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**Farmer-To-Consumer Marketing.** H.R. Linstrom. ESCS-01, Feb. 1978. 26 pp.

A further report by the author of the article in this issue of the

**National Food Review.**

**Family Food Buying.** Home Econ. Res. Rpt. No. 37, Feb. 1978.

Lists foods in commonly purchased units, describes their preparation, and gives a factor to find the amount of food to buy for designated numbers of people. Request from Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. 70 cents.

**Cancer Testing Technology and Saccharin.** Office of Technology Assessment, Oct. 1977, 149 pp.

"A balanced and impartial analysis of issues related to the proposal by the Food and Drug

Administration to prohibit the use of saccharin in foods."

Request from Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Stock No. 054-003-00471-2. Price not given.

**Potential Cropland Study.** Soil Conservation Service, USDA, Statistical Bull. No. 578, 1978.

Urban development took 17 million acres of rural land between 1967 and 1975. Another 7 million acres were inundated by water in ponds, lakes and reservoirs. About one-third of this land had been cropland at the time it was converted. About 111 million acres not now in crops has high or medium potential for conversion to cropland if needed. Only 35 million acres can be converted without applying conservation practices to avoid soil erosion or water dis-

posal problems.

**Static and Dynamic Demand Functions.** Zuhair A. Hassan, S.R. Johnson and Richard Green, Agriculture Canada, Economics Branch, Pub. No. 77/14, Nov. 1977.

Static and dynamic demand systems are estimated using annual Canadian data for 1947-72. Focuses on the relationships among the static and dynamic demand systems, persistence in consumption behavior, and general aspects of consumption patterns over time. Alternative levels of aggregation, comparing with other studies for Canada and the United States, estimates from more flexible models and predictive performance are used in evaluating the results. Agriculture Canada, Information Division, Ottawa, Ontario, Canada K1A 0C5.



## Perspectives

### FOOD GROUPS IN THE NEW CONSUMER PRICE INDEX

The first reports of the new Consumer Prices Indexes were issued in February for the January indexes. The two new indexes—one for all urban households and one for wage earner and clerical worker households—behaved somewhat differently from the old wage earner and clerical index which is being continued for 6 months.

As reported in the January NATIONAL FOOD REVIEW, food is much less important in the two new indexes, due to changes in family incomes and buying patterns between 1960-61 (the basis for the old index) and 1972-73 (the

Relative importance of food groups in the consumer prices indexes, December 1977

	New Indexes		Old Index
	All urban households	Wage earner and clerical households	Wage earner and clerical households
All food as percent of total . . . . .	18.8	19.3	24.0
As percent of all food:			
Food at home . . . . .	69.1	69.9	78.0
Food away from home . . . . .	30.9	30.1	22.0
As percent of food at home:			
Cereal and bakery . . . . .	12.5	12.5	13.4
Meat, poultry, fish eggs . . . . .	32.2	32.6	32.9
Dairy . . . . .	13.5	13.5	14.7
Fruits, vegetables . . . . .	14.4	13.6	16.6
Sugar and sweets . . . . .	3.6	3.5	4.0
Fats and oils . . . . .	2.9	2.9	3.2
Nonalcoholic beverages . . . . .	12.4	12.8	9.6
Other prepared foods . . . . .	8.5	8.6	5.6

basis for the new indexes).

Within food, food away-from-home is much more important in the new indexes than in the old.

Shifts among food groups within food at home, include less of all groups except nonalcoholic beverages and other prepared foods.

The new indexes behaved differently than the old one, even with only 1 month's data to look at. This is due to the different weights for individual items as well as food groups, more complete coverage of items within food categories in the new indexes, and reporting prices for the entire month rather than 3

days in the first full week of the month.

All categories except meat, poultry, fish, and eggs rose less in the old index than in the new ones. Longer experience with the new indexes will give us better understanding of their behavior. (*Alden Manchester*)

## WHERE DO THE KIDS EAT LUNCH?

Not all schools participate in the National School Lunch Program (NSLP) and not all children in schools which do participate in the NSLP eat the complete school lunch.

In a national survey (48 States, excluding Alaska and Hawaii) conducted by the former Statistical Reporting Service for the Food and Nutrition Service of USDA in January 1975, 48 percent of the children reported that they had eaten the complete school lunch. Twenty percent attended schools that did not participate in the NSLP and only 5 percent of those children ate a complete school lunch, since only a minority of those schools offered lunch service.

A quarter of all children brought a bag lunch—over half of those in schools not participating

in the National School Lunch Program. Another 10 percent bought a la carte items or carried a bag lunch and bought a beverage and perhaps dessert at school.

Eight percent went home to lunch, with the percentage more than doubling in schools without NSLP. Another 3 percent ate at a restaurant or some other place.

Five percent skipped lunch entirely.

Nearly all elementary school students ate lunch, while 11 percent of those in secondary schools (grades 7 to 12) did not. The elementary school students were much more likely to eat the complete school lunch or a bag lunch from home. Secondary school students bought more a la carte and nearly all of the meals eaten at restaurants. (*Alden Manchester*)

## SAFETY TIPS FOR WOOD AND COAL STOVES

The Science and Education Administration warns families using cast iron stoves that they can burn wood safely, but only a fire-brick-lined stove should be used for burning coal. Other suggestions include:

### Installation Checklist

- The stove should be on a brick platform or fireproof asbestos stoveboard, at least 24 inches from side walls and other burnables. Even a fireproof stoveboard might conduct too much heat for safety if the stove's legs are shorter than 6 to 12 inches.

