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WAR FOOD ADMINISTRATION
Food Distribution Administration
Washington 25, D. C.

January, 1944

To Editors of Children's Publications:

As a writer for children you can appreciate the value of children's cooperation in the food conservation program now under way in a Nation-wide Food Fights for Freedom campaign.

We have selected some material especially appealing to children, and are enclosing with it a leaflet on Facts on Food Waste.

Other suggestions, data and stories will be sent you from time to time. We hope you will find them of use.

1. The first part of the document is a list of names and addresses of the members of the committee.

2. The second part is a list of the names of the members of the committee.

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It's the Little Wastes that make the Big Losses

1. It is estimated that Americans waste more than 380,000,000 pounds of cabbage every year by stripping off the outer leaves and discarding the core. At least half of this waste is edible food. This is enough for the year-round cabbage supply at 30 pounds per capita for the combined populations of New York City and Paris.

2. When we pare potatoes or discard peelings from baked potatoes, we waste at least one-tenth of their bulk and much of their iron and vitamins. On this basis it is estimated that America's 34 million housewives last year wasted more than 24,600,000 bushels of potatoes.

3. It would take 127 Liberty ships to transport the 24,600,000 bushels of potatoes that are pared away and discarded every year.

4. To produce the 24,600,000 bushels of potatoes pared away last year required nearly 13 million man-hours of labor - the labor of 5,000 men working a 48-hour week the year round.

5. It is estimated that 6 to 10 percent of all fresh fruits and vegetables are wasted in retail stores - partly because of customer carelessness. Food wastage in retail stores in 1942 is estimated to have cost 450 million dollars.

6. Waste or loss of half a tomato a week by each of America's 34 million families would add up to more than 32,000,000 gallons of tomato juice a year - enough to float 36 Liberty ships or 6 twenty-thousand-ton aircraft carriers of the Hornet type.

7. Waste or loss of one-half a tomato a week in each of America's 34 million families would make a lake of tomato juice one foot deep covering 28 city blocks.

8. The yearly national loss with a waste of one slice of bread per week in each of America's 34 million families is 118,500,000,000 calories. According to foreign relief diets recommended by nutritionists, this is enough bread to furnish the maximum safe amount of cereal foods including baked goods, for 300,000 people - the population of Athens, Greece.

9. Just one slice of bread wasted each week in each of America's 34 million families amounts to annual waste of more than 100 million loaves.

10. Average Americans buy over 4 pounds of food per person per day. Soldiers require over 5 pounds per person per day.

11. The fighting man in a theater of war eats two-thirds of all his food out of tin cans.

Flashes and Fillers

1. Scrub your potato and eat the skin
or
Sharpen your knife and peel it thin.
2. Potato, potato, run for your life,
Here comes a lady with a very dull knife.
3. Many vegetable and fruit skins
Are rich in minerals and vitamins.
4. "Reach for the brush instead of the knife
Spare my skin and enrich your life."
-Mr. Potato
5. A feast for a king? That's out of date-
Eat what you need and watch your weight.
6. Food not eaten
Is wartime cheatin'.
7. If to gnaw the bone you're tempted,
pick it up;
Fingers shouldn't be exempted
when you sup.
8. Jack Sprat can eat no fat,
His wife can eat no lean.
But in a war we can't do that,
We lick the platter clean.
9. How to hurry the Axis' defeat -
Decline the salad you can't eat!
10. When little Miss Muffet was scared by a spider
She wasted her curds and whey.
Because of the spider
We'd rather not chide her;
But let us throw no food away.
11. A table overloaded
Was long ago outmoded.
12. Food not tasted
Is food often wasted.

13. Eat that apple down to the core
Chewing lettuce is not a chore;
Don't give food to the garbage can,
~~While~~ there's one hungry child, woman or man.

14. We can't all raise the wheat
We can't all bake the bread
But eat we must
That left-over crust

_____ (fill in the last line)

15. Sing a song of six-pence
A pocket full of rye
Four and twenty blackbirds
Baked in a pie.
We'll eat the crust and all the meat
Feathers and bones are a Tojo treat.

16. Be a "Clean Plater,"
Have enough later.

17. "Yes, my darling daughter,
Tip your soup bowl left or right,
But never, never waste a bite."

