

hh - 1-5-77

BEWARE OF STAPH

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STAPH -

"Don't forget me. I'm Staphylococcus, another of the bad bacteria. My nickname's Staph. I come from sneezes, coughs and careless hands. I form a toxin in hams, custard-filled foods, cream pies, unrefrigerated cooked meat and dairy products. Cooking kills me, but not my toxin!"

Dear Homemaker:

Staph is found mostly on skin and nasal passages of people and on raw meats. Any food in close contact with people during preparation can become full of germs. Cover any open sores on the hand and do not handle foods with your hands. If possible, avoid preparing food when you have sinus infection, open lesions or boils on hands or face. If you must cook, cover your face or sore to prevent the spread of staph.

Keeping yourself clean can stop the growth of staph. Also, hot foods should be kept hot (140° F. or more) and cold foods should be kept cold (40° F. or below). Once staph multiply to high levels, they produce a toxin (poison) which cannot be boiled or baked away. This toxin makes you very ill.

Sincerely,

Name and Title



TOXIN

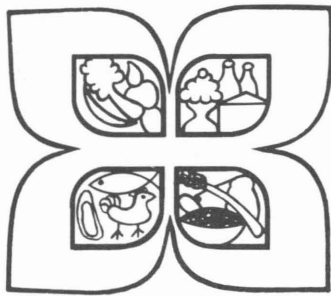
PREVENT STAPH



AT THE GROCERY STORE

- Buy meat, poultry, frozen foods and dairy foods last. Get them home into the refrigerator quickly.
- Read the label on ham before you buy — some are fully cooked and others need to be cooked. If the label does not tell you, then cook the ham just to be sure it is safe to eat.
- Select food containers free from defects. Avoid opened packages, leaking or damaged cans or cracked jars.

Prepare the following mayonnaise-containing dish safely. Mayonnaise dishes are an excellent place for staph to grow. Keep this macaroni salad refrigerated until you eat it and keep it safe!



MENU IDEA

Fried Chicken
Macaroni Salad Spinach
Apple and Celery Salad
Brownies
Milk

MACARONI SALAD

2 cups cooked, seasoned, chilled macaroni	Onion
1 egg, hard-cooked	Celery (optional)
Pickle	Salt and pepper to taste
	Mayonnaise

Chill macaroni and other ingredients thoroughly and combine all ingredients. Moisten with mayonnaise. Serve chilled. Serves 6.

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