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A Student's Experiences and Observations in Public Health Nutrition with the Florida State Board of Health

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To the Graduate Council:

I am submitting herewith a thesis written by Maria Luisa Lopez Maldonado entitled "A Student's Experiences and Observations in Public Health Nutrition with the Florida State Board of Health." I have examined the final electronic copy of this thesis for form and content and recommend that it be accepted in partial fulfillment of the requirements for the degree of Master of Science, with a major in Nutrition.

Beth Duncan, Major Professor

We have read this thesis and recommend its acceptance:

Ruth Buckley, Harold H. Walker

Accepted for the Council:

Carolyn R. Hodges

Vice Provost and Dean of the Graduate School

(Original signatures are on file with official student records.)

THE UNIVERSITY OF TENNESSEE
THE GRADUATE SCHOOL

ABSTRACT OF EDUCATIONAL RESEARCH STUDY COMPLETED

Author of Study Maria Luisa Lopez Maldonado Date July 5, 1960
Title of Study A Student's Experiences and Observations in Public Health Nutrition
with the Florida State Board of Health Course Number 501-2-3
Under direction of what department Nutrition Date Completed July, 1960
Abstract approved by Beth Duncan
(signature of major professor)

Note: The student should consult with his major professor and follow his advice concerning the general format of the abstract. Additional pages, if required, should be 8½ x 11 inches and of quality equivalent to that required in the case of the thesis.

The student spent a 7 weeks' period of field training in Public Health Nutrition with the Florida State Board of Health. Six weeks were spent with the Regional Nutrition Consultant in St. Petersburg and one week was spent with the local nutritionist in the Hillsborough County Health Department in Tampa. The student observed and participated in the nutrition activities at the regional and local level with the official health agency and other agencies.

The objectives of the field training were to give the student (1) an understanding of the organization, functions, and programs of an official health agency; (2) to learn how nutrition is integrated into the total health program; (3) to become aware of the problems and needs in public health; (4) to gain an understanding of the work of a nutrition consultant in conducting the nutrition program as related to public health needs; and (5) to help the student realize or become aware of the challenges in the field of Public Health Nutrition.

Through the field experiences, the student broadened her concept of public health, and observed how the nutrition program is integrated with other health programs. An understanding was gained of the organization, functions, and programs of various health agencies. She has a clearer concept than she had before of the role of nutrition within the organization of the health department and voluntary health agencies.

July 1, 1960

To the Graduate Council:

I am submitting herewith a thesis written by Maria Luisa Lopez Maldonado entitled "A Student's Experiences and Observations in Public Health Nutrition with the Florida State Board of Health." I recommend that it be accepted for nine quarter hours of credit in partial fulfillment of the requirements for the degree of Master of Science, with a major in Nutrition.

Beth Duncan
Major Professor

We have read this thesis
and recommend its acceptance:

Ruth Buckley

Harold H. Walker

Accepted for the Council

Dean of the Graduate School

**A STUDENT'S EXPERIENCES AND OBSERVATIONS IN PUBLIC
HEALTH NUTRITION WITH THE FLORIDA STATE
BOARD OF HEALTH**

**A Thesis
Presented to
the Graduate Council of
The University of Tennessee**

**In Partial Fulfillment
of the Requirements for the Degree
Master of Science**

**by
Maria Luisa Lopes Maldonado
August 1960**

ACKNOWLEDGEMENTS

The student wishes to express sincere appreciation to the nutrition staff of the Florida State Board of Health, for their efforts in making the student's field training a profitable experience. Grateful acknowledgement is expressed to Mrs. May McBath, Regional Nutrition Consultant for Central Florida, and to Miss Marian Marotta, Local Nutritionist of the Hillsborough County Health Department. The student is especially indebted to Miss Beth Duncan, of the Nutrition Department of the University of Tennessee, whose assistance and helpful suggestions were invaluable to her in writing this report. Gratitude is also extended to Dr. Harold H. Walker, Mr. Florence L. MacLeod, and Miss Ruth Buckley, of the Departments of Public Health Education, Nutrition, and Foods and Institutional Management, of the University of Tennessee.

M. L. L. M.

TABLE OF CONTENTS

	PAGE
INTRODUCTION	1
INFORMATION ON THE STATE OF FLORIDA.	3
FLORIDA STATE BOARD OF HEALTH.	5
History.	5
General philosophy and organisation.	6
NUTRITION SERVICES IN THE STATE BOARD OF HEALTH.	8
History.	8
Objectives	9
Organisation	9
General duties and functions	12
Activities	12
Reports.	12
Publicity releases	13
Preparation of educational material.	13
Professional growth and advancement.	14
Coordination of the nutrition services with health department progress.	15
Maternal and child health.	15
School health.	15
Mental health.	16
Chronic diseases	16
Weight control	17
Public health nursing.	17

PAGE

Public health sanitation 18

Research 19

Coordination of the nutrition services with other

agencies 19

Governmental agencies. 19

 Department of Education. 19

 Welfare Department 20

 Crippled Children's Commission 20

Institutions 21

 Community-day nursery schools. 21

 Nursing homes. 23

 Universities and colleges. 23

Voluntary health organizations 24

 Florida Heart Association. 24

Commercial or semi-commercial agencies 24

 Hillsborough Dairy Council 24

 Florida Power Company. 24

NUTRITION SERVICES IN HILLSBOROUGH COUNTY HEALTH DEPARTMENT. 26

EVALUATION 28

BIBLIOGRAPHY 30

APPENDIX 32

INTRODUCTION

This report is based upon the student's experiences and observations during a 7 weeks' period of field training in Public Health Nutrition with the Florida State Board of Health. Six weeks were spent with the Regional Nutrition Consultant in Saint Petersburg, and one week was spent with the local nutritionist in the Hillsborough County Health Department in Tampa. Because it is impossible to grasp the scope of a state, district, and local program in a 7 weeks' period, the information given in this report is necessarily limited.

The main objectives of the field training were: (1) to give the student an understanding of the organization, functions, and programs of an official health agency; (2) to learn how nutrition is integrated into the total public health program; (3) to become aware of the problems and needs in public health; (4) to gain an understanding of the work of a nutrition consultant in conducting the nutrition program as related to public health needs; and (5) to help the student realize or become aware of the challenges in the field of Public Health Nutrition. The over-all goal of the field experience was to supplement the student's academic training and to broaden her concept of Public Health Nutrition.

To help the student accomplish these objectives, the state and district nutritionists planned a program of varied experiences. Several activities were planned with the Pinellas County Health Department in Saint Petersburg. These activities were necessarily limited because the office of the regional nutritionist is located in the Mound Park Hospital.

The student had opportunity to work with some of the local health personnel while working on a special assigned project. Other experiences included field visits to small health departments, voluntary agencies, and school lunchrooms. The student had conferences with the Director of Nutrition Services and observed the local and regional nutritionists teaching nutrition classes.

INFORMATION ON THE STATE OF FLORIDA

Florida, the Sunshine State, is a peninsula located in the southeastern tip of the United States. The State has a total area of 58,666 square miles of which 54,861 are in land and 3,805 in water (Hunt, '50).

The population is growing very rapidly. The most recent estimate by the United States Bureau of the Census is 4,761,000 persons. Since 1950, the gain of new permanent citizens has been 1,990,000 (Florida Development Commission, '60). The present growth rate is believed to be 300,000 persons per year. Of this number, approximately 70,000 represent a natural increase, that is the excess of births over deaths (Florida Development Commission, '60). The weekly gain in population averaged 5,308 persons during the past 4 years (Florida State Chamber of Commerce, '60). Florida's growth means more markets, more opportunities, and an increase in the economy. It also creates problems, especially those of housing and sanitation.

