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# Sack lunches could be dangerous

Food safety with school sack lunches will be important this fall if nitrite-free or nitrite-reduced lunch meats begin appearing on grocers' shelves.

According to Teresa Shaffer, Institute of Agriculture and Natural Resources Extension foods specialist, the U.S. Department of Agriculture will decide this fall whether to implement a proposal that would allow bacon and other cured meats to contain nitrites—but at reduced levels—for preservation purposes.

Nitrites are thought to be carcinogenic (cancer-causing), but industry officials and others have opposed eliminating the substance because of spoilage problems as well as resulting changes in the flavor and appearance of meats.

**Protecting agents**

When added to meats, sodium nitrite and sodium nitrate serve as a curing agent and produce the color and flavor of such products as bacon or ham. There is also evidence that nitrites inhibit the growth of bacteria—most

importantly, the bacteria associated with botulism food poisoning.

The new USDA proposal would allow nitrites to be used in foods, but the reduced levels would reduce some protection against botulism, says Shaffer. Consumers must be sure to keep such meats cold at all times.

"Although this may not be too difficult with bacon, it will present some problems for sack-lunch carriers," she notes. As most lunch meats are cured, they will fall under the proposal. For safety, they must be kept at temperatures below 40 degrees.

**Keep cool**

"Lunch meats are supposed to be refrigerated at all times now, but it's fairly easy to get by without doing it for a few hours. Without the full level of preservation afforded by nitrites, however, people are going to have to be more careful," she said.

The UNL specialist says people will either have to stop taking cold cuts in sack lunches, substitution peanut butter and jelly or cheese, or observe some extra safety precautions.

For example, lunch meat sandwiches could be made up ahead of time and frozen. Pack them in lunches the next morning and they'll be safe, as well as ready to eat by noon, she said.

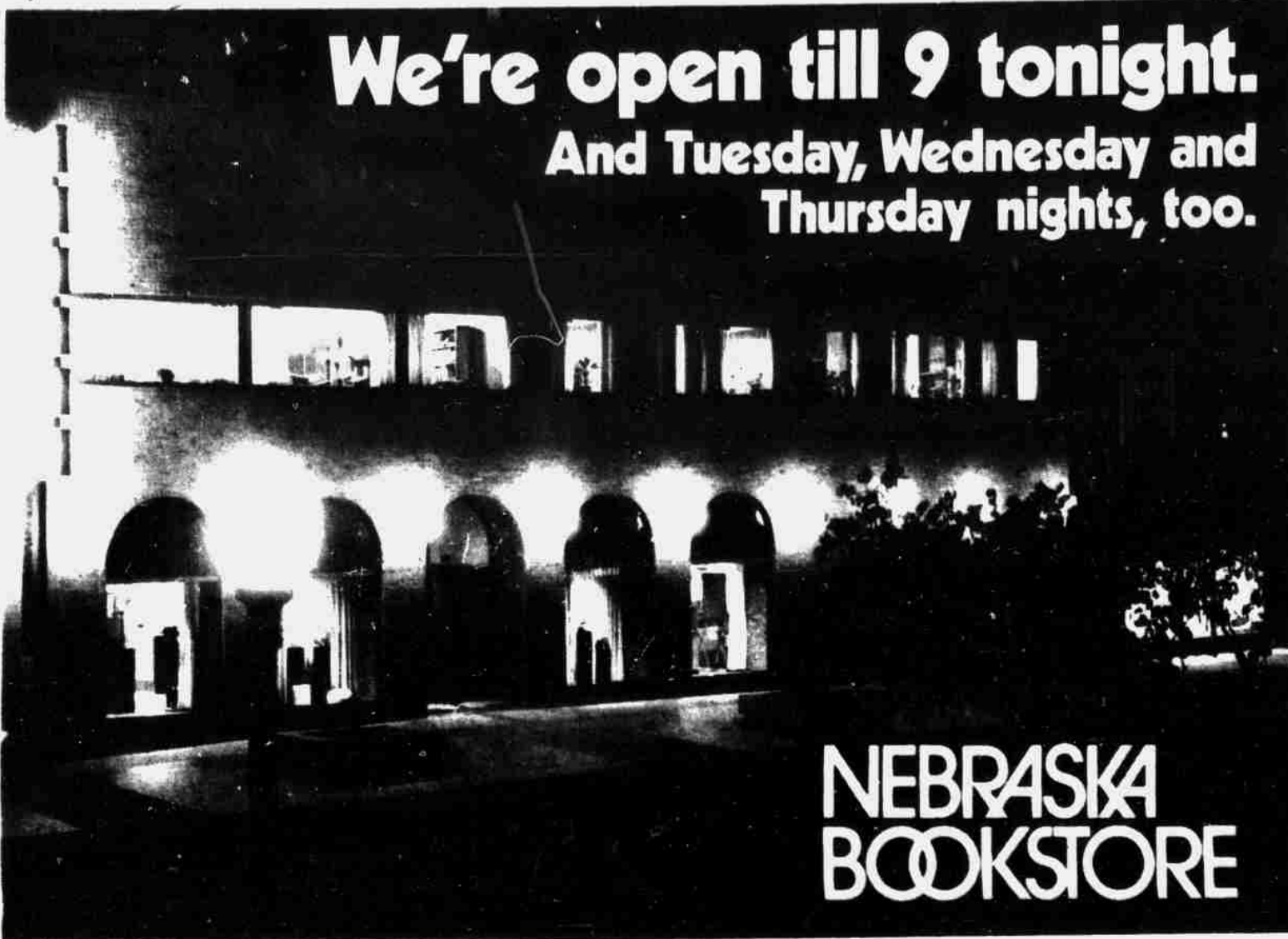
Shaffer also advises consumers to wrap sandwiches in heavy foil to keep them cool and store them in a heavy, insulated paper bag. She also said to make sure sandwiches don't sit in a hot locker, car or office desk until noon.

