Split Growth_Food effect into separate effects depending on whether the city is growing or shrinking

The Growth_Food effect (that allows a city to retain a percentage of its foodbox when growing) currently also applies identically when a city is shrinking. Splitting this functionality into a separate Shrink_Food effect would offer ruleset authors more options in ruleset design.

For instance:

- Having only a Growth_Food effect, but no Shrink_Food effect, avoids the case where food magically appears out of thin air when shrinking.
- Conversely, a high Shrink_Food effect (but no Growth_Food effect) gives cities the ability to withstand famine or siege, without also granting them rapid growth.

For existing rulesets, keeping the old behavior would necessitate adding a duplicate Shrink_Food effect for every Growth_Food effect.

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