Dear Homemaker:

It is important for you to know about foodborne illness, (or food poisoning), so that you can keep your family healthy. Foodborne illness is caused by germs that enter and spoil foods. The germs that cause foods to spoil may be in the food when you buy it, but not always. You may even add the germs to the food at home when you prepare it.

Eating spoiled food causes foodborne illness or food poisoning. It makes you have diarrhea, vomiting, stomach aches and other unpleasant symptoms much like those of flu.

Protect your family from foodborne illness. It is up to you to keep food safe.

Sincerely,

Name and Title
GERMS NEED THREE THINGS TO GROW:

- WARMTH
- FOOD
- MOISTURE

FOLLOW THESE RULES TO PREVENT FOOD POISONING:

- Wash your hands before handling food.
- Keep hot foods hot.
- Do not leave groceries in a hot car.
- Keep cold foods cold.
- Do not let cooled food stand at room temperature for 2 or more hours.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic levels, race, color, sex, religion or national origin.


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