Botulism...
A Deadly Food Poisoning

When some foods are not packed or stored correctly, botulinum bacteria grow to make a poison.

IT CAN KILL PEOPLE WHO EAT IT!

Botulism can be in these foods when they are poorly stored.

BOTULISM WILL GROW:
• in low-acid foods (meat, fish, vegetables).
• where no air is present.
• where temperature is warm (over 38°F).
• in foods stored for some time.
SYMPTOMS OF BOTULISM

Double Vision
Dry Mouth
Dizziness
Vomiting
Poor Balance

Botulism has no taste or smell!

DO NOT TASTE BEFORE BOILING!

Botulism cannot be seen!

Boil 15 minutes any food that may have been stored improperly. Boiling destroys the botulinum poison.
TO STOP BOTULISM GROWTH

Refrigerate  Freeze

Store food in these ways.

Pressure can at 11 pounds pressure if your canner has a dial gauge like this one.

or

10 pounds pressure if your canner has a weighted gauge.

Dry for cache storage wrapped in cloth or paper—NOT PLASTIC.

Dial-Gauge Canner

Weighted-Gauge Canner

Salt Barrel

Pickle
Ferment fish and meats in the traditional way.

Keep foods cold while they ferment (below 38° F).

Do not use plastic to ferment meats and fish. Let a little air get to the fermented foods.

Only use plastic bags for freezer storage and temporary refrigerator storage.

BOTULISM IS PREVENTABLE
✓ Store meats and fish carefully.
✓ Boil suspected foods before tasting.
WHEN IN DOUBT—THROW IT OUT!

For more information:

www.uaf.edu/ces or 1-877-520-5211


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