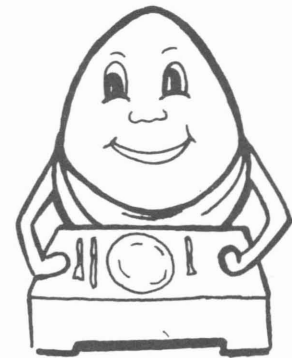
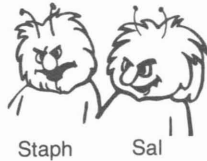
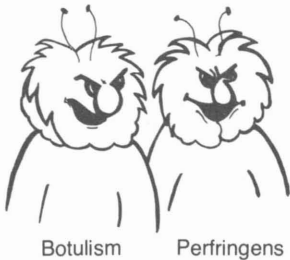


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SERVE A SAFE BREAKFAST

Mary K. Sweeten
Extension Foods and Nutrition Specialist
The Texas A&M University System



"CAN WE COME FOR BREAKFAST?
That's a Very Important Meal!"

"No!"

Dear Homemaker:

Breakfast is the most important meal in the day. Your body needs energy so you will be more alert and full of pep to do your daily chores. You need to make sure that breakfast looks good, tastes good and includes servings from each of the four food groups.

Most of all, you need to be sure that the food you serve is safe from germs that cause foodborne illness. You do not want any of the four uninvited guests.

Remember that what you can do to prevent foodborne illness begins the minute you buy the breakfast foods.

Sincerely,

Name and Title

START YOUR DAY THE SAFE WAY



BREAKFAST MENU IDEA

Fruit Cup
Cheese Toast
Ham Slice
Coffee

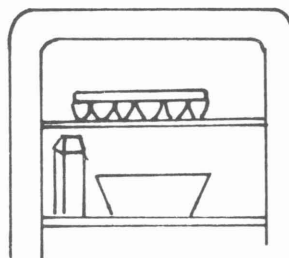
WISE SHOPPING

- Select dry foods first.
- Check for cracked eggs; cracks let germs in.
- Check fresh foods for spoilage.
- Select meats near end of shopping.
- Select frozen products last; don't allow them to defrost.



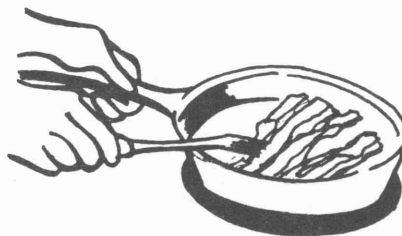
SAFE STORAGE

- Store perishable foods such as eggs in refrigerator.
- Store dry foods such as cereals and breads at room temperature. Opened boxes should be placed in airtight containers (such as coffee cans with lids) to prevent rodents or roaches from eating the stored food.
- Do not refreeze frozen vegetables or frozen dinners that have thawed.



PREPARE BREAKFAST

- Never let raw eggs, raw meats or batter contact other foods.
- Cook eggs thoroughly.
- Cook pork thoroughly; never serve it pink or rare.



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