## Pack a safe school lunch

WASHINGTON, D.C. - For millions of children the sounds of summer have given way to school bells announcing the return to the classroom. That means it's time once again to pack lunch bags and boxes with nutritious, safe meals.

"Just as there are certain rules of conduct in school, there also are basic food safety guidelines for packing school lunches," said Donald L. Houston, administrator of the U.S. Department of Agriculture's Food Safety and Inspection Service. "The rule of thumb is: keep hot foods hot, cold foods cold and all foods clean.

"Following this advice will help assure that food poisoning bacteria do not multiply," he said. "These bacteria thrive in warm temperatures if foods are not handled properly, and given enough time-2 hours of more-they can cause food poisoning with its attendant nausea, dizziness, abdominal cramps and diarrhea. Depending on the type of organism, symptoms can begin as soon as several hours

after eating a meal and can last from one to three days.

In addition to the basic rule, Houston said, these few simple tips will help prevent food poisoning:

-Use a vacuum bottle or similar insulated container, where possible. It will keep foods and liquids either hot or cold for hours. For example, soup or chili can be kept piping hot until lunchtime.

-Another aid is commercial freezer gel, which can usually be found in the "picnic" section of your grocery store. The reusable gel helps keep meat and poultry sandwiches and other perishable foods cold for hours. A water-tight plastic bag or other container filled with ice cubes also works, but be careful of leaks.

"Freezing sandwiches ahead of time will also help keep foods cold until lunch," Houston said. "A frozen sandwich placed in a bag or lunch box early in the morning will thaw by lunch time. A work of caution-don't overdo the butter or mayonnaise, because the bread

may become soggy during thawing."

Concerned parents often ask, Which is better-a paper bag or a lunch box?"

"Actually," Houston said, "they're about equal in keeping food hot or cold, although the lunch box will better protect food from crushing. Whether you use a paper bag or lunch box really comes down to a matter of preference. If you use a lunch box, just be sure that you clean it after each use. If you prefer lunch bags, use clean ones each time, since bags which have been used may contain harmful bacteria.

Although proper preparation of lunches is important, the most well-prepared and packaged lunch can cause problems if it is handled improperly. Here are some handling tips for students:

-Keep lunch bags and boxes closed until it's time to eat. This is especially important to keep meat or poultry sandwiches clean and

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Algerian officials explore agribusiness avenues

ALGIERS - Under Secretary Agriculture Seeley G. Lodwick concluded his Algerian visit last week, and said talks with government and trade officials had provided new avenues for expanded U.S. trade in agriculture.

'Through meetings here with the minister of agriculture and industry leaders, we have established contacts for agricultural and business firms that will expand U.S. exports to these countries," he said.

Lodwick was in Algeria as the agribusiness sector leader of a high-level trade mission led by U.S. Secretary of Commerce Malcolm Baldrige. In addition to Algeria, the team visited Saudi Arabia to explore opportunities for agribusiness and industry.

Lodwick praised five-year Algeria's development plan, which emphasizes agriculture and irrigation. "We will work closely to see that all people benefit from the sharing of agricultural resources," said Lodwick. "Currently five U.S. commodity organizations are involved in market development

efforts here," he said. In fiscal 1982, U.S. agricultural exports to Algeria totaled \$205 million, primarily wheat and coarse grains. Lodwick said he hoped this level could be increased in the future, particularly products such as wheat. corn and vegetable oils.

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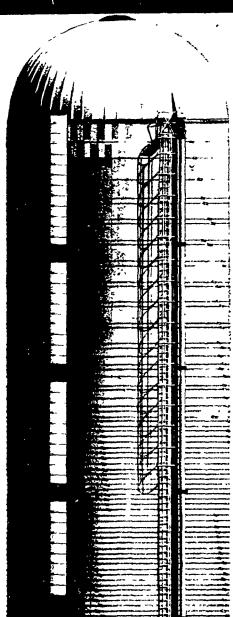
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