
FOOD SAFETY

Let's talk about flour!

Possible Opportunities for Contamination:

Raw dough and batters offer the biggest opportunity to contact raw flour. When using baking mixes and other flour-containing products, be sure to follow proper cooking temperatures and bake the food for the specified times.

Take extra care when it comes to children. Kids love to play with food like raw pizza dough, pie crust and cut-out cookies. Kids tend to put everything in their mouths, and in this case, that behavior could lead to an illness. There are also lots of recipes and ideas for craft projects, glue, or "clay" that could expose you and children to uncooked flour.

*By Cheryle Jones
Syracuse, MS, Professor
Emeritus at The Ohio
State University*

Flour and E. Coli:

Food safety experts have long been preaching about the risks of eating raw batter or dough. Their concern was usually the possible harmful bacteria in raw eggs. Now there's another red flag: E. coli has been linked to flour.

Since flour is made from wheat that is grown outdoors, it could contain bacteria like E. coli. Typically, E. coli causes bloody diarrhea, abdominal cramps, and dehydration. Most people recover within 3-4 days, though some strains can cause more serious complications like hemolytic uremic syndrome (HUS).

