serving their families more adequate means than before. It is a good program and hope the homemakers who are receiving the commodities will take advantage of the services available.

Recipes are distributed to participants each month including many of the donated foods. Other foods needed to complete the recipes would add variety to the meals at a very small cost.

During each workshop the parents of the Headstart or guardians were given some Basic Nutrition information. Some of the lessons given were the Basic Four Food Groups, How Food Affects You, You and Your Food,

Why Eat Breakfast, The Key Nutrients, Variety with Vegetables, Weight Control, Vitamin A and C, Foods, Selecting and Buying Foods, and Food Value Stretchers. Mrs. Ida Norman, Fods and Nutrition Leader, and Mrs. Eva Hurdle, Chairman of Home Economics Program of Work, assisted with the workshops. Mrs. Celestine Modlin, Director of Perquimans County

Headstart Program and her assistant, Mrs. Dora Gallop stated that these eight weeks have been most successful. They have observed many behavior changes in the Headstart children. Mrs. Modlin said, it was good to have the two series of food lessons with parents of Headstart and Headstart children, because this enable the parent and the children to help each other.

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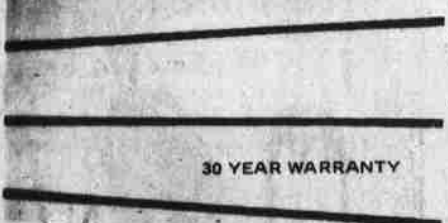
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