The State leads the entire eastern section of the country in the production of winter fruits and vegetables (Hunt, '50). Corn, peanuts, potatoes, pecans, watermelons, and tung nuts are grown in North Florida. Central Florida is noted for citrus fruits, melons, and berries, while South Florida boasts of winter vegetables and tropical fruits. Although the State produces an abundance of fruits and vegetables dietary surveys made in schools indicate that green leafy vegetables and foods rich in vitamin C are insufficient in the majority of the children's diets.

The fish industry occupies an important place in Florida's economic life. Approximately 75,000 persons are employed in providing

4

and marketing a wide variety of fish as well as shrimp, oysters, and turtles. Fish is consumed frequently because it is readily available.

Florida, like other states, has organizations and agencies interested in the health and well being of the people. Some of these are: The Florida State Board of Health, Florida Nurses' Association, Florida Society for Crippled Children, Florida State Alcoholic Rehabilitation Program, Florida Council for the Blind, Florida Council for Retarded Children, Florida Heart Association, Florida Diabetes Association, Florida Medical Association, and the Florida Dietetic Association.

FLORIDA STATE BOARD OF HEALTH

History

For 16 years before its actual establishment, there were repeated attempts by governors, legislators, and interested individuals to establish a State Board of Health to assure uniform health and sanitary regulations in Florida. In 1873, a legislative bill was introduced to provide an appropriation of \$200.00 for a health program. It was defeated because the amount was considered exorbitant (Florida State Board of Health, '59). Between the years of 1873 and 1887, several attempts were made for the establishment of the State Board of Health, but to no avail. In 1887, twice a plan was introduced in the state legislature, but both plans failed. It was not until a yellow fever epidemic occurred, crippling the economy of Florida, that a concerted effort was made to unify public health regulations (Florida State Board of Health, '59).

In 1888, yellow fever broke out in the southern part of the state and spread rapidly, culminating in a paralyzing epidemic in Jacksonville. In 1889, Governor Francis P. Fleming, called a special session of the legislature to establish the State Board of Health for promotion of controls in case of a repeated epidemic. Approval was also given to a bill providing for a three-member board. Today, the State Board of Health has a 5-member governing board.

In 1931, the legislature passed an act authorizing the establishment of county health departments under the supervision of the state Board of Health. At the present time, there are 66 county health

departments. Because Jacksonville was a focal point geographically and had better transportation facilities at the time of the yellow fever epidemic, Dr. J. Y. Porter, the first State Health Officer, insisted that the offices for the State Board of Health be located in Jacksonville (Florida State Board of Health, '59).

General Philosophy and Organization

The over-all philosophy of the Florida State Board of Health is the prevention of disease, the prolongation of life, and the promotion of physical and mental efficiency through organized community effort.

The governing body of the State Board of Health must be chosen as follows: three physicians, a dentist, and a pharmacist. They are appointed by the Governor. The Governor also appoints the State Health Officer, who is the Executive Secretary of the Board. The governing body serves in an advisory capacity to the operating staff of the State Board of Health.

The Florida State Board of Health (fig. 1) provides services for 66 of the 67 counties in the State. St. Johns County remains as the only county without services, but it is expected that a full time public health unit will be established this year.

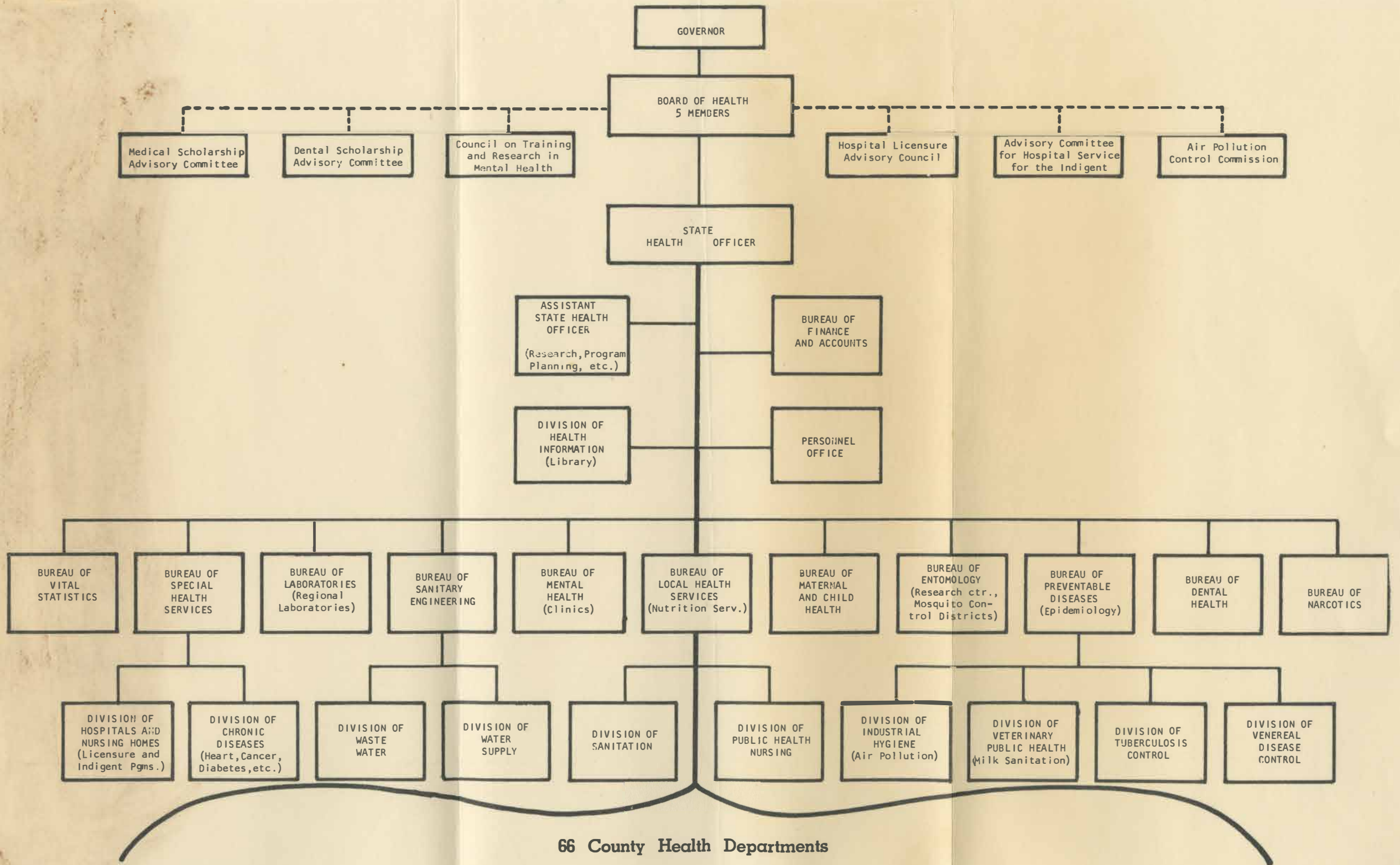


Fig. 1 The organizational chart of the Florida State Board of Health, 1960.

