

Better Meals Away From Home

Institutional Economics Teaches Group
Feeding and Management to Home Ec Girls

By MARY ADELE WOOD

Who's the girl behind the meal before the man? I don't know, but if he is eating away from home I hope she has had good training in Institution Economics.

Institution Economics is sometimes called Hotel or Restaurant Management but since hospitals, schools and factories also serve meals to large groups of people the term institution is used to include all types of organizations. Economics is also an inclusive term used for operation and management, particularly where income and expenditure are considered.

Management Important

Meals take management, for as every good homemaker knows, they do not grow on trees. However, there are some differences in food service at home and in the institution. Families usually have 2 to 10 members, and institutions 50, 100, 500 or more guests.

In large institutions several rooms such as a butcher shop, bake shop, vegetable room and dishwashing room are needed in addition to the main kitchen. At home the number to be served is known and family members eat the same food at the same time. In institutions the number to be served is usually estimated, guests select from a variety of choices which differ in price and in flavor, and the meal is served during a period of from one to three hours.

Since food quality often deteriorates upon standing, this involves holding the food under carefully controlled conditions, or the use of a relay method of cooking. At home the homemaker plans and prepares the meal. In the institution the food manager (with the aid of assistants) checks the refrigerators and storerooms, makes the

menus, does the purchasing, receives the food upon delivery and sees that it is put away.

The manager hires, schedules, teaches and supervises employees who do the cooking, serving, dishwashing and cleaning. She keeps a record of all transactions, makes out a budget, controls cost and prepares reports.

Where do food managers receive their training? Many receive it in universities and colleges. Courses in Institution Economics offered at the University of Arizona in the School of Home Economics are Institution Food Management, Institution Organization and Administration, Buying Food and Equipment for Institutions, and Institution Accounting.

The kitchen is considered a production unit or manufacturing plant, and the dining room a sales room. Layouts are studied with reference to food routing, arrangement of departments for efficiency and the selection of building materials for durability, ease of cleaning and appearance. Upkeep of the plant, cleanliness and sanitation are stressed. The study of public relations and personnel management is essential.

Costs Studied

The cost of a meal is not all food. To determine relative costs the total income is considered 100 per cent. On this basis, for each \$1 income the cost might be: food 50c, labor 30c, utilities 3c, other operating costs (paper supplies, cleaning materials, laundry) 2c, repair and replacement 3c, housing, rent or taxes 7c, depreciation 3c, insurance 1c, profit 1c.

Cost control is very important. At home with a family of five if each meals per person costs 5c too much the loss per day would be 75c or for a period of 30 days \$22.50. In the institution for 500 the loss per day for three meals would be \$75 or for a period of 30 days, \$2,250.



Potatoes for mashing are cooked in a compartment steamer. (Top picture above.)

Students in Institution Food Management study meat in the butcher shop at the University Dining Hall. Mrs. Verla Barbour is indicating where a cut might be made to separate the rump from the round of beef. (Center picture.)

Future managers are trained in food service. (Lower picture.)

(Pictures by Chuck Ackerman)

Planning, preparing food and serving meals to community groups is similar in many respects to institution meal service. Committee plans for these meals need to be carefully made so that each member of each committee will know what is to be done, how it is to be done and when it is to be done. As an aid in planning, records may be kept from previous meals. These should include the date and time of the meal, the price charged, the number served, menu,

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Cutting Costs of Marketing Citrus

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Los Angeles and about 125 in Tucson revealed that the average retail mark-up for fresh grapefruit was comparable to that for more perishable produce (such as apples).

Many leaders in the Desert grapefruit industry believe that the present laboratory maturity standard does not accurately reflect consumer acceptability of grapefruit. A series of taste tests with consumers and a selected taste panel indicated that taste testing, after much more research, might be incorporated in the laws which de-

termine minimum maturity. Then "legally" mature fruit would be more acceptable to consumers.

Agricultural Experiment Station Bulletin 230 outlines the history of acreage, production, utilization, shipments, markets and prices of the Desert grapefruit industry. Also included are the descriptions of the process of harvesting, packing, wholesaling, retailing, and the activities of the industry's marketing committees.

