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# BEWARE OF BOTULISM

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## Botulism —

"I'm a very important food poisoning because I can cause death within 24 hours. I am caused by a spore. I get in all types of food that have been canned. My toxin will get you every time."

Dear Homemaker:

This type of food poisoning is deadly. Cases are rare but people do get it each year.

Foods most often containing the botulism toxin are incorrectly processed home canned foods that have very little acid, such as vegetables, meats, fish and poultry. Often these low acid foods have not been heated enough to kill the botulism spore during canning. Peas, corn, lima beans, green beans, mushrooms, sauces, soups and dried meats may allow the growth of the botulism toxin unless the foods are processed correctly in a pressure canner.

Boil home canned foods for 10 minutes before serving to your family to make sure they are safe to eat.

Sincerely,

\_\_\_\_\_  
Name and Title

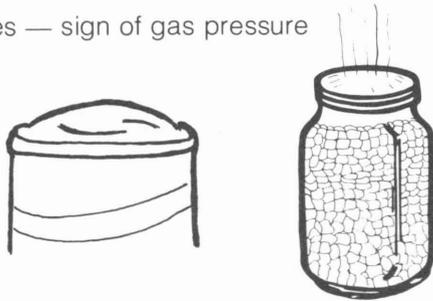
## PREVENT BOTULISM

You can tell if food is spoiled by:

Bulging or swollen lids

Oozing food

Bubbles — sign of gas pressure



NEVER taste any food that is foamy or has a bad odor. Sometimes you can not detect spoiled food by smelling or tasting. **Boil** all home canned vegetables **10 minutes** before you eat them. Be safe.



Discard **ALL** food showing signs of spoilage or any food you doubt is safe to eat. Botulism may not show any of the signs of spoiling.



Try this recipe for Three Bean Salad. Heat home-canned low acid foods (beans) to a boil and boil at least 10 minutes. Be safe — not sorry.

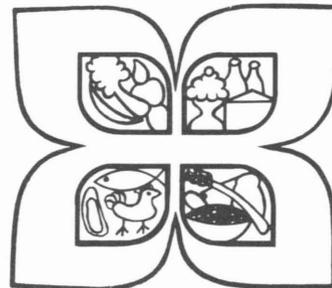
### THREE BEAN SALAD

- 1 can green beans (drained)
- 1 can yellow beans (drained)
- 1 can kidney beans (drained)
- ½ cup diced onion
- ½ cup diced green pepper (optional)

Dressing:

- ½ cup salad oil
- ½ cup cider vinegar
- ¾ cup sugar
- 1 teaspoon salt
- 1 teaspoon pepper

Boil beans for 10 minutes. Drain. Place dressing ingredients in jar and shake. Pour over mixed vegetables, cover and refrigerate. (Will keep well in the refrigerator for a week or more.) Serves 12. One serving of this salad counts as 1 serving from fruit and vegetable group.



### MENU

- Barbequed Chicken
- Potato Salad
- \*Three Bean Salad
- French Bread
- Apple Cobbler
- Milk

If you decide to can at home, I'll be glad to give you a copy of *Home Canning — Fruits and Vegetables B-194*.

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