NUTRITION SERVICES IN THE STATE BOARD OF HEALTH

History

The 1941 Annual Report of the Bureau of Maternal and Child Health stated that the position of nutrition consultant remained unfilled because of the necessity for a complete revision of the qualifications of the public health nutritionist (Deaver, '60). The Bureau of Maternal and Child Health, in 1942, reported that the merit system examination was held and a nutritionist was employed. A program was initiated to coordinate the nutrition activities of various public health agencies and to enlarge the nutrition education program for school children and the lay public. In 1946, the State Board of Health authorized the organization of the Division of Nutrition Investigations and Services. The purpose of this division was primarily investigative in character, but included education, demonstration, and consultation services (Deaver, '60). The Divisions of Nutrition Investigations and Services and Diabetes Control were consolidated into the Division of Nutrition and Diabetes Control in 1950. Diabetes and nutrition were separated in 1955. When the Bureau of Special Health Services was organized in 1956, nutrition was organized as a division and placed in this bureau. Another change was made in 1958, when Nutrition Services was placed in the Bureau of Local Health Services. Since nutrition is a service available through the local health units and is integrated into the total public health program, this seems to be the logical place for Nutrition Services in the organization of the Florida State Board of Health (Deaver, '60).

Objectives

The main objectives of the nutrition program are: the promotion of good nutrition practices among the people of Florida; provision of nutrition guidance for the optimum growth of children; nutrition assistance in the maintenance of health in adults; prevention of diseases and disabilities from nutritional causes; control, when possible, of chronic diseases through dietary means; and nutrition consultation in rehabilitation programs where diet is a concern.

Organization

Area nutrition services began in the central office on a request basis. The staff increased as requests became more numerous and needs were recognized. At the present time, the staff consists of a director, 4 regional nutrition consultants, and one nutritionist for the Migrant Project. Hillsborough County Health Department is the only county employing a nutritionist. In July, Volusia County will add a part-time nutritionist to their health department staff. Jacksonville has the only independent city health department in Florida, and is the only city employing a nutritionist. At this time the position is unfilled.

The state is divided into 4 nutrition districts (fig. 2), and the regional nutritionists are assigned to a district. Each nutritionist has her office in a local health department with the exception of the regional nutritionist for the central part of the state. The nutritionists are administratively responsible to the Director of Nutrition

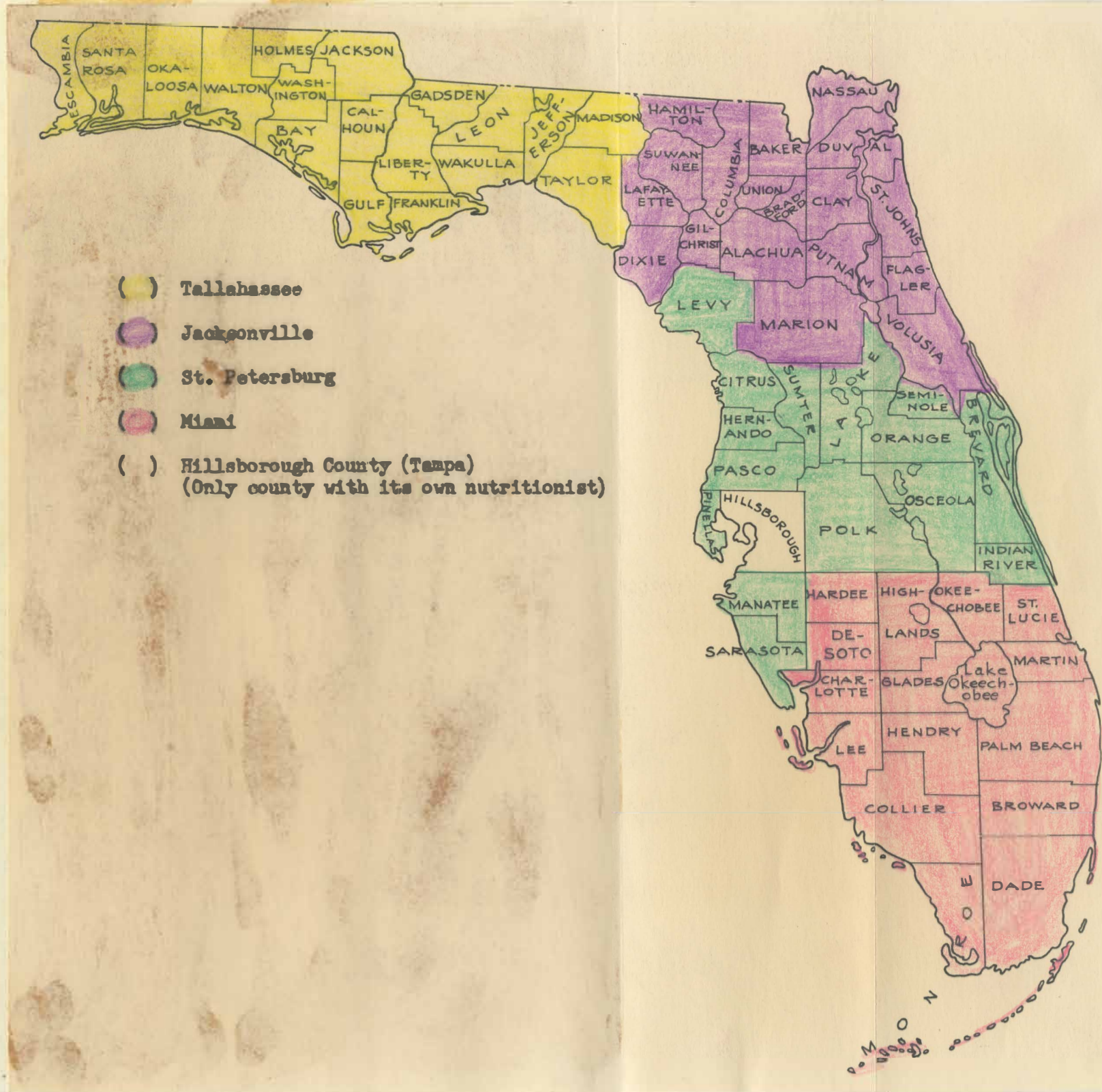


Fig. 2 The four nutrition districts of the Florida Nutrition Services, 1960.

services. The director is administratively responsible to the Director of the Bureau of Local Health Services (fig. 1).

Nutrition services in the districts are rendered upon request and also regular visits are scheduled to each county. The nutritionists plan their visits to the counties with the county health officer and his staff. The nutritionist, whenever possible, also reports to the health department of the county in which she is working. The nutritionists may receive requests directly from health officers, supervising nurses, or sanitarians. School personnel, welfare department personnel, home demonstration agents, or any interested person may also request the services of the nutritionist. The nutritionist at the local level also works on request basis, however, she gives more direct service.

Requests that come specifically to the state office in Jacksonville are filled by the director or referred to the nutritionist in the specific area where the request originated. Cases of illness or leave of absence, requests from one region may be filled by another regional nutritionist.

The nutritionists employed by the state are selected by the merit system. There are three classifications of nutritionists. Minimum qualifications for nutritionist I, II, and III were adopted by the Florida Merit System in 1951 (see Appendix, pages 4-38). There is no position for Nutritionist I in the state at this time.

When employed for a position, the nutritionist is placed on a 6-months' probationary period. During this period she receives the initial salary, and after permanent appointment she receives the next

salary step in the pay range. At the end of each year, she is upgraded in the salary scale until she reaches the maximum pay, provided the step is approved by her director and funds are available. Each nutritionist also receives eleven dollars per diem when she visits a county and must remain overnight, plus ten cents per mile for travel.

