

Help Where it Counts

by Clay Napier*

More than two hundred women took part in a series of nutrition classes conducted by the University of Arizona Cooperative Extension Service in the border city of Douglas.

The women pictured on this page were in the group.

The classes were conducted by Miss Frances Romanoski, Mrs. Mary Bostick and Miss June Gibbs, all with Extension.

They organized the program on a grass roots level and the women attending the sessions say they reaped tremendous benefits from learning how to get a good buy at the grocery store, how to prepare surplus commodity foods provided by welfare and how to set up a balanced diet to insure good health for their families.

The program was made possible by a matching grant from Title I, Higher Education Act of 1965. The U of A provided the matching funds.

Miss Romanoski served as coordinator of the program setting it in motion. Mrs. Bostick who speaks both English and Spanish did the bulk of the organizational work.

Miss June Gibbs, far left in top photo interviews a group of Douglas women concerning what they learned in the series of nutrition meetings. At left another Douglas lady shows the commodity foods with which nutritious meals are prepared. And below, Mrs. Mary Bostick, second from left, demonstrates meal preparation.

