

hh 1/5/33 32

BEWARE OF SAL

Mary K. Sweeten

Extension Foods and Nutrition Specialist
The Texas A&M University System



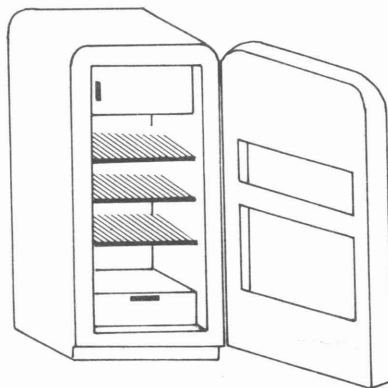
SAL -

"I'm Salmonella, one of the bad bacteria. Just call me Sal. I'm found in raw meat, fish, poultry and eggs, and I'm carried by dirty hands. I can make people sick."

Dear Homemaker:

Sal can cause uncomfortable food poisoning symptoms similar to flu. Sal is around you. Food may contain Sal even before it reaches the grocery store. Sal may enter food in the grocery store or in the home. Dust and floor dirt may also carry Sal. Insects, rats and pets can carry Sal.

Remember to keep poultry, pork, ground beef and other perishable food in the refrigerator soon after returning from the grocery store. Check to see that the refrigerator is 40° F. or below. Sal cannot increase in numbers when cold foods are kept cold. The only way to kill Sal is to keep hot foods hot — above 140° F. for 10 minutes.

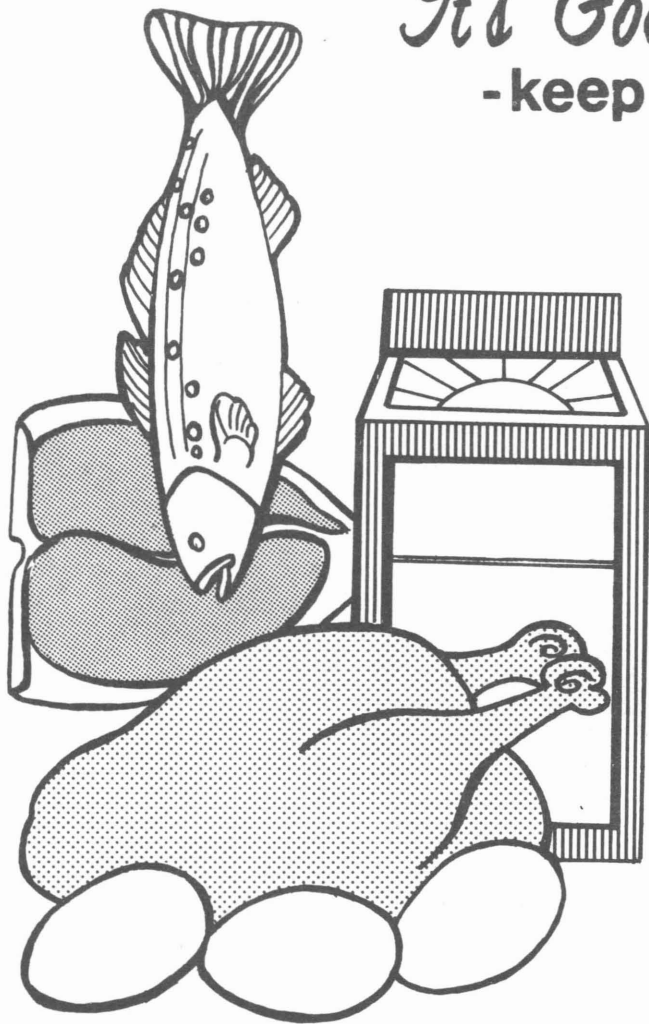


Sincerely,

Name and Title

It's Good Food

- keep it safe



MENU IDEA

Beans and Wieners
Turnip Greens
Cornbread
Blackberry Cobbler
Frozen Custard*

BALANCE YOUR MENU

- Wash your hands before you handle food and after handling pets.
- Clean the place where you have had raw meat or poultry before other foods are put there.
- Scrub cutting boards with soap and hot water, rinse thoroughly, and then apply chlorine bleach as directed on the label.
- Keep cream, custard and meringue pies and other foods with custard fillings in the refrigerator. It is dangerous to let foods of this kind stand at room temperature.
- Cook turkey completely (internal temperature of 185° F.). Never partially cook it and finish later.
- Cook stuffing thoroughly.
- Eggs should be cooked before eating. Sal is found on egg shells. Avoid eggs with cracked shells.
- Thaw poultry in the refrigerator.

SERVE THIS MILK GROUP FOOD:

FROZEN CUSTARD*

- 1 8-oz. can evaporated milk
- 2 cups water
- 3 eggs
- 1 cup sugar
- 2 teaspoons vanilla

Mix the water with evaporated milk. Scald the evaporated milk. Add the slightly beaten eggs which have been mixed with sugar. Cook at medium heat until mixture coats the spoon, stirring constantly. (Too high temperature will cause the milk to curdle.) Let cool; add vanilla and freeze, using 3 parts of ice to 1 part of salt.

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.

Cooperative Extension Work in Agriculture and Home Economics, The Texas A&M University System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.
50M—10-76

F&N5