

# FOOD-FOR-FAMINE PROGRAM

## How Oregon Rural Families Can Cooperate

*"Help a Little and Save a Life"*

### The Four Point Program

- 1. **REDUCE** the use of bread and other foods by 40 per cent; fats and oils by 20 per cent. Stop waste.
- 2. **PLANT** home and 4-H club gardens on a wartime basis.
- 3. **CONSERVE** by canning, freezing, storing, and drying enough locally available food for the family.
- 4. **GROW** and harvest all food and feed products in line with Oregon's 1946 production goals.

For more information of this  
program, contact the Extension Service prior to

APR 20 1946

Oregon State System of Higher Education  
Federal Cooperative Extension Service  
Oregon State College  
Corvallis, Oregon

## MILLIONS IN OTHER LANDS THREAT- ENED WITH STARVATION

"Hunger, disease, infant mortality—these are the stuff of which today's reports from overseas are made.

"New ration cuts are announced and new famine areas reported almost daily. Practically every country . . . has filed a plea for food with the Combined Food Board.

"In the wake of famine, stalks its inevitable companion, disease. . . . Children are the greatest sufferers. Only a relatively mild winter has saved thousands from illness and death."  
—*New York Times*.

\* \* \*

"UNRA officials, checking on the food supply situation in a small and isolated Yugoslav town were met by the elders who at first seemed to indicate by their silence and resignation that all was well. Finally one of the bearded oldsters stolidly said, 'We aren't so bad off here—why, our children eat every other day'."—*From UNRA files*.

\* \* \*

## WORLD FOOD FACTS

More people in Europe and Asia are hungry today than at any time during the war. Unless we in the United States send food abroad, millions will die of starvation before the next harvest. The reason: war exhaustion of agriculture and drought.

World food production this past year was down 12 per cent below prewar levels.

Food production in Europe was 20 per cent below normal.

Grain crops in many areas were only half the size expected.

North Africa, long one of Europe's "bread baskets," had the worst crop failure in 85 years.

The United States has adequate food beyond what must be shipped to meet the needs of the starving. Even if every possible pound of wheat and fats are sent abroad during this emergency period, the quantity of food remaining in our country still will be greater than at any prewar period.

\* \* \*

## OREGON FOOD-FOR-FAMINE GOAL

Oregon citizens are asked to make a voluntary sacrifice of 40 per cent of their normal use of wheat products and 20 per cent of fats and oils during this famine emergency. Food saved will be shipped to starving millions abroad.

## HOW RURAL HOMES CAN HELP

Farm families produce more of their own food and bake more of their own bread than city families, and they need heavier meals to raise the big crops so badly needed. Even so, there are many times that an extra slice of bread can be saved or a spoonful of fat rescued from the garbage can or sink. Just such little savings by each one here will save lives over there.

Perhaps from these suggestions you can find specific ways you can help:

*Use 40 per cent less wheat flour and 20 per cent less fats. Guard what flour you have from insects.*

*Use other than wheat for breakfast cereals.*

*Use less bread and more potatoes; they contain many of the same food values.*

*Serve fewer fried foods to save fat.*

*Serve an extra vegetable for lunch and dinner.*

*Go easy on oils in salad dressings—boiled dressings can be substituted.*

*Use up stored foods.*

*Use more fruits for desserts instead of cakes and other pastries made with flour.*

*If you make pies, make them open faced to save the extra flour and shortening.*

*Prevent waste of bread. Estimates are that one slice out of every loaf, or about 5 per cent, is wasted.*

*Reducing household use of fats and oils and saving used fats for salvage are both needed.*

Rural homemakers have set a record throughout the country in the amount of waste fats they have turned in for salvage. THE NEED FOR WASTE FATS IS STILL GREAT.

## HOW FARM PRODUCTION HELPS

The greatest contribution to famine relief, farm families can make, is to adjust production so as to produce and harvest the food and feed products most needed this year. These are expressed in Oregon's 1946 crop and livestock goals.

Wheat is the most needed crop this year. Oregon harvested more than 900,000 acres of it in 1945 and will grow more this year.

Normally Oregon feeds lots of wheat to livestock. It is good feed as well as good food. But this year

every bushel saved means an extra bushel for human food. How can that be done without permanent damage to the livestock and poultry industry? Here are a few ideas; perhaps you can think of more:

*Grow better pasture to provide high protein green feed for both livestock and poultry.*

*In some parts of the state put up grass and legume silage. This saves grain and hay and avoids the loss from a rain-spoiled early hay crop.*

*Reduce poultry and turkey production in line with Oregon's goals.*

*Market hogs and cattle as soon as ready.*

*Use good equipment to avoid waste of grain in feeding.*

*Substitute other feeds for wheat whenever possible during this emergency.*

## HOME GARDENS HELP TOO

Oregon farm gardens have been among the best in the country. This is a year to keep them that way. Four-H club members have raised "food to feed a fighter." This year they can raise gardens to help save young people in other lands.

Canning, freezing, storing and drying food from the garden and orchard is just as important as raising it. Every pound of home food "put up" this year means another pound of commercially processed food freed for use elsewhere.

The objective of farm gardens—sufficient vegetables for fresh use and for freezing and canning to meet the family requirement for good nutrition and health.

The following suggestions are listed as means of reaching the objective:

*A garden on every farm.*

*A garden for every city and non-farm rural home where suitable land is available.*

*Better-planned gardens in 1946.*

*Every 4-H youth who has land and facilities should grow a garden.*