

## Nutrition Program Stresses Resources and Initiative

by Isabella Wiltse



Before this project is completed the nutritional aspect will be brought in -- possibly by taking pictures of a party table, or of the four basic foods, or a vegetable garden, etc. There is no end to the possibilities.

The goal of the staff is to educate the youth in nutrition; to improve their physical condition and self-concept of youth through the improved nutrition; and to improve the nutrition of the whole family through these programs with the youth. It may include short term groups, summer programs, one time only contacts, informal leadership or formal structural groups -- whatever fits -- whatever works -- whatever contributes to the ENEP youth program.

According to Miss Davis, the success of these programs will be limited only by the imagination, resourcefulness, initiative and total awareness of the staff and the adult volunteer leaders. The new program will mean that adults, teenagers and young people alike, will be learning while doing -- together. They will learn from each other, and at the same time learn to "do for themselves."

Training for the leaders will be provided by the staff. They will attend organizational meetings, suggest projects, and arrange for outside professionals. Films will be shown and demonstrations to spark interest of the young people.

Some of the suggested projects include home beautification, planting a vegetable garden, helping out at school or at church, how to entertain, and how to buy, prepare and serve foods. The individual project will be up to each group and its leader.

Miss Davis is very enthusiastic about her new program. She says there is very little money to work with so projects will have to be worked out that will cost practically nothing at first. Then, as the club gets rolling, more difficult things may be attempted.

At the present time there are four clubs already formed and working in the Southeast area. A promise of five more are in the offing as leadership is secured.

The first club to select a name is the "Busy Bakers," a group of nine girls.

"Volunteers will be the backbone of our new clubs," says Miss Hazel Davis, program director of the new Urban Youth Clubs now being organized in the Southeast areas of Bakersfield. The program is funded by the University of California through Agricultural Extension Services under the ENEP youth program.

"Without volunteers there can be no clubs," Miss Davis adds. Although she and her two assistants, Mrs. Angelita Chaidez and Mrs. Maria Delina Garza are salaried, there is not enough money for additional paid leadership, according to John Hoyt, Kern County Farm Advisor. He adds his appeal to the one of Miss Davis for volunteer leadership, hoping that many parents (both mothers and/or fathers) and even grandmothers, uncles or aunts, will come forward to help get these new clubs underway.

The program for the Urban Youth Clubs will be based on some phase of nutrition which will bring the young people in focus with better eating habits, improved buying, food preparation and food handling. There will also be a wide range of interesting projects to captivate the interest of all the young people in the area.

At present, Miss Davis has a "Working" arrangement with a professional photographer to talk to one of the newly-organized groups. He will tell them about all phases of the hobby and show them just how it is all done.

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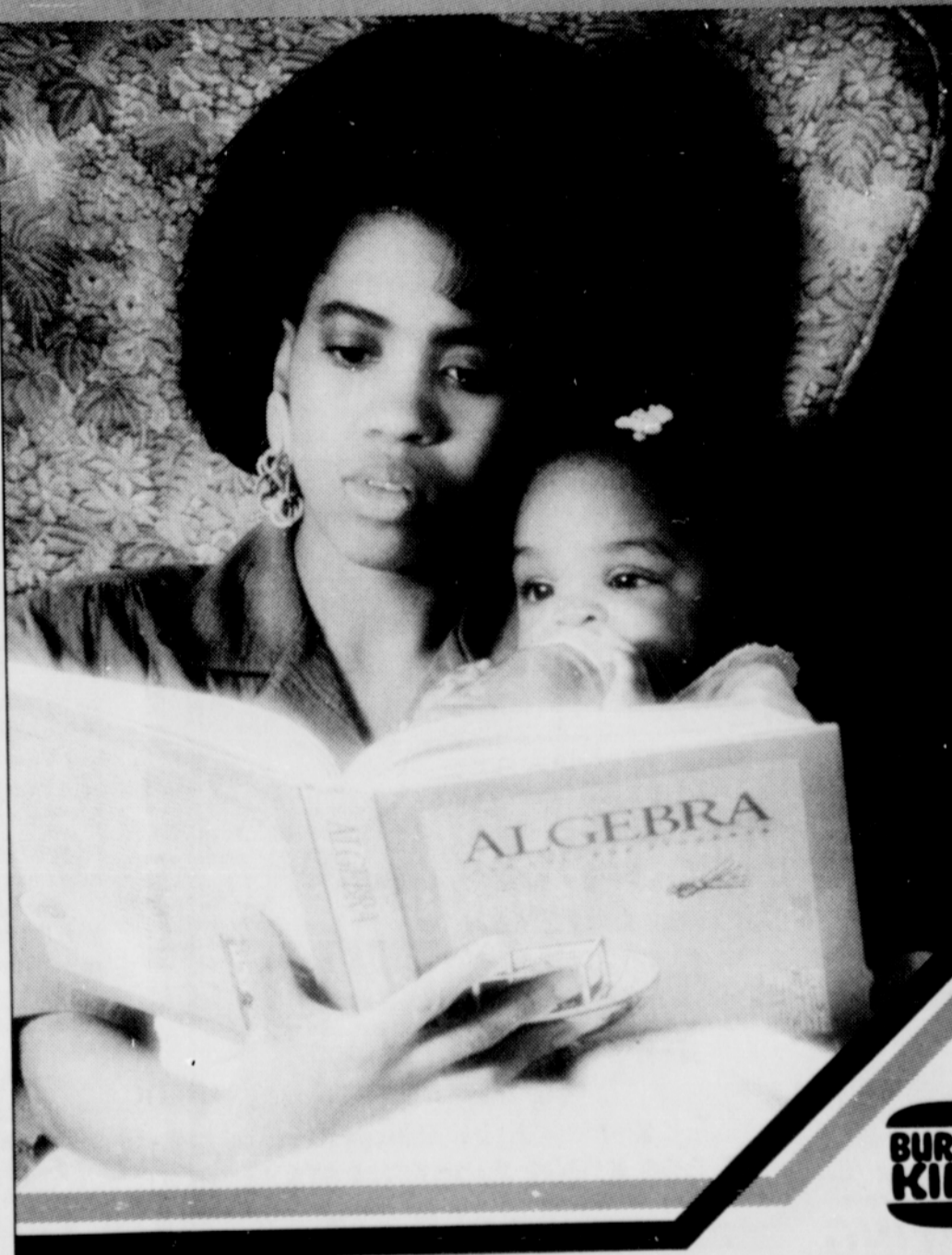
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