General Duties and Functions

Activities

Some of the activities carried on by the nutritionists in order to attain the objectives of the nutrition program are: conducting in-service education in nutrition, providing up-to-date nutrition information to health personnel, cooperating with other agencies' programs, giving individual and group instruction to patients, coordinating nutrition services with the programs in the health department, and providing nutrition consultation on food service to hospitals and other institutions that do not employ trained dietary personnel.

Reports

The Director of the Nutrition Services writes a section of the Annual Report of the Florida State Board of Health. This report is based on a summary of the activities reported by the regional nutritionists. Reports of field trips made by the director are written for the Director of the Bureau of Local Health Services.

Each regional nutritionist writes a report after working in a health department (see Appendix, page 39). Four copies of the report

are made. The report is sent to the Director of the Bureau of Local Health Services, the Director of Nutrition Services, the county health officer, and the nutritionist keeps one for her file. A monthly statistical report is also made and sent to the Director of Nutrition Services (see Appendix, page 40).

The local nutritionist makes a daily and monthly report to the local assistant health officer (see Appendix, pages 41-42). Home visits and referrals are reported on a special form which is attached to the chart of the patient (see Appendix, page 43).

Publicity Releases

Publicity releases are not made routinely. Releases are made through the Bureau of Health Information at the state level, and activities are reported locally through the agencies involved.

Nutrition information is provided to the local health department personnel through the bi-monthly publication Nutrition in a Nutshell. It is not for publicity purposes.

Preparation of Educational Material

Materials to meet the needs of different programs and activities are prepared by the State Board of Health. Each nutritionist may also prepare any material which she thinks will be helpful in her program. Free literature is also obtained from other agencies. Materials and visual aids are not distributed on a wholesale basis. The nutritionists inform those interested on how they may obtain materials. When materials

are made for state-wide use, suggestions are solicited from the state staff and county health department personnel before the materials are made available.

Professional Growth and Advancement

Emphasis is placed on the need for continuous professional growth and advancement. The nutritionist begins her duties after an orientation period which varies from one to two months, depending upon her previous experience.

Meetings are held quarterly for the nutrition staff. Reports from the administrative level, activities, and review of journal articles are emphasized. Other health personnel are invited to the meetings. The Director of Nutrition Services attends the staff meetings held by the State Health Officer.

Each summer, one member of the staff is given the opportunity of attending a workshop. This is on a rotating basis. If the budget permits, each nutritionist is permitted to attend one out-of-state professional meeting per year. The nutritionists routinely attend meetings of the Florida Public Health Association, Florida Dietetic Association, and Florida Home Economics Association. They also participate in many of the professional meetings in their region.

Opportunities for advanced education are also provided. The nutritionist who wishes to complete her Master's or Doctor's degree may apply for the Public Health Traineeship Award or the State Scholarship. If she studies under the State Scholarship, she is required to

work at least two years with the State. Only one nutritionist from the staff may go for advanced studies each year.

Coordination of the Nutrition Services with Health Department Programs

Maternal and Child Health

Some nutrition service is given through the Bureau of Maternal and Child Health. Prenatal clinics are held throughout the State and nutrition is taught to expectant mothers in these clinics. Nutrition information for individuals and groups is usually taught by the public health nurses. Direct service is provided by the nutritionists on a demonstration basis. This service is limited. At the health department in Clearwater, the nutritionist taught a class on child feeding to expectant mothers. The information presented will be used by the nurses as reference material for other classes. The student had the opportunity to attend this class and participate in the discussion.

School Health

Nutritionists are very active in the school health program. The goal in this area is to give nutrition consultation to faculty groups rather than individual teacher assistance. By this method, services can be extended to more communities and nutrition education integrated throughout the school program. Nutrition education is included in lunch-room workshops and Parent-Teacher Association meetings. The student attended a Parent-Teacher Association meeting at Cross Bayou Elementary

School in St. Petersburg. A panel composed of a dentist, a public health nurse, and a nutritionist discussed the importance of dental health, immunizations, and good nutrition.

Mental Health

Nutritionists are beginning to give nutrition consultation in the program for the mentally retarded child. They are giving special attention to the preschool child.

Chronic Diseases

Nutrition is an integral part of the chronic disease program. Many requests for nutrition services are filled which concern one or more of these diseases. Some of the activities performed by the nutritionists in coordination with the chronic disease program are: conducting in-service education for health department personnel, participating in case conferences at geriatric clinics, attending and participating in regional cardiovascular institutes, serving on planning committees for local associations concerned with chronic diseases, participating in programs for senior citizens, and teaching group classes for patients with heart diseases and diabetes.

The student attended the monthly meeting of the Pinellas County Lay Diabetes Society. She also observed and participated in a one-day workshop in Lakeland. The workshop was for patients with heart diseases. Dr. Jere Annis, past president of the Florida Medical Association, discussed heart diseases, and the nutritionist discussed low sodium diets.

After the meeting a low sodium lunch was served. Small discussion groups were formed after the luncheon to discuss individual problems. The dietitians, the nutritionists, and the student were resource consultants for these groups.

Weight Control

The nutritionists do not take the initiative in organizing community weight control programs. They will assist, upon request, with school and community weight reduction clubs. Recently, the regional nutritionist participated in a series of weight control classes in Orlando. The student did not have an opportunity to attend these classes but she did attend an evaluation conference of the course. No specific conclusions were formulated, but the statement was made that some of the participants were successful in losing weight.

The regional nutritionist works with a TOPS Club and a group of overweight girls in Northeast High School in St. Petersburg. The student attended one meeting of the TOPS Club. They weighed themselves and compared the findings with their previous weights. A discussion period followed and individual questions were answered. The student also attended a meeting for the overweight high school girls. The nutritionist talked on the importance of diet as related to weight control.

Public Health Nursing

Much of the nutrition work in the health departments is extended through the nursing staff. The nutritionists have individual conferences

with the nurses, participate in in-service education, provide the nurses with up-to-date educational materials, and conduct group teaching in clinics on a demonstration basis. The nutritionist is often asked to provide information on special diets. The student had the opportunity to plan a diet for a child with celiac disease. The request came from a nurse in the Pinellas County Health Department. The student also visited one home with a nurse and attended one immunization clinic.

Public Health Sanitation

The nutritionists work with the sanitarians especially in the areas of nursing homes and nursery schools. The sanitation division serves as a source of information on rules and regulations concerning food service. The nutritionist consults with the sanitarian, if sanitation is involved, before any change in food service is made. The student had an opportunity to work in the nursery school with a sanitarian from the Pinellas County Health Department. Field trips were also made with three sanitarians. Visits were made to a dairy farm, a dairy plant, a drive-in restaurant, a motel, trailer parks, and a slum area in St. Petersburg. The sanitarians did not perform regular inspections on these trips. The student was informed on the services which are given during regular inspections. The Director of the Sanitation Division and a sanitary engineer discussed the organization of the sanitation division of the Pinellas County Health Department with the student.

Research

A comprehensive public health research study of the aged began in 1958 in the Pinellas County Health Department. The study is sponsored by the National Institutes of Health, the Florida State Board of Health, and the Pinellas County Health Department. The major aim of this research study is to obtain information which can be used to plan, evaluate, and describe a public health program which will help to meet the health needs of the aged. The nutritionist is not a member of the research team. It is hoped that the nutritionist will be included when the service program begins in the health department. The student attended a meeting of the Community Advisory Committee on Gerontology. The group discussed progress reports of the research study and plans for a physical evaluation clinic.

