



## Making Food Go Further

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**WE** know that winter in Europe is going to mean starvation for millions of people, in spite of the help that can be provided by UNRRA and other relief agencies. We are beginning to realise the meaning of the facts revealed at the Hot Springs Conference on Nutrition and Agriculture—"That two-thirds of the people of the world, including many who spend their lives on the land, raising food, have never had enough to eat." "That there has always been widespread malnutrition in all lands, even the most prosperous, and that in many lands there has always been actual hunger, and periodic famines that take the lives of millions." We have been assured that ships can be made available to transport all the food which we can spare. Increased production is, of course, the only permanent solution for these problems, but more economical consumption, in a country such as ours, can make a definite contribution; and, what is more, its effects would begin at once.

**WHAT** are the facts about food waste? Here is one story with a sufficiently obvious moral. A few months ago a group of people decided to try to find some way in which they could make a further contribution to the war effort. As they were all busy people they arranged to meet at luncheon to discuss possible plans. **The amount of food wasted in the preparation and serving of that luncheon was over 1½ lb. for each person present.**

It is probable that on an average every two families in New Zealand could keep an extra person on the food they waste—and that would amount to feeding a city of 200,000 people. The United States estimated that in 1942 they wasted a quantity of food which would have been sufficient to feed their armed forces and

meet their commitments under lend lease. Because of our smaller population in New Zealand our grand total would not be so impressive, but proportionately our food waste is just as great.

Skimping with food is against our dearest traditions, but most families could economise in food consumption in one or more of the following ways without any appearance of skimping. It is essential, however, at the beginning to distinguish between true and false economy. It is false economy, for example, to cut down the use of an essential food like milk. It is true economy to make more use in cooking and in drinks of skim-milk which would otherwise be wasted, and to feed fowls on any scraps which human beings really cannot consume.

### Meal Planning

The basis of economical food use is meal planning, and meals thought out for a day, or, better still, for a week in advance are likely to be better balanced and to make better use of available food than those whipped up on the spur of the moment. Well-planned meals will take account of the foods required by family members and provide them economically. Here is a "yardstick" by which to measure daily meals. It shows the daily quantities required.

**Milk:** Adults 1 pint, children 1½ pints.

**Eggs:** 3 or 4 times per week if supplies are available.

**Meat:** 1 serving.

**Cheese:** 1oz.

**Vegetables:** 2 servings, 1 green or yellow.

**Fruit and tomatoes:** 2 servings, 1 a good source of vitamin C.

**Potatoes:** 1 or more servings.

**Fats—butter if possible:** 1 to 2oz.

**Bread and cereal:** At least half the amount eaten to be in enriched or whole grain form.

**Sugar, fat, etc.:** To satisfy appetite.

**Source of vitamin D:** Sunlight or fish liver oil.

If eggs are not available, use more cheese and dried legumes (peas, beans, and lentils).

Further details of meal planning will be published in later "Journals," and there are excellent menus in the Health Department's booklet on "Good Nutrition."

### Judge Amounts Carefully

Careful judgment of quantities when preparing and serving food helps to