**Liquids help**

Frozen juice, milk or tea also will be ready for drinking by noon and serve to keep sandwiches cold. Don't freeze carbonated beverages in their containers, Shaffer said.

Use vacuum bottles or other insulated containers for hot or cold foods and wrap or bag foods individually, she adds.

**We're open till 9 tonight.  
And Tuesday, Wednesday and  
Thursday nights, too.**



**NEBRASKA  
BOOKSTORE**

## Instant Cash

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# UNIVERSITY OF NEBRASKA RECREATION DEPARTMENT

## MEN'S INTRAMURALS

SPORT	ENTRY DUE
SOFTBALL	Sept. 1
TENNIS SINGLES	Sept. 6
CROSS COUNTRY	NA
HORSESHOE SINGLES	Sept. 13
BOWLING	Sept. 13
PUNT, PASS & KICK	NA
FLAG FOOTBALL	Sept. 27
GOLF	Sept. 29
ARCHERY	NA
INNERTUBE WATER BB	Oct. 4
PLACEKICKING	NA
BADMINTON	NA
RACQUETBALL SINGLES	Oct. 18
TABLE TENNIS	NA
VOLLEYBALL	Nov. 8
OLYMPIC WTLFTING	NA
HANDBALL SINGLES	Nov. 15
BASKETBALL MARATHON	Nov. 15
BASKETBALL	Dec. 15

## FALL EVENTS

BEGIN
Sept. 5
Sept. 11
Sept. 16
Sept. 18
Sept. 18
Sept. 19
Oct. 2
Oct. 7
Oct. 4
Oct. 9
Oct. 15
Oct. 17
Oct. 23
Nov. 7
Nov. 13
Nov. 14
Nov. 27
Nov. 27
Jan. 17



UNIVERSITY OF NEBRASKA  
RECREATION DEPARTMENT  
1740 VINE STREET  
472-3467, 68.69

## WOMEN'S INTRAMURALS

SPORT	ENTRY DUE
TENNIS SINGLES	Sept. 6
FLAG FOOTBALL	Sept. 6
CROSS COUNTRY	NA
HORSESHOE SINGLES	Sept. 13
BOWLING	Sept. 13
PUNT, PASS & KICK	NA
GOLF	Sept. 29
ARCHERY	NA
INNERTUBE WATER BB	Oct. 4
PLACEKICKING	NA
BADMINTON	NA
RACQUETBALL SINGLES	Oct. 18
TABLE TENNIS	NA
BASKETBALL	Nov. 8
OLYMPIC WTLFTING	NA
HANDBALL SINGLES	NOV. 15
BASKETBALL MARATHON	Nov. 15
BASKETBALL	Dec. 15