Coordination of the Nutrition Services with Other Agencies

Nutrition services are not limited to the programs in the health department. Effort is made to coordinate nutrition services with programs of other agencies which are directly or indirectly related to the health of the people.

Governmental Agencies

Department of Education. The school health program is a joint responsibility of the Department of Education and the State Board of

Health. The state nutritionists cooperate with the school lunch staff of the Department of Education. Nutritionists are asked to provide in-service education for lunchroom supervisors, to teach nutrition classes for lunchroom managers, to provide nutrition information for individual managers and supervisors, and to assist with nutrition education in schools that do not have school lunch programs.

The student visited lunchrooms in an elementary school and a senior high school. A type A lunch is served in both the elementary and senior high schools. In Cocoa, the student observed the nutritionist teach a class for lunchroom managers in that area. The student also attended a workshop for lunchroom managers from the parochial schools in St. Petersburg.

Welfare Department. The State Welfare Department requests the services of the nutritionists to provide information on low cost and special diets, to provide consultation on menu planning and food service to institutions which are supervised by the Welfare Department, to participate in in-service education to welfare personnel, and to prepare educational materials on food budgeting. The student did not have an opportunity to work with the welfare department personnel. She did attend a meeting of the Community Coordinating Health Committee of the Welfare Department. The committee discussed the problem of juvenile delinquency.

Crippled Children's Commission. The Crippled Children's Commission is a separate agency and not a part of the State Board of Health.

Nutritionists give assistance to special cases where nutrition is a major factor. This service is provided through clinic referrals, home visits, or consultation to the nurses. The student attended the orthopedic clinic at the Crippled Children's Hospital in St. Petersburg. She instructed a patient on a low-calorie diet and referred him to the nutritionist in Hillsborough County for further instruction.

Institutions

Community-day nursery schools. Nutritionists work with nursery schools upon request. The Child Care Committee, in St. Petersburg, requested the services of the Regional Nutrition Consultant to help organize the food service for two nursery schools. The nutritionist accepted the request and assigned this special project to the student as a part of her field training.

The nursery schools are financed by the United Fund. Each nursery school has an enrollment of approximately 58 to 60 children and an annual food budget of \$2,300.00. The nurseries are called North and South, which is an indication of the location. The North nursery takes white children and the South nursery is for colored children. The parents pay a minimum fee, which is prorated according to their income. The committee has a limited number of scholarships available for children whose parents cannot afford to pay the fees.

The student began her work in the South nursery. The first step was to observe the over-all food service.

The South nursery opens at 7 o'clock in the morning and closes

at 6 o'clock in the afternoon. Lunch is served at 11 o'clock. A snack of fruit or fruit juice is served at 9 o'clock. In the afternoon a glass of milk is served.

After observing the food service, the student had a meeting with the teachers and the cook. The good points and less desirable points about the food service were discussed. It was agreed that improvement was possible if everybody cooperated. During this discussion it was decided (1) that the teachers would sit at the table with the children, (2) that the youngest children would be served first, and (3) that small bowls would be used to provide extra servings for the children.

Menus were not planned in advance. A set of rotating menus for 11 weeks was written by the student (see Appendix, page 44) and instructions were given to the cook on how to make substitutions. A set of recipes was prepared by the student to help the cook with food preparation. A food serving guide was also prepared which indicates the approximate amounts to serve to different age groups. The head teacher was instructed on food buying and a food buying guide was prepared.

It is recognized that food service for a group of children cannot be operated adequately without necessary attention to sanitation. A sanitarian with the Pinellas County Health Department was asked to make a general inspection and to discuss rules and regulations in relation to food service.

In the North nursery, the head teacher and the cook were not ready for major, suggested changes regarding the food service. They were receptive of minor suggestions. They were serving all the children during

the same lunch period. The student suggested that they serve the youngest group first and then the oldest. They did try the suggestion, and accepted it as a desirable change. The use of small bowls for additional food was suggested and it was well accepted. It is hoped that the rotating menus and the food serving guides now in use at the South nursery will be put into practice by the North nursery.

As a result of this project, it was revealed that the children were not getting any nursing service. The nutritionist and the student visited the Juvenile Welfare Board. This board is responsible for the licensing of nursery schools. The purpose of the visit was to ask the board to request, from the Pinellas County Health Department, nursing service for both nurseries. The request was made and accepted. The student had a conference with each of the public health nurses who will give service to the nurseries. She explained the nutrition work which was started in these nurseries. The Regional Nutrition Consultant and the Diet and Health Chairman of the Child Care Committee will follow-up the work started by the student.

Nursing homes. Visits are made by the nutritionist to nursing homes and homes for the aged upon request. Occasionally, the nutritionist visits the nursing homes with the sanitarian. The student visited one nursing home and the nutritionist discussed a diabetic diet with the nurse in charge.

Universities and colleges. Public Health Nutrition field experiences are offered to graduate nutrition students from several universities. Summer experience is offered for undergraduate nutrition students

from accredited schools of home economics. Nutrition classes are also taught for student nurses. The nutritionist taught a class of student nurses in Saint Petersburg Junior College. The nutritionist discussed child feeding and the student discussed the toxic effects of some vitamins.

Voluntary Health Organizations

Florida Heart Association. The Florida Heart Association and the affiliated county units conduct classes for patients on low sodium diets. The nutritionists are invited to participate in these programs. The student had the opportunity to attend a one-day workshop on low sodium diets in Lakeland. She also visited the Florida Heart Association in Saint Petersburg, and the organization and functions of the Association were explained to the student.

Commercial or Semi-Commercial Agencies

Hillsborough Dairy Council. The Hillsborough Dairy Council is a non-profit educational organization promoting health through a better understanding of dairy foods and their uses. A trained nutritionist and a home economist are employed to conduct the educational program in nutrition and the nutritionists with the State Board of Health work cooperatively with them. The student visited the Dairy Council in Hillsborough County and the program, organization, and objectives of the Dairy Council were explained.

Florida Power Company. Occasionally the nutritionist works with the home agent for the Home Service Division of the Florida Power Company

in conducting nutrition classes and demonstrations. The student did not observe any of these classes, but the home agent explained the purpose of their work.

NUTRITION SERVICES IN HILLSBOROUGH COUNTY HEALTH DEPARTMENT

As stated previously, the Hillsborough County Health Department is the only county employing a nutritionist. She is administratively responsible to the Assistant Health Officer.

Some of the activities of the county nutritionist include: instructing patients on special diets, participating in in-service education for nurses, teaching nutrition classes in prenatal clinics, participating in workshops for school lunchroom personnel, offering field experience in Public Health Nutrition to college students, attending staff meetings, and working with community organizations.

During her field work in Hillsborough County, the student attended or participated in several activities. In one diabetic clinic, she observed the nutritionist teach a class on how to adapt the diabetic diet to the Basic Four food groups and observed the routine of the clinic. In other clinics, the student participated in the instruction of individual patients. The student also visited the Bayside School for Handicapped Children. A Public Health Nutrition student, from the University of North Carolina, taught the Basic Four food groups to the children. The Healthorama Exhibit at the University of Tampa was included in her activities. A nutrition exhibit was prepared by the Nutrition Committee of Hillsborough County. For this exhibit, the nutritionist made a poster showing the Basic Four food groups and other educational materials were put on display. The student also had an opportunity to attend the staff conferences for nurses. After a discussion of administrative business,

a review was given of the Nursing Outlook journal. During the afternoon session, a panel composed of a banker, a lawyer, and an insurance salesman discussed what to do before and after becoming a widow. They discussed the following topics: (1) the importance of making a will, (2) the desirability of keeping the will in the bank, and (3) the importance of getting insurance before becoming a widow.