- Never use a pipe labeled "vent" as a chimney. A vent pipe—a single thickness of metal—can get hot and start a fire in combustible materials in the wall or ceiling. Use, instead, an "all fuel" chimney with a U.L. (Underwriters Laboratory) label. This chimney is either a double thickness of pipe with asbestos between the pipes or a triple-walled pipe with an air gap between the pipes.

- If you have doubts about the way your stove is installed, ask your local fire department to inspect it.

### Use, Care Checklist

- Keep the stove door closed while the fire is burning to prevent accidents caused by sparks flying, etc.

- Never leave small children unattended where a stove is in use.

- Clean the stove regularly, but maintain ashes an inch (2.5 cm.) deep to improve fuel efficiency.

	All schools	Schools without NSLP	Schools with NSLP	
		Elementary	Secondary	
Percent				
Students eating lunch:				
At school:				
Complete school lunch . . . . .	48	5	67	45
A la carte items bought at school . . . . .	7	10	1	12
Bag lunch from home . . . . .	26	52	23	17
Combination of above . . . . .	3	5	2	4
Subtotal . . . . .	84	72	93	78
Away from school:				
At home . . . . .	8	18	6	6
At a restaurant . . . . .	1	2	*	3
Some other place . . . . .	2	3	*	2
Subtotal . . . . .	11	23	6	11
No lunch . . . . .	5	5	1	11
Grand total . . . . .	100	100	100	100

\* Less than 0.5 percent.

- Never stoke up a wood or coal fire so hot that it changes the color of the stovepipe. *A glowing red stovepipe signals danger.* Cool the fire as quickly as possible by closing the stove's dampers and partially closing the stovepipe damper. If that doesn't cool the fire fast enough, bank the fire—put a few shovels of ashes on top of the burning wood or coal.

- Routinely check to be sure no wood, kindling, newspapers, furniture or anything else, have been left close to stove. Three feet away is a safe distance.

- With cast-iron stoves, gases may pass through the chimney without being burned. Some gases may condense in the stovepipe and chimney, especially if the wood is damp. Dangerous deposits of creosote can cause a chimney fire. *Make sure all wood is dry.*

- Take down the stovepipe several times during the winter and clean out the soot.

- Make sure the chimney does not have heavy deposits of creosote or soot. To clean, drop a line with rag attached down chimney.

- Don't keep kerosene or other flammable liquids in the same room with the stove. *Never* use any of these to start a fire.

- Do not transfer ashes from the stove to a cardboard box. A live coal may ignite. *Place ashes in metal container only.*

- Before you open the firebox to add fuel, or just to look at fire, *always* open the stovepipe damper first. This allows accumulated gases to escape up the chimney. Otherwise, they might flare up or even explode when air suddenly comes through the firebox door.

## VARIATIONS IN CHOLESTEROL CONTENT OF FOODS

By Corinne LeBovit

Some doctors are recommending that patients restrict the quantity of cholesterol in their diets. Some individuals are concerned about their cholesterol intake. Cholesterol is found only in animal foods. In general, fish contains less than meat, with poultry in between. However, there is considerable variation among kinds of fish and even greater variation among varieties of shellfish. Organ meats contain much higher levels of cholesterol per serving than other products. Dark poultry meat contains more than light meat. Among dairy products, cholesterol content is generally related to dairy fat content.

Anyone with a real concern for cholesterol intake cannot use simple generalizations but must look at the specific items chosen. Mixed dishes and formulated foods including animal products contain cholesterol from the quantity of specific animal product included.

### Approximate cholesterol content of a serving

*Meat - 3 oz. cooked, without bone*

Beef or Pork	75-80
Lamb or Veal	80-85
Heart	235
Kidney	680
Liver	370
Sweetbreads	400

*Poultry - 3 oz. cooked, without bone*

Chicken, light meat	65-70
Chicken, dark meat	75-80
Turkey, light meat	65-70
Turkey, dark meat	85-90
Heart	200
Gizzard	165-200
Liver	510-635

*Fish - 3 oz. cooked fillet or canned*

Salmon (fresh or canned)	30-40
Cod, flounder, frog's legs, haddock, halibut, trout, canned tuna	40-55
Herring (fresh or canned), mackerel (fresh or canned)	75-85
Sardines	100

*Shellfish - 3 oz. cooked fillet or canned*

Clams, oysters, scallops	40-45
Lobster	70-75
Crabmeat	85
Shrimp	125

*Eggs - 1 large*

Whole	250
White	0
Yolk	250

*Butter - 1 pat* 12

*Milk - 1 cup*

Whole	34
Low fat-2%	22
Low fat-1%	14
Skim	5

*Cheese - 1 oz.*

Natural	20-30
Natural part skim	15-20
Cheese food, spread	15-20
Cream cheese - 1 tablespoon	16

*Cottage cheese - 1/2 cup*

Creamed-4% fat	24
Creamed - 1% fat	12
Dry	6

Source: Feely, R.M.; Criner, P.E.; Watt, B.K. "Cholesterol Content of Foods." Jour. Amer. Dietetic Assoc. 61:134-149, Aug. 1972.