## CO-REC INTRAMURALS

SPORT	ENTRY DUE
TENNIS	Sept. 6
FLAG FOOTBALL	Sept. 13
BOWLING	Sept. 29
ARCHERY	NA
BADMINTON	NA
TABLE TENNIS	NA
BASKETBALL	Nov. 8
VOLLEYBALL	Dec. 15

BEGIN
Sept. 11
Sept. 18
Oct. 7
Oct. 5
Oct. 18
Nov. 8
Nov. 13
Nov. 27
Jan. 17

## INTRAMURAL FEES

Flag Football	\$25.00
Basketball	\$25.00
Volleyball	\$15.00
Soccer	\$15.00
Softball	\$10.00

24-hour answering  
service 472-2692

**Intramural Organizational Meeting**  
Wednesday, August 30 7:00 p.m.  
COLISEUM BALCONY

## OUTDOOR RECREATION SIGN-UPS BEGIN TODAY

- BASIC ROCK CLIMBING:** September 8-10 (in Lincoln) and 15-17 (in South Dakota). All sessions required. Beginners only. \$30.00 Limit: 12.
  - NIORRARA RIVER CANOE TRIP:** September 22-24. The Upper Niobrara from Cody to Nenzel. Beginners or experienced. \$35.00. Limit: 12.
  - INTERMEDIATE ROCK CLIMBING:** September 27-October 1. The Needles of the Black Hills, South Dakota. Basic Rock Climbing or equivalent required. \$65.00. Limit: 8.
  - HIKING AND CAMPING TRIP:** December 27-January 2. Northern Wisconsin. Cost to be announced. Limit: 12.
  - MEXICO TRIP:** December 28-January 14. 2 OPTIONS:
    - Hard backpacking in the Barrancas del Cobre, Northern Mexico and trip to Basacheachic Falls. Backpacking experience required. \$225.00. Limit: 6.
    - Climbing Tour of the highest peaks in Mexico. Basic Rock Climbing required. \$275.00. Limit: 4.
- NOTE: Both groups travel together. Attendance at organizational meeting to be held in November (date to be announced) is required.

**OFF SHORE SAILING TRIP:** January 4-14. Seven days of sailing off the coast of Florida. Cost to be announced. Limit: 10.

## CAMPUS FACILITY HOURS

- GYMNASIUMS**
- Mabel Lee Hall No. 301
  - 6:00-10:00 p.m. Mon., Tues., Wed., Thurs., Fri.
  - 1:00-5:00 p.m. Saturday, Sunday
- Mabel Lee Hall No. 313
  - 6:00-10:00 p.m. Mon., Wed., Fri. 1:00-5:00 p.m. Saturday, Sunday
- Men's P.E. Bldg.
  - 3:30-9:00 p.m. Mon., Tues., Wed., Thurs., Fri.
  - 1:00-5:00 p.m. Saturday, Sunday
- Coliseum Main Floor
  - 6:30-10:00 p.m. Mon., Tues., Wed., Thurs., Fri.
  - 1:00-5:00 p.m. Saturday, Sunday
- East Campus Activities Bldg.
  - 4:00-9:00 p.m. Mon., Tues., Wed., Thurs., Fri.
  - 1:00-5:00 p.m. Saturday, Sunday

- SWIMMING POOLS**
- Coliseum 11:00 a.m.-2:00 p.m. Mon., Tues., Wed., Thurs., Fri.
- 2:00-4:00 p.m. Saturday, Sunday
- Mabel Lee Hall
  - 6:00 p.m.-9:00 p.m. Mon., Tues., Wed., Thurs., Fri.
  - 2:00 p.m.-4:00 p.m. Saturday, Sunday

- WEIGHTROOM**
- Coliseum 11:30 a.m.-1:30 p.m. Mon., Wed., Fri. 12:30 p.m.-1:30 p.m. Tues., Thurs. 4:30 p.m.-8:00 p.m. Mon., Tues., Wed., Thurs., Fri. 1:00 p.m.-4:00 p.m. Saturday

- RACQUETBALL COURTS\*\***
- Fieldhouse 6:00 p.m.-10:00 p.m. Mon., Tues., Wed., Thurs., Fri. 10:00 a.m.-6:00 p.m. Sat. 1:00 p.m.-9:00 p.m. Sunday

\*\* For reservation, call the Recreation Office - 472-3467