18. Table Fable

One day all the Foods
went into a huddle to see
what they could do to help
Uncle Sam win the war and
keep his big family in good
shape at home.

Said the Meats to the Beans and Peas,
"The fighters need us."

Said the Beans and Peas to the Greens,
"War workers need us."

The Greens told the Milk and Eggs,
"The folks at home and
the youngsters need us."

Then the Vitamins said:

"THEY ALL NEED ALL OF US;

BUT IF THEY NEED US, WHY DO THEY LEAVE US ON THEIR PLATES?"

"IF THEY USE EVERY BIT OF US -
AND STOP ALL WASTE. -
THERE WILL BE ENOUGH OF US
TO FEED OUR FIGHTING MEN,
TO HELP OUR ALLIES,
AND TO TAKE CARE OF OUR FOLKS AT HOME -
ENOUGH TO GO ALL THE WAY AROUND!"

19. As coats protect you from getting cold
So the skins of fruits and vegetables
Protect you from catching a cold.
- Eat them! -
20. The Army mess hall motto:
TAKE ALL YOU WANT, BUT EAT ALL YOU TAKE!
21. Says the bread crust to the garbage man, "I may be only a
'heel,' but I'm not willing to 'loaf.'"
22. FOOD FIGHTS FOR FREEDOM - Let the scraps get into the scrap!
23. To bring about a brotherhood
We'll do our best to waste no food.
To end this war and start anew
We'll save our food and share with YOU.
24. Let's work toward a "square meal" for everyone:
PRODUCE, CONSERVE, SHARE, PLAY SQUARE.
25. Help to trim America's waste line.
26. Secretary Wickard has said, "The time to conserve food is
while you still have something to conserve."
27. A California restaurant offers patrons 10 percent rebates
on bills if they "lick the platter clean."
28. The skins of fruits and vegetables are the natural armor
which prevents the escape of precious vitamins and minerals.
29. Unless you are sure you can eat all of your dessert don't
start on it.
30. Cafeteria sign: Are your eyes bigger than your stomach?
Select with moderation and waste not a bite.
31. Save the peel - spare the spud.

32. If you can't cut all the meat off the bones, pick them up in your fingers and gnaw. It's no boner now.
33. Join America's most unexclusive club. Dues: One clean plate at every meal.
34. On the food line every man, woman, and child is a soldier.
35. Steal a march on that enemy - FOOD WASTE.
36. Are your meals the "hurry up" kind? Many vegetables and fruits are good to eat without being cooked. Why lose money, time, and food value by peeling and cooking them?
37. Lunch room sign: Are you "patriotic"?
38. Food is the cannon fodder that will win the war.
39. We do not have "food to burn."
40. "Burnt offerings for the Axis" are welcome gifts to Hitler from the persons who carelessly burn food.
41. If it saves food "it is being done"!
42. WASTE NOT - WANT NOT -
43. Are you willing to "try anything once"? Then try today a food new to you.
44. You may sop and scrape
To leave a clean plate
Gravy not eaten
Is wartime cheatin'.
45. It's not polite to urge your guest
To eat more than he asks for;
The chances are his taste knows best
How much his stomach lasts for.
46. Eat your baked potato skin,
Apple-parings, too;
Discarded peelings should be thin,
What's left is yours to chew.
47. Second helpings?
Even thirds!
Dainty servings
Pay returns!

48. Dyspepsia is table borne
The doctors say,
Firm shaking of the head
Keeps pain away.
49. A little sugar well stirred up
Makes tea or coffee better,
Than heaping spoonfuls in the cup
To sweeten the dishwater.
50. Don't be afraid you'll be an old maid
For eating the last on the platter
Throw nothing away is the motto today
For father, son, mother, and datter.
51. Food chewed slowly,
Food chewed long
Digests quickly,
Makes us strong.
52. Your knife and fork
In close cooperation
Make eating lettuce salad
An efficient operation.
53. Don't "oop" your soup
Nor "slurp" it;
For the last drop's also good -
Don't shirk it!

