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MEETING HELD AT THE MINISTRY OF FOOD, PORTMAN COURT,
ON WEDNESDAY, JUNE 17TH, 1942
TO ARRANGEMENT FOR THE SURVEY OF BRITISH RESTAURANT MEALS BY
SCIENTIFIC WORKERS IN DIFFERENT PARTS OF
THE COUNTRY.

present were: Professor Channon,
Dr. Cruickshank
Dr. Mapson
Dr. Moor

University of Liverpool,
Dunn Nutritional Laboratory,
Milton Road,
Cambridge.

Mr. Ellis, Government Laboratory, Clement's Inn
Passage, W.C.2.
Dr. Gaddie, University of Birmingham.
Dr. Kerley, University College, Leatherhead.
Dr. Kon, National Institute for Research in Dairying,
Shinfield, Nr. Reading.
Dr. Mawson, Royal Berkshire Hospital, Reading.
Sir John Orr, Rowett Research Institute, Bucksburn,
Aberdeenshire.
Miss Simmonds, Hammersmith Hospital,
Miss Grant, Ducane Road, W.12.

Dr. Sinclair, Oxford Nutritional Survey, South Parks
Road, Oxford.
Dr. Stewart, Royal Infirmary, Edinburgh.
Mr. & Mrs. Summers, Northshields.

Professor Cathcart, University of Glasgow } Were invited but unable to
Dr. Hoppold, University of Leeds } attend.
Dr. King, Hammersmith Hospital }
Dr. Pyke } Scientific Advisers Division
Dr. Mills } Ministry of Food.
Mr. Howard Marshall, Public Relations Division
Miss Campbell, Food Advice Division.
Miss Wood, Wartime Meals Division.

Dr. Pyke said that the important part which canteen feeding was playing in the national diet made it essential that the nutritive value of meals served in British Restaurants and other canteens should be closely supervised. It was hoped that the scientific workers at the meeting would be able to assess the value of meals and to measure by analysis certain of their constituents. The scheme which it was hoped to institute was primarily intended for the benefit of the Wartime Meals Division, who were responsible for the provision of adequate food in British Restaurants. Workers were invited to those participating in the composition of the meal by weighing and calculation in actual servings. In addition to this basic work it was hoped that those participating would be able to carry out such additional research as might appear to them necessary after having seen the types of the individual conditions under which meals were served. The type of the individual workers. Certain laboratories might have facilities, say, for analysing vitamin A, others might be able to examine fractions of calcium or iron. B complex, while others again might carry out research on different workers. It was important that the methods of analysis used by different workers participating in a survey undertaken by all should be standardised. Already a standard technique for the determination of vitamin C in restaurant meals had been issued and similar methods must be issued for any other analyses which might be undertaken.

The analysis of canteen meals offered a convenient way of collecting information about what people were eating. Complete dietary surveys were difficult and laborious to carry out. Restaurant meals, however, could be more conveniently obtained and represented a substantial fraction of the total diet. During the last war, when only calories, protein and

and other major constituents were considered by orthodox nutritionalists, disaster might easily have arisen from ignorance of say, vitamin A. It was particularly important today to watch even what might be considered to be minor vitamin factors. However, unlikely it might seem, we must guard, for example against a deficiency of pantothenic acid. Thus, research into the distribution of such factors in restaurant meals might be of great practical importance.

Canteen feeding was carried out by a number of Government departments: British Restaurants by the Ministry of Food, industrial canteens principally by the Ministry of Labour. Both these might receive rations at three different scales, depending on the intensity of work done by those eating at the restaurants. In addition to these, school meals were provided by the Board of Education and a great population was also fed by the War Office. More recently pit-head canteens were being introduced for miners. While it might be stated again that the primary interest of the survey under discussion was in British Restaurants, nevertheless, meals from other types of canteen might possibly be examined unofficially.

In order to implement the scheme the following organisation was suggested.

The scientist in each area was in charge of the work done. Under his direction a member of the Food Advice Division in liaison with the local Catering Officer of the Wartime Meals Division would take samples from British Restaurants. It was hoped that all scientists would be able to organise the "basal" survey, namely, collection and analysis of representative meals monthly, so that their nutritional values could be calculated and secondly, analysis of such meals to determine the total amount of vitamin C in them. In addition to the "basal" survey it was hoped that most workers would be able to organise a special research which might comprise the complete analysis of the meal rather than calculation of its composition, or special vitamin determinations, or special surveys such as the effect of large scale cooking. In order that the survey should be of maximum usefulness, it was essential that results should be centralised as soon as they were obtained so that any administrative action which might be necessary could be taken promptly. While the results of routine investigations would be used by the Ministry for guidance and as a basis for action, there would almost certainly be no objection to publication of any researches which might be considered of scientific value by individual workers. Finally, it was necessary to raise the question of finance although it was hoped that this would present no obstacles.

During the discussion which followed, all workers agreed to participate at least in the minimum survey, although all hoped to be able to do more.

Sir John Orr mentioned the importance of assessing the amount of food eaten in industrial canteens.

Professor Channon considered that determination of moisture would be necessary in order that calculation of nutritional values might have any meaning. He and Dr. Stewart considered that complete analysis would be desirable.

Dr. Mapson discussed the possibility of measuring the loss of vitamin C during cooking.

Dr. Kon asked whether the Ministry would provide samples of special urgency.

Howard Marshall said there should be no difficulty in samples to be taken under the advice of workers in each area.

All present agreed that, beyond perhaps small sums for certain partus or chemicals, there should be no necessity for any special financial arrangements.

Dr. Pyke said that for a beginning the Ministry had asked only for fundamental information about composition of meals and analysis of Vitamin C. It was, of course, highly desirable that complete analyses should be as complete as possible. It must be stressed, however, that each worker was entirely in charge of the research to be carried out in his area and it depended to a great extent on personal initiative what work was carried out. Once the most superficial investigation of canteen meals was begun by competent workers there was little doubt that many important problems needing solution would come to light.

It was agreed:-

- (a) That specific instructions be issued to all collaborators for carrying out the "basic" survey.
- (b) That standard methods of analysis should be circulated wherever possible.
- (c) That personnel of the Food Advice Division to do sampling in each area should report to the individual workers.
- (d) A list of restaurants in his area should be issued to each worker.

... canteens do not take a ... their half day off instead of at the ... the number of workers being fed must be correspondingly larger.

M.P. Roseveare, Esq.,
Ingleside.

Yours sincerely,
(Sdg.) BRIAN O'BRIEN

... restaurant
at home, taken from home and at
other people's houses

Establishments:

12,449	97.90	6,574	97.77	4,765	97.80	1,110	99.11
12,719	100.00	6,727	100.00	4,872	100.00	1,120	100.00