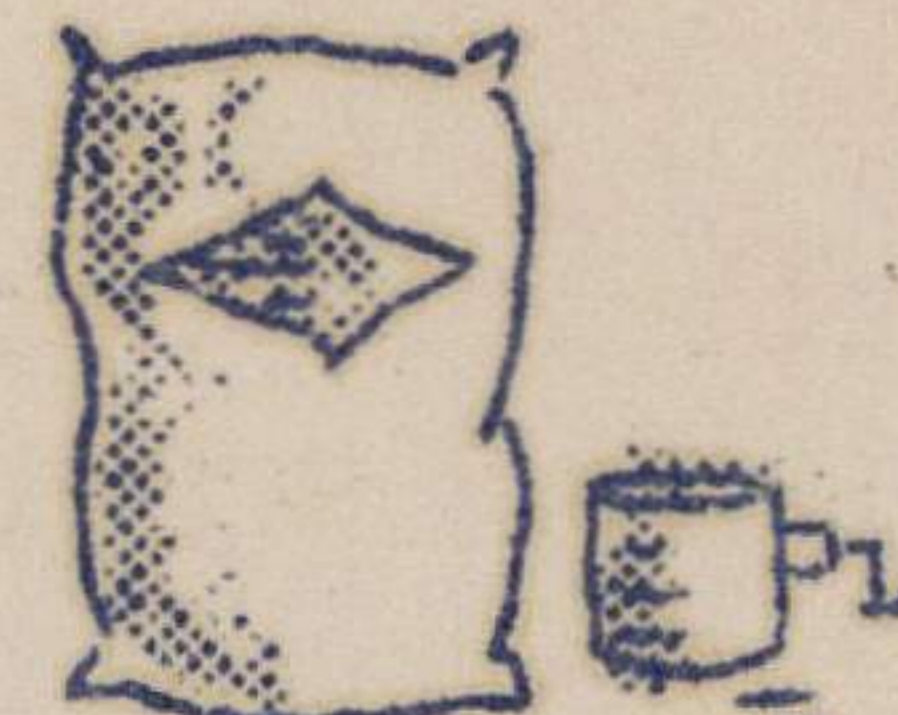
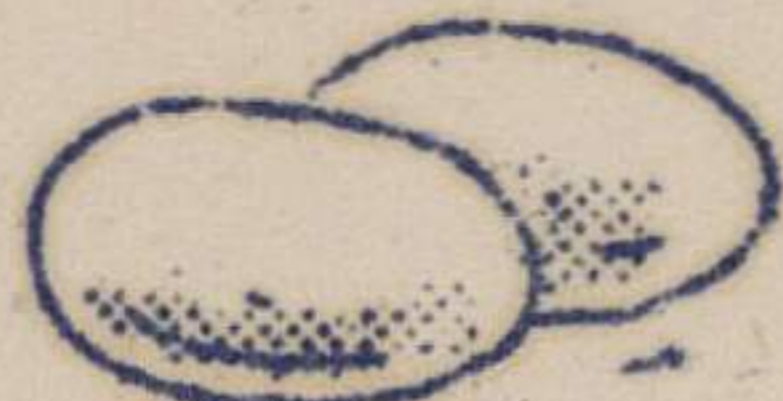
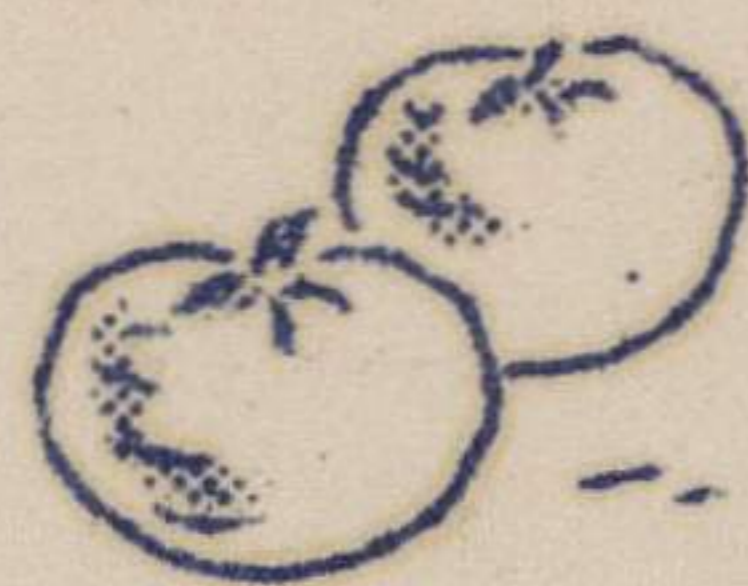


FOOD FOR FITNESS



To Leaders and Program Chairmen of Organizations:

The defense program of our nation has placed a responsibility upon all of us. For strength of a nation is dependent upon health, morale, and social well-being of the people in the communities.

Good food to build strong bodies is one of the first lines of defense for American homes. This is the great responsibility of the homemakers of today.

Plan of Action

1. Arrange a discussion group. Assign different phases of the problem to members of the group.
2. Before the discussion, ask the group members to collect information about the local nutrition situation.
3. The school nurses, doctors, dentists, home demonstration agents, or others might be invited to participate in the discussion.
4. Ask someone to be prepared to summarize the discussion.
5. Points listed under the discussion questions in this leaflet are intended to serve only as a starting point for the discussion.
6. The food selection score card is intended to be used as a means for members to check the adequateness of their diets.
7. Summarize the discussion.