Children Can Save Food

After fixing a snack always put the lids and caps back on peanut butter and jam jars and milk bottles; put the milk and butter back into the refrigerator and the bread into the bread box. If you are at home when the milk is delivered put it into the refrigerator - pronto! If you are responsible for clearing the table resist the temptation to read "just one more chapter" and put all the food away first. Almost all foods keep better if they are covered.

In helping mother prepare food there are a number of simple precautions to take to prevent food waste. Consider first how food is wasted in your kitchen. Most families don't throw away food in large quantities, but by tablespoonfuls, or cupfuls or the scrapings in a pan or bowl or skillet. It's the little leaks that must be guarded against. For instance:

1. Open a cereal box close to the top, using a sharp knife to make a clean edge. Close it when not in use and set it out of the way where it won't get knocked over.
2. Don't wash out the bowl in which the oleo was colored until you have rolled around hot popcorn or peas or potatoes in it to get every "smidgin" of oleo.
3. Scrub the potatoes and carrots and celery just before your mother comes home, or you could pop the potatoes into the oven and then make a salad with apples and carrots that have been washed but not peeled, celery, raisins and mayonnaise.
4. Surprise your mother by grinding up or rolling out that dry bread in the box, so it will be ready for her to use on casseroles or in a meat loaf.
5. When you pack your lunch for school be sure to wrap everything well in oiled paper to keep it moist and good to eat. Much food is wasted at school lunches because sandwiches are unappetizing - the bread is cut too thick, the filling is dry or scanty, or the sandwiches have dried out.

At the table children have many opportunities to save food from going into the garbage can:

1. Ask for or serve yourself with the amount and kind of food you will eat, so there is no plate waste.
2. To say "I don't like it" is impolite, unpatriotic, and short-sighted.
3. Make a hobby of learning to like new foods.
4. Eat the crusts of bread, potato jackets and other vegetable and fruit skins. It's the "latest thing" in table etiquette.

5. If you don't have a dog, you can earn devoted friends by saving for your neighbor's dog any meat bones and scraps.

When shopping there are a few ways children can help the grocer save his food from being wasted:

1. If cans or boxes are piled high on the shelf of a self-serve grocery ask some one to help you. Glass-canned foods are numerous now and the danger of waste from breakage is increased.

2. Look at fruits and vegetables before you pick them up; then in sacking, handle them gently and don't drop any.

3. Tell the grocer not to cut off the beet, turnip and carrot tops. Your mother may want them and the vegetables keep fresh longer if at least 2 or 3 inches of tops are left on.

4. After you leave the grocery, go straight home and put all the groceries away. Food spoils quickly if it isn't stored promptly and correctly.

SUGGESTIONS FOR LOCAL PICTURES OF CHILDREN WHO ARE:

1. Weighing potatoes before and after paring
2. Displaying accumulated food wasted at school lunch
3. Eating an apple or pear to the core
4. Talking to the garbage man and looking at good food that some one threw away
5. Taking the Clean Plate Club Pledge
6. Displaying the best posters on FOOD CONSERVATION
7. Displaying vegetables and fruits whose skins may and should be eaten
8. Pouring coffee grounds or fish bones etc. on potential garden plot
9. Characters in a FOOD CONSERVATION skit
10. Displaying any school exhibits which concern FOOD CONSERVATION
11. Giving their mothers Left-over Recipe Books which the children have compiled
12. Champions of FOOD CONSERVATION because they ate all of their food for a week (or two weeks or a month). Parents may be included in the picture, vouching for the children.
13. Sitting at school lunch table at end of meal - no food is wasted
14. Sitting at home dining-room table on which stands a sign, reading: Reserved for Clean Plate Club members
15. Checking the bread box before opening a new loaf of bread
16. Helping Mother grind or roll dry bread into crumbs
17. Eating the crusts of a sandwich (Caption: "I am helping to win the war by not throwing away the crusts")
18. Scrubbing a carrot (Caption: "If I eat the skins I get more vitamins")
19. Pouring raisins from a paper bag into a glass jar (Caption: "Raisins like it clean and nice safe from roaches, ants, and mice.")
20. Eating the skins of their baked potatoes
21. Squeezing the last drops from grapefruit shells
22. Helping to wrap individual apples or pears for winter storage
23. Picking up fruit or harvesting vegetables that might otherwise have gone to waste.

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