

# FOOD FACTS



## TO ALL MOTHERS of Green-Ration-Book Children

Every time you see your child's green ration book think of cod liver oil and orange juice! That will help you to remember to get them from the welfare clinic, Food Office or distributing centre, and remind you to give them to your child each day.

### WHY does the healthiest child need cod liver oil and orange juice ?

- (a) Cod liver oil increases a child's resistance to infections, helps to build strong bones and good teeth. It also helps to prevent rickets.
- (b) Orange juice is needed for the child's general health.

### WHERE do I get my cod liver oil and orange juice ?

At your nearest welfare clinic, Food Office, or distributing centre. There are over 10,000 distributing points all over the country where these foods can be obtained. If you don't know where the nearest one is to be found, ask your Food Office.

### HOW OFTEN should cod liver oil & orange juice be given ?

Every single day. Babies should be given cod liver oil after the feed. Start at about one month and, to begin with, give only a few drops two or three times a day. Dilute the orange juice with four to six times as much water and sweeten it with a little sugar, and don't give orange juice mixed with the bottle feed. After a few weeks your child should be having the full amount of cod liver oil and orange juice as directed on the bottles.

### HOW MUCH do cod liver oil and orange juice cost ?

Each bottle of cod liver oil costs 10d. and each bottle of orange juice costs 5d. The bottle of cod liver oil lasts about a month and the bottle of orange juice lasts a fortnight. If you are entitled to free milk you will also get cod liver oil and orange juice free, but you must first apply at the Food Office for free coupons.

### Will my children like cod liver oil and orange juice ?

Very few young children will dislike cod liver oil, provided of course that you don't in any way show that it may taste nasty. Dislike and faddiness come mostly from imitation. In any case, things that are not liked often have to be taken! Orange juice is popular with almost every child.

**THIS IS WEEK 10—THE SECOND WEEK OF RATION PERIOD No. 3 (Sept. 17th to Oct. 14th)**

**THE MINISTRY OF FOOD, LONDON, W.1. FOOD FACTS No. 221**