EVALUATION

The 7 weeks spent in field training with the Florida State Board of Health gave the student a valuable experience in Public Health Nutrition. A limited amount of time was spent in observing and participating in the activities of the total nutrition program. Through conferences with the Director of the Nutrition Services the student obtained an increased understanding of the nutrition services at the state level. She also gained some understanding of the over-all program of the Florida State Board of Health.

While working with the Regional Nutrition Consultant, the student had the opportunity to observe how the nutrition program is integrated with other health programs. She gained some understanding of the organizations, functions, and programs of various health agencies, and a clearer concept than she had before of the role of nutrition within the organization of the health department and voluntary health agencies.

By working with the local nutritionist in Hillsborough County Health Department, the student acquired knowledge about the nutrition program at the local level. Since the office of the local nutritionist is located in the health department, the student was able to comprehend, to a limited extent, the working relationship between the members of the staff and how they function together as a health team.

As a result of the field experiences and observations, the student has broadened her concept of public health. She realizes that there are challenges in the field of Public Health Nutrition. Nutrition being a

relatively new program in public health, many people are not ready for nutrition information or teaching. The nutritionist needs to be conscious of this fact and must realize the importance of human relationships in meeting such challenges so that an effective nutrition program can be conducted.

The student profited in many ways by this practical phase of her training program. The experiences gained, through the efforts of the nutrition staff of the Florida State Board of Health, has given her an appreciation of the work to be done and motivated her to want to work as a member of a public health team. She believes the experiences and observations gained throughout the field training will be most helpful in her future work.

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BIBLIOGRAPHY

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APPENDIX

APPENDIX CONTENTS

	Page
Minimum Qualifications for Nutritionist I	34
Minimum Qualifications for Nutritionist II.	35
Minimum Qualifications for Nutritionist III	37
Report of a Field Trip to a Local Health Department	39
Monthly Statistical Report of Nutrition Activities.	40
Local Nutritionist's Daily Report	41
Local Nutritionist's Monthly Report	42
Local Nutritionist's Home Visits and Referrals Report	43
Nursery School Manus for Eleven Weeks	44

MINIMUM QUALIFICATIONS FOR NUTRITIONIST I**DEFINITION**

This is technical work in promoting an educational program in nutrition. Employees in this class assist in developing a nutrition program in a limited area through staff training, individual counseling, and demonstrations in clinics and community programs. Direction is received from a supervising nutritionist and the county health officer regarding work plans and policies.

EXAMPLES OF WORK PERFORMED

Assists in planning and participates in programs of in-service training of public health workers, teachers, food handlers and others concerned with nutrition.

Provides individual counseling on special cases related to dietetics and nutrition at various health department clinics.

Plans and prepares exhibits and conducts classes in food buying, food preparation, and menu planning.

Works with other community agencies in promoting nutrition education programs.

Performs related work as required.

REQUIRED KNOWLEDGES, SKILLS AND ABILITIES

Working knowledge of the principles and practices of dietetics and nutrition, both normal and therapeutic.

Some knowledge of the current developments in public health work as related to nutrition.

Some knowledge of the scope and aspects of public health education and administration.

Working knowledge of community resources and organizations which can be utilized to effect a comprehensive nutrition program.

Ability to establish and maintain effective public contacts.

Ability to teach classes and deliver effective talks.

MINIMUM EXPERIENCE AND TRAINING

(The following represents the minimum experience and training standards which will be used to admit or reject applicants for examinations).

Graduation from a four year college or university with major work in home economics, and one year of approved dietetic internship; or an equivalent combination of training and experience.

SALARY RANGE

\$365.

MINIMUM QUALIFICATIONS FOR NUTRITIONIST II

DEFINITION

This is advanced technical work in promoting an educational program in nutrition.

Employees in this class give advisory and consultative services to county health units in the development of nutrition programs. They assist in staff training, planning publicity, and organizing and developing community health programs. They work with allied professional agencies in the capacity of consultants in nutrition. Direction is received from supervisor regarding policies, but work is performed independently.

EXAMPLES OF WORK PERFORMED

Plans and participates in programs of in-service training of public health workers, teachers, food handlers and other people concerned with nutrition.

Plans and participates in nutrition classes relating to special disease conditions such as heart and diabetes.

Provides nursing and children's homes, small hospitals, school lunchrooms, and industrial plants with advisory nutrition services.

Prepares newspaper articles, radio and television materials, public lectures, pamphlets and bulletins on the subject of nutrition; lectures to professional groups, civic organizations and school groups.

Performs related work as required.

REQUIRED KNOWLEDGES, SKILLS AND ABILITIES

Considerable knowledge of the principles and practices of dietetics and nutrition, both normal and therapeutic.

Considerable knowledge of the current developments in public health work as related to nutrition.

Working knowledge of the scope and aspects of public health education and administration.

Working knowledge of community resources and organizations which can be utilized to effect a comprehensive nutrition program.

Ability to establish and maintain effective public contacts.

Ability to prepare effective educational materials, and to deliver effective talks before a variety of groups.

Ability to develop and conduct an educational program.

MINIMUM EXPERIENCE AND TRAINING

(The following represents the minimum experience and training standards which will be used to admit or reject applicants for examinations).

Graduation from a four-year college or university with major course work in home economics, one year of approved dietetic internship, and two years experience in public health nutrition or in a related food field; or an equivalent combination of experience and training.

SALARY RANGE

\$400-\$500.

2A-57

MINIMUM QUALIFICATIONS FOR NUTRITIONIST III

5313

DEFINITION

This is supervisory technical work in directing a state-wide program of education in nutrition. The employee in this class plans, coordinates, and supervises the nutrition services for the state board of health. Work involves the formulation and interpretation of nutrition policies and programs to state board of health staff, other state agencies, county health department personnel, teachers, and community organizations. Work is performed independently, guided by program objectives and state board of health policies, subject to review by the medical administrative officer.

EXAMPLES OF WORK PERFORMED

Plans, organizes, and directs a state-wide education program in food selection and nutrition.

Directs and participates in public health staff education on nutritional principles, programs and problems.

Provides consultative services to co-workers, county health units, welfare and civic organizations, teachers, school lunch personnel, and the general public.

Prepares, reviews and distributes reports, bulletins and educational materials pertaining to nutrition; reviews and selects films and literature to be purchased.

Performs related work as required.

REQUIRED KNOWLEDGES, SKILLS AND ABILITIES

Thorough knowledge of the principles and practices of dietetics and nutrition, both normal and therapeutic.

Considerable knowledge of the current developments in public health work as related to nutrition.

Considerable knowledge of the scope and aspects of public health education and administration.

Considerable knowledge of community resources and organizations which can be utilized to effect a comprehensive nutrition program.

Ability to establish and maintain effective working relationships with superiors, subordinates, associates and the general public.

Ability to evaluate and prepare effective educational materials and to deliver effective talks before a variety of groups.

Ability to direct a state-wide program of nutrition education.

MINIMUM EXPERIENCE AND TRAINING

(The following represents the minimum experience and training standards which will be used to admit or reject applicant for examinations).