—George W. Barr is Head of the Department of Agricultural Economics.

ARIZONA MELONS

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melon growing conditions in the Imperial Valley. It would seem that sugar beet acreages within melon growing districts create biological conditions unfavorable for healthy melon production.

Honey Dew melons are grown in newly irrigated desert areas because the vines are sensitive to mosaic damage brought on by insect vectors which become more serious in older cultivated areas.

Fertilizer Requirements

The fertilizer requirement for improved melon production in Arizona has not been satisfactorily determined. Some growers do not fertilize melons, especially when following a crop of lettuce. Dr. W. D. Pew, University of Arizona Vegetable Research Farm at Tempe, has initiated field tests with respect to fertilizer, irrigation and spacing requirements of cantaloups. These tests have already indicated favorable responses from applying manure, nitrogen and phosphate.

Irrigations following first picking showed no benefit. Spacing plants six inches apart in the row was favorable. Art Lange of the staff is developing melon leaf diagnosis techniques.

The improvement of Arizona's leading position in the nation's early season melon industry is one of the chief objectives of the University of Arizona agricultural research program.

—Leland Burkhart is Head of the Horticulture Department.

The Newer Insecticides

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Other Controls

It must be emphasized that the use of insecticides represents but one form of insect control. Whenever practical, the use of non-chemical methods, such as the encouragement of natural insect enemies or the use of cultural practices should be followed.

The widespread use of the newer and more effective insecticides has also reduced the numbers of native insect parasites and predators and may also affect the number of pollinating insects present in an area.

Research projects involving the study of the performance of the newer insecticides on crops and insects of importance in Arizona are now being conducted by the Arizona Agricultural Experiment Station and by members of the Bureau of Entomology and Plant Quarantine of the U. S. Department of Agriculture working in the state.

The Arizona Agricultural Experiment Station is now developing new facilities for the preliminary testing of insecticides at the Campbell Avenue Farm north of Tucson. The more promising materials and combinations will be tested further under commercial conditions found in the major agricultural areas of the state.

Current recommendations concerning the use of insecticides on Arizona crops may be obtained from your County Agricultural Agent.

—Laurence A. Carruth is Entomologist and Head of the Department.

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recipes, purchase amounts, duties of committees, and comments.

Additional Information

Additional information for community meals may be obtained from institution books and booklets. Some which would be of assistance in planning community meals are:

1. Cooking for Fifty, by Betty Crocker. General Mills, Inc., Minneapolis, Minnesota. (Price 15c.) This booklet includes recipes, amounts to purchase and suggestions for church suppers.

2. Armour Meats for Quantity Cookery, Buying Guides and Recipes, by Marie Gifford, Director of Food Economics, Armour and Company, Chicago, Illinois. (No charge.)

3. Cooking Meat in Quantity. Department of Home Economics, National Live Stock and Meat Board, 407 South Dearborn Street, Chicago 5, Illinois. (Price 25c.)

4. Large Quantity Bread Recipes, by Clara Gebbard Synder. Wheat Flour Institute, 309 West Jackson Blvd., Chicago, Illinois. (No charge.)

5. Canned Food Recipes for Serving Fifty, and a leaflet, Servings Per Unit for Various Canned Foods in Common Can and Jar Sizes. Home Economics Division, National Canners Association, Washington, D. C. (No charge.)

6. Recipes for Quantity Service. PA-112, June 1950 (Food Service I) and PA-135, September 1950. (Food Service II). Bureau of Home Nutrition and Home Economics. Agricultural Research Administration, U. S. Department of Agriculture. (No charge.)

7. Meals for Many, by Katherine W. Harris and Marion A. Wood (1942). Cornell Bulletin No. 477, New York State College of Home Economics, Cornell University, Ithaca, New York. (Price 30c.)

8. Manual for School and Institutional Lunchrooms, Revised 1946. Prepared and published by the Ohio Dietetic Association, Room 1016, 1001 Huron Road, Cleveland 15, Ohio. (Price \$2.00.)

9. Food for Fifty, by Sina Faye Fowler and Bessie Brooks West. 3rd edition 1950, John Wiley and Sons, Inc., New York City. (Price \$4.50.)

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