

Canadian Food Bulletin

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The Canadian Food Bulletin is published under authority of the Food Controller, for the information of official organizations co-operating in the work of food control, and of other bodies or individuals interested. The information published is carefully prepared to ensure accuracy of all statements so that it may be a permanent and useful record of the work of the Food Control organization in Canada.

EAT THE VEGETABLES AND SAVE THE BREAD.

There are large supplies in Canada of potatoes, carrots, turnips and onions in excess of the amounts normally consumed by the people of this country. These vegetables are all wholesome food and it is a small but necessary war service for the people of the Dominion to increase their consumption of these commodities and to eat less bread, meat and other foods which are so greatly needed overseas. Unless Canadians will use more freely the vegetables of which we have a surplus supply, large stocks will be wasted—and, at a time when there is such need of food in Europe, waste would be nothing short of criminal. Eat more of the vegetables in order to save exportable food for the soldiers and the civilian populations who already know the meaning of food shortage. Potatoes, carrots, turnips and onions may be used in many nourishing and palatable dishes. They supply elements required by the human body and could with advantage be used freely in combination with much smaller quantities of bread, meat and dairy products than are now consumed. They are readily available substitutes for the foods which the Allies need. The duty of the Canadian people to eat more of them and to prevent waste is clear and imperative. Increased consumption in the Dominion of these vegetables would be a contribution towards winning the war. To allow them to be wasted would be to deprive the Allied peoples of food which, if obtained at all, must be saved on this continent. Growers and dealers will be well advised to market their stocks at prices which will encourage consumption. In this way their best interests as well as the National interest will be served.

NO LARGE SURPLUS OF OTHER GRAINS.

This appeal is made because, after allowance for feed required for livestock, Canada has no considerable surplus of any other non-exportable foods which may be used generally as substitutes for wheat, meat and dairy products. There are not sufficient supplies of barley, rye and oats, in excess of requirements for feeding purposes, to make possible the compulsory use generally of flour made from these grains as a partial substitute for wheat in bread-making. This is now evident as a result of a careful survey made throughout Canada by Professor Harcourt, Head of the Department of Chemistry in the Ontario Agricultural College, Guelph. Professor Harcourt has visited all the Provinces in Canada and has conferred with Departments of Agriculture and leading millers and bakers. His reports have been confirmed by conferences between representatives with the Food Controller's Office, the Board of Grain Supervisors of Canada, Wheat Export Company, and millers and others who have made a careful study of the situation.

SUBSTITUTION ALONE IS NOT SUFFICIENT.

The demand from Europe for wheat, in order to provide the minimum required to maintain the physical efficiency of the armies and civilian populations, is such that by the end of Spring there will not be a single pound of wheat or flour on this continent in excess of what will be absolutely required for home consumption. This situation is indeed serious and may well become terrifying unless the people of Canada recognize their individual responsibility to conserve food and the imperative necessity that they eat no more than that they absolutely need. Substitution alone will not save the situation, although substitution should be practised to the greatest possible extent. By rigorous conservation measures, consumption of food has been greatly reduced in all the countries of Europe. The Canadian people, too, must put their eating on a war basis. We must eat less—especially of bread (and all wheat products), meat, sugar and dairy products.

The ability of the Allied nations to continue the war to a successful conclusion depends upon willingness of the people of this continent to make food sacrifices which may become increasingly severe. The economies which the people at home are called upon to make are no less necessary than the sacrifices by the soldiers in the trenches. The efficiency of the Allied military forces will count for little unless the people at home are prepared to give them support by sharing their food resources with the people overseas, and ensuring that the Allied populations be fed until the next harvest.