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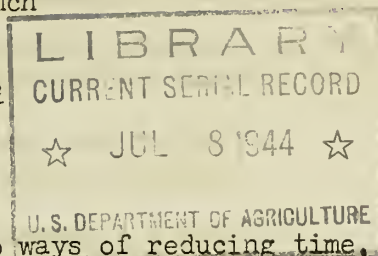
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WAR FOOD ADMINISTRATION
Office of Distribution
Civilian Food Requirements Branch

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Industrial Nutrition Service



Meeting Hot Weather Waves to Reduce Food Waste

Ways of reducing food waste in hot weather are also ways of reducing time, labor, and expense in meal preparation, and of protecting the health.

Here are ten tips:

1. Protect milk from sunlight and heat. A pint of milk can supply approximately one-third of the daily riboflavin requirement of the average moderately active adult, if the milk is kept cold and away from the sunlight. Recent scientific evidence indicates that milk left in sunlight for $1\frac{1}{2}$ hours at 60° to 72° F. can lose 50 percent of the riboflavin, and if left for $3\frac{1}{2}$ hours at the same temperature, it can lose 72 percent of it. There is no loss in riboflavin if milk is kept in the dark at the same temperature.
Pour left-over milk into a covered jar or pitcher.
Turn over unopened cans of evaporated milk about once a month--oftener if stored where temperature is warm. This prevents the product thickening at the bottom of the can.
2. Watch all storage methods. Store fresh fruits and vegetables for short periods only. Wash fresh vegetables and shake off excess water. Do not let them stand in water, or the vitamin values will be reduced. Store vegetables in refrigerator in vegetable tray, hydrator, oiled silk bag, or in a tightly covered pan.
3. Place left-over foods in covered containers in the refrigerator. Use them as soon as possible, preferably within 24 hours after they are cooked. Foods that contain moisture spoil more rapidly than dry foods.
4. Oranges, lemons, and grapefruit should be kept in a cool place and spread out to prevent mold and rot. Handle them gently to prevent bruising.
5. Serve fresh fruit in salad frequently instead of a dessert of pie or cake.
6. Serve fresh raw vegetables in salads or as a relish with meats.
7. When cooking vegetables, save time, food value, and add appetite appeal by reducing the amount of water and cooking time to a minimum.
8. Use cooking liquids and vegetable juices in gravies, soups, sauces, and in the preparation of other foods.
9. Use freshly-cooked vegetables in salads. Reheating vegetables tends to destroy vitamin values.
10. Use beet tops as cooked greens, or chopped raw in salads. Cut crisp parts of outside lettuce and cabbage heads and combine with other vegetables.

Arrange for Milk Protection

The war worker's problem of protecting the doorstep-delivered milk bottles from heat and sun may be solved by one of two ways:

1. Enlist the cooperation of a kind neighbor who will put the milk bottles in her refrigerator until you return from work.
2. Place a covered carton or cardboard container into which the milkman may place the bottles delivered. Line the box with excelsior, shavings straw, strips of newspaper, cotton waste, or rags to provide some insulation.

Plan Meals with Eye and Appetite Appeal

Planning, preparing and serving foods that look good, taste good, and have good food value are especially important in hot weather in order to stimulate appetite.

Plan simple menus that have variety from day to day in the kind of food and the method by which it is prepared.

Prepare food that has appetite appeal by cooking it so that its natural flavor is retained. Bland foods often need piquant seasonings, for example:

- When serving boiled beef, add horseradish sauce.
- When serving baked fish, add lemon sauce.
- When serving macaroni and cheese, add tomato salad.
- Other suggested seasonings are onions, green peppers, celery, or herbs

When serving soft foods as a main course, add contrast by serving a crisp, crunchy one too:

- Example: Codfish cakes with egg sauce, boiled potatoes, scalloped tomatoes, carrot strips; or scalloped oysters, baked potatoes, raw cabbage and tomato salad.