Graduation from a four-year college or university with major course work in home economics, a master's degree in nutrition or public health, and five years experience in public health nutrition or in a related food field; or an equivalent combination of training and experience.

SALARY RANGE

\$450-575.

2A-57

Report of a Field Trip to a Local Health Department

FLORIDA STATE BOARD OF HEALTH

DATE: _____

REPORT OF FIELD TRIP _____ CONSULTANT _____

- Administration
 Nursing
 Clerical
 Sanitation
 Nutrition
 Other

- Request - State
 Request - County
 Follow-up
 Routine

PURPOSE OF VISIT:SUMMARY OF FINDINGS:RECOMMENDATIONS:RESULTS OF FORMER RECOMMENDATIONS:

- Yes No Conference with Health Officer _____ (Signature)
 Yes No Narrative Report Attached

NURSERY SCHOOL MENUS FOR ELEVEN WEEKS

by
 Maria L. Lopes
 Public Health Nutrition Student
 University of Tennessee

FIRST WEEKMonday:

Potato Republic
 Buttered Peas
 Tossed Salad:
 Spinach, Lettuce
 **Buttered Biscuit or
 Cornbread
 Milk
 Caramel Cornstarch Pudding

Tuesday:

Vegetable Soup
 Peanut Butter Sandwich
 Apple Wedge
 Milk
 Soft Molasses Cookies

Wednesday:

Lamb Stev
 Baked Potatoes
 Buttered Green Beans
 **Buttered Biscuit or
 Cornbread
 Milk
 Jellied Bananas

Thursday:

Beef Patty
 Buttered Potatoes
 Carrot Stix
 **Buttered Biscuit or
 Cornbread
 Milk
 Canned Pears

Friday:

Egg Salad
 Celery Stix Stuffed with
 Peanut Butter
 **Buttered Biscuit or
 Cornbread
 Milk
 Canned Peaches

Saturday:

Broiled Liver
 Orits
 Grated Cabbage and Carrot Salad
 with Mayonnaise
 **Buttered Biscuit or Cornbread
 Milk
 Jellied Canned Peaches

**When commodity flour or cornmeal is not available use buttered toast.

Florida State Board of Health
 Jacksonville, Florida - 1960

NURSERY SCHOOL MENUS--SECOND WEEKMonday:

Meatloaf with Gravy
 Buttered Rice
 Carrot Stix
 *Buttered Biscuits or
 Cornbread
 Milk
 Stewed Prunes

Tuesday:

Baked Beans
 Cheese Sandwich
 Celery Stix
 1/2 Banana
 Milk

Wednesday:

Baked Chicken
 Buttered Potatoes
 Buttered Spinach
 Grated Carrot and Raisin
 Salad
 *Buttered Biscuits or
 Cornbread
 Milk
 Applesauce

Thursday:

Macaroni and Cheese*
 Buttered Peas with 1/2 Hard
 Boiled Egg
 Coleslaw
 *Buttered Biscuit or Cornbread
 Milk
 Jellied Bananas

Friday:

Broiled Fish
 Buttered Potatoes
 Buttered Beets
 Celery Stix
 *Buttered Biscuit or Cornbread
 Milk
 Apple Wedge

Saturday:

Bean Casserole
 Buttered Spinach
 Carrot Strips
 *Buttered Biscuit or Cornbread
 Milk
 Canned Pears with Grated Cheese

*When commodity flour or cornmeal is not available use buttered toast.

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NURSERY SCHOOL MENUS--THIRD WEEKMonday:

Toasted Peanut Butter Sandwich
 Buttered Beets
 Pineapple and Cottage Cheese
 Salad
 Cucumber Coins
 Milk
 Fresh Fruit Cup

Tuesday:

Beef Patty
 Mashed Potatoes
 Buttered Green Beans
 Tomato or Lettuce Wedge
 *Buttered Biscuit or Cornbread
 Milk
 Orange Sections

Wednesday:

Creamed Eggs
 Baked Potatoes
 Buttered Turnip Greens
 Celery Stix
 *Buttered Biscuit or Cornbread
 Milk
 Rice Pudding with Raisins

Thursday:

Broiled Liver
 Mashed Potatoes
 Carrot Stix
 *Buttered Biscuit or Cornbread
 Milk
 Soft Molasses Cookies

Friday:

Salmon Loaf
 Buttered Potatoes
 Raw Cauliflower Flowerets
 *Buttered Biscuit or Cornbread
 Milk
 Caramel Cornstarch Pudding

Saturday:

Lamb Stew
 Baked Potatoes
 Carrot Stix
 *Buttered Biscuit or Cornbread
 Milk
 Tapioca Cream

*When commodity flour or cornmeal is not available use buttered toast.

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NURSERY SCHOOL MENUS--FOURTH WEEKMonday:

Chopped Beef with Gravy
 Buttered Rice
 Celery Stix
 *Buttered Biscuit or
 Cornbread
 Milk
 Applesauce

Tuesday:

Baked Chicken
 Buttered Potatoes
 Buttered Peas
 Cabbage Salad
 *Buttered Biscuit or
 Cornbread
 Milk
 Canned Fruit Cocktail

Wednesday:

Creamed Chicken
 Buttered Rice
 Buttered Spinach
 Turnip Strips
 *Buttered Biscuit or
 Cornbread
 Milk
 1/2 Well Ripe Banana

Thursday:

Vegetable Soup
 Peanut Butter Sandwich
 Apple Wedge
 Milk
 Fresh Fruit

Friday:

Scrambled Eggs
 Mashed Potatoes
 Buttered Broccoli
 Celery Stix
 *Buttered Biscuit or Cornbread
 Milk
 Baked Indian Pudding

Saturday:

Cheese Sandwich
 Buttered Beets with Egg Slices
 Turnip Strips
 Milk
 Baked Indian Pudding

*When commodity flour or cornmeal is not available use buttered toast.

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 Jacksonville, Florida--1960.

NURSERY SCHOOL MENUS--FIFTH WEEKMonday:

Roast Lamb
 Buttered Potatoes
 Buttered Peas
 *Buttered Biscuit or Cornbread
 Milk
 Apple Wedge

Tuesday:

Broiled Liver
 Buttered Rice
 Lettuce Wedge
 *Buttered Biscuit or
 Cornbread
 Milk
 Soft Molasses Cookies

Wednesday:

Beef Patty
 Scalloped Potatoes
 Buttered Swiss Chard
 Turnip Strips
 *Buttered Biscuit or Cornbread
 Milk
 Sliced Bananas in Orange
 Juice

Thursday:

Tamale Pie
 Buttered Spinach
 Raw Cauliflower Flowerets
 *Buttered Biscuit (Do not use
 cornbread with this menu.)
 Milk
 Caramel Cornstarch Padding

Friday:

Baked Fish
 Buttered Potatoes
 Buttered Green Beans
 Celery Stix
 *Buttered Biscuit or Cornbread
 Milk
 Jellied Bananas

Saturday:

Creamed Fish
 Baked Potatoes
 Buttered Peas
 Carrot Stix
 *Buttered Biscuit or Cornbread
 Milk
 Stewed Prunes

*When commodity flour or cornmeal is not available use buttered toast.