Hot-Weather Meal Suggestions

In the cafeteria, in the home, or in a packed lunch, these are good hot-weather lunches for the worker who is not doing heavy work:

- Vegetable soup, crackers
- American cheese and lettuce sandwich on enriched bread
- Prune and nut sandwich on whole-wheat bread
- Carrot strips
- Fruit tart
- Milk

- Ham sandwich
- Baked bean-loaf sandwich
- Fruit
- Molasses cookies
- Milk

To the Workers in Industrial Food Services

Proper storage and preparation of vegetables and fruits are important hot-weather aids for good meals for good health.

Storage Suggestions

1. Fresh fruits and vegetables should be delivered daily when possible, and stored at temperatures of not over 40 to 45° F. Leafy green vegetables may lose nearly 50 percent of their vitamin C content when stored 24 hours at room temperature. Storage at 40° F. will preserve over 90 percent of vitamin C.
2. Store potatoes in a dry place at 40 to 45° F. When potatoes are stored at room temperature for 1 to 2 months they may lose from 20 to 35 percent in ascorbic acid content.
3. Leftover foods should be chilled promptly after the serving period, stored at 40 to 45° F., and utilized within 24 hours after they are cooked. This is a precaution necessary to control the danger of food poisoning.
4. Reduce to a minimum storage or holding time of fresh fruits and vegetables prior to utilization. If store is necessary, the best conditions are a low temperature (40-45° F.) and dark storage.
5. Meats should be stored at temperature of from 33 to 38° F. in a clean, sanitary refrigerator.

Preparation Suggestions

1. Reduce to a minimum the holding time of vegetables on the steam table. The best practice is to cook several batches on a staggered schedule, and supply them to the serving units every 20 to 30 minutes.
2. Cook vegetables in small amounts of water, and use vegetable juice and cooking water in soups and gravies. Cooking vegetables in an excess amount of water and holding them on steam tables may cause as much as 90 percent loss of ascorbic acid and loss of some of the B vitamins.

Quantity Recipes

SCALLOPED HAM AND POTATOES

<u>Ingredients</u>	<u>Amounts</u>	
	<u>100 portions</u>	<u>500 portions</u>
*Ham, cubed	10 pounds	50 pounds
Sliced raw potatoes	25 pounds	125 pounds
Flour	1 pound	5 pounds
Salt	1 ounce	5 ounces
Pepper	1/2 ounce	2 1/2 ounces
Pork drippings	1 pound	5 pounds
Milk	2 gallons	10 gallons

Size of portion - 8 ounces

1. Put a layer of sliced potatoes in the bottom of oiled baking pans.
 2. Mix the flour, salt, and pepper together, and sprinkle over the potatoes; dot with pork drippings.
 3. Add a layer of cubed ham and pour milk over the top.
 4. Repeat to fill the pans, topping with a layer of potatoes.
 5. Bake in a moderate oven (350° F.) for 1 1/2 hours or until the potatoes are tender and are browned on top.
- * Sliced frankfurters or cubed bologna may be substituted for the ham.

LAMB STEW

<u>Ingredients</u>	<u>Amounts</u>	
	<u>100 portions</u>	<u>500 portions</u>
*Lamb shoulder or breast, boned and cut in 1-inch pieces	25 pounds	125 pounds
Flour	12 ounces	3 pounds 12 ounces
Drippings	1 pound 8 ounces	7 pounds 8 ounces
Water	2 gallons	10 gallons
Salt	4 ounces	1 pound 4 ounces
Potatoes, peeled	10 pounds	50 pounds
Carrots, cut in strips	5 pounds	25 pounds
Onions, quartered	3 pounds	15 pounds
Green peas, shelled	3 pounds	15 pounds
Flour	1 pound	5 pounds
Cold water	1 quart	5 quarts

Size of portion - 8 ounces

1. Dredge the lamb with the flour and brown lightly in the hot drippings. Cover with boiling salted water and simmer for 2 or 3 hours until tender.
 2. Add the vegetables about half an hour before the meat is done and cook until the vegetables are tender.
 3. Thicken the stock with a paste made of the flour and cold water.
- * Veal or beef may be substituted for the lamb.