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NURSEY SCHOOL MENUS--SIXTH WEEKMonday:

Egg Salad
 Buttered Broccoli
 Carrot Stix
 *Buttered Biscuit or
 Cornbread
 Milk
 Rice Padding with Raisins

Tuesday:

Meatloaf
 Buttered Potatoes
 Buttered Swiss Chard
 *Buttered Biscuit or
 Cornbread
 Canned Pears
 Milk

Wednesday:

Beef Stew
 Buttered Turnip Greens
 Celery Stix
 *Buttered Biscuit or
 Cornbread
 Milk
 Soft Molasses Cookies

Thursday:

Peanut Butter Sandwich
 Cheese Stix
 Lettuce and Tomato Salad
 Milk
 Tapioca Cream with Peaches
 on Top

Friday:

Macaroni and Cheese
 Buttered Spinach with Egg
 Slices on Top
 Coleslaw
 *Buttered Biscuit or Cornbread
 Milk
 Canned Peaches

Saturday:

Fruit Plate with Cottage Cheese
 Fresh or Canned Pears
 Well Ripe Bananas
 Chunks of Pineapple
 Celery Stix Stuffed with
 Peanut Butter
 *Buttered Biscuit or Cornbread
 Milk
 Cookies

*When commodity flour or cornmeal is not available use buttered toast.

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NURSERY SCHOOL MENUS--SEVENTH WEEKMonday:

Rice Cheese Casserole
 Buttered Green Beans
 Carrot and Raisin Salad
 *Buttered Biscuit or
 Cornbread
 Milk
 1/2 Well Ripe Banana

Tuesday:

Baked Chicken
 Mashed Potatoes
 Buttered Turnip Greens
 Celery Stix
 *Buttered Biscuit or
 Cornbread
 Milk
 Cookies

Wednesday:

Scalloped Chicken and Noodles
 Buttered Broccoli
 *Buttered Biscuit or
 Cornbread
 Milk
 Caramel Cornstarch Pudding

Thursday:

Meatballs in Tomato Sauce
 Buttered Rice
 Raw Cauliflower Flowerets
 *Buttered Biscuit or
 Cornbread
 Milk
 Fresh Peach

Friday:

Easy Tuna Bake
 Mashed Squash
 Jellied Celery and Carrot Salad
 *Buttered Biscuit or Cornbread
 Milk
 Rice Pudding with Raisins

Saturday:

Potato Republic
 Buttered Beets
 Tossed Lettuce (FINGER PIECES)
 *Buttered Biscuit or Cornbread
 Canned Pears with Grated Cheese
 Milk

*When commodity flour or cornmeal is not available use buttered toast.

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NURSERY SCHOOL MENUS--EIGHTH WEEKMonday:

Barbecued Hamburgers
 Mashed Potatoes
 Buttered Peas
 Celery Stix
 *Buttered Biscuit or
 Cornbread
 Milk
 Baked Indian Pudding

Tuesday:

Broiled Liver
 Buttered Rice
 Buttered Spinach
 *Buttered Biscuit or
 Cornbread
 Milk
 Fresh Pear

Wednesday:

Tamale Pie
 Buttered Cauliflower
 Carrot Stix
 *Buttered Biscuit (Do not use
 cornbread with this menu)
 Milk
 Jellied Crushed Pineapple
 with Cottage Cheese

Thursday:

Lamb Stew
 Mashed Potatoes
 Buttered Turnip Greens
 Cabbage Wedge (Finger Pieces)
 *Buttered Biscuit or Cornbread
 Milk
 Soft Molasses Cookies

Friday:

Scrambled Eggs
 Scalloped Potatoes
 Buttered Broccoli
 Turnip Strips
 *Buttered Biscuit or Cornbread
 Milk
 Apple Wedge

Saturday:

Cheese Sandwich
 Potato Salad
 Carrot Stix
 *Buttered Biscuit or Cornbread
 Milk
 Fresh Peach

*When commodity flour or cornmeal is not available use buttered toast.

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NURSERY SCHOOL MENUS--NINTH WEEKMonday:

Chopped Beef with Gravy
 Buttered Rice
 Buttered Squash
 Grated Cabbage and Carrot
 Salad
 *Buttered Biscuit or
 Cornbread
 Milk
 Canned Fruit Cocktail

Tuesday:

Peanut Butter Sandwich
 Mashed Yellow Sweet
 Potatoes
 Celery Stix with Cottage
 Cheese
 Milk
 Baked Custard

Wednesday:

Roast Lamb with Gravy
 Mashed Potatoes
 Buttered Peas
 Tossed Green Salad
 *Buttered Biscuit or
 Cornbread
 Milk
 Fresh Pear

Thursday:

Goulash Casserole
 Buttered Squash
 Turnip Strips
 *Buttered Biscuit or
 Cornbread
 Milk
 Seedless Grapes

Friday:

Salmon Loaf
 Scalloped Potatoes
 Buttered Green Beans
 *Buttered Biscuit or Cornbread
 Jello Cubes

Saturday:

Bean Casserole
 Buttered Cauliflower
 Celery Stix
 *Buttered Biscuit or
 Cornbread
 Milk
 Jellied Seedless Grapes

*When commodity flour or cornmeal is not available use buttered toast.

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NURSERY SCHOOL MENUS--TENTH WEEKMonday:

Corn and Ham Casserole
 Buttered Broccoli
 Carrot Stix
 *Buttered Biscuit (Do not use
 cornbread with this menu)
 Milk
 Caramel Cornstarch Pudding

Tuesday:

Meat Balls in Tomato Sauce
 Buttered Rice
 Buttered Swiss Chard
 *Buttered Biscuit or
 Cornbread
 Milk
 1/2 Well Ripe Banana

Wednesday:

Broiled Liver
 Grits
 Buttered Squash
 Celery Stix
 *Buttered Biscuit or
 Cornbread
 Milk
 Applesauce

Thursday:

Tamale Pie
 Buttered Spinach
 Raw Cauliflower Florets
 *Buttered Biscuit (Do not use
 cornbread with this menu)
 Milk
 Jellied Bananas

Friday:

Broiled Fish
 Buttered Potatoes
 Buttered Turnip Greens
 Coleslaw
 *Buttered Biscuit or
 Cornbread
 Milk
 Stewed Prunes

Saturday:

Creamed Fish
 Baked Potatoes
 Buttered Peas
 Carrot Stix
 Milk
 Stewed Prunes

*When commodity flour or cornmeal is not available use buttered toast.

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NURSERY SCHOOL MENUS--ELEVENTH WEEKMonday:

Macaroni and Cheese
 Buttered Green Beans
 Turnip Strips
 *Buttered Biscuit or
 Cornbread
 Milk
 Tapioca Cream with
 Sliced Peaches on Top

Tuesday:

Barbecued Hamburgers
 Mashed Potatoes
 Celery Stix
 *Buttered Biscuit or
 Cornbread
 Milk
 Seedless Grapes

Wednesday:

Baked Chicken
 Mashed Potatoes
 Buttered Spinach
 *Buttered Biscuit or
 Cornbread
 Applesauce
 Milk

Thursday:

Scalloped Chicken and Noodles
 Buttered Asparagus Tips
 Carrot Stix
 *Buttered Biscuit or
 Cornbread
 Milk
 Fresh Pear

Friday:

Egg Salad
 Buttered Swiss Chard
 Celery Stix Stuffed with
 Peanut Butter
 *Buttered Biscuit or Cornbread
 Milk
 Fresh Peach

Saturday:

Fruit Plate with Cottage Cheese
 Peach, Pears, Bananas
 Carrot and Celery Curls
 *Buttered Biscuit or Cornbread
 Milk
 Jello Cubes

*When commodity flour or cornmeal is not available use buttered toast.

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