

## Handling Flour Safely: *What You Need to Know*



*Protect yourself and your family by following these safety tips when preparing foods that contain flour.*

Flour is a raw food. It may not look like a raw food, but it usually is, just like fresh tomatoes or carrots. The grains from which flour is ground are grown in fields and, like all foods grown outdoors, they may be exposed to a variety of harmful bacteria like *Salmonella* and pathogenic *E. coli*. The important things to know are:

- Flours most commonly used in home baking and cooking are made directly from raw grains.
- Processing these grains into flour does not kill harmful bacteria.
- Many foods made with flour also contain raw eggs, which may contain harmful bacteria.
- Cooking is the only way to be sure that foods made with flour and raw eggs are safe.
- **Never eat or taste raw flour, dough, or batter.**

### OUTBREAK

Since 2009 there have been several outbreaks of foodborne illness involving raw flour or raw flour-containing products like cake mixes and cookie dough. These have resulted in 168 known illnesses and 20 hospitalizations.

## Dos and Don'ts for Consumers

- Do follow package directions on baking mixes and other flour-containing products for correct cooking temperatures and specified times.
- Do keep all raw foods like flour and eggs separate from ready-to-eat foods. Remember, flour is a powder and spreads easily.
- Do refrigerate cookie and pastry dough according to package directions. Use a refrigerator thermometer to be sure your refrigerator is at a safe 40°F.
- Do clean up carefully after working with flour or raw dough and eggs:
  - Wash hands thoroughly with soap and running water, and,
  - Wash utensils, bowls, baking pans, cutting boards, and countertops with warm, soapy water.
- Don't eat, taste, or allow children to eat or play with raw dough products or baking mix before cooking.
- Don't keep recalled flour. Throw it away.
- Don't let children use raw dough for crafts/play clay.
- Don't use products that contain raw flour, like cake mix, to make ready-to-eat products like milkshakes.
- Don't try to heat treat flour in your own home. Home treatments of flour may not effectively kill all bacteria and do not make it safe to eat raw.
- Don't use raw cookie dough in ready-to-eat ice cream.



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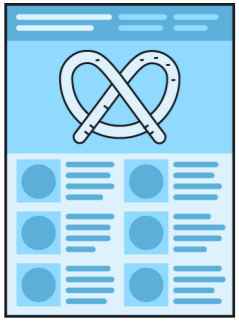
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# Never Devour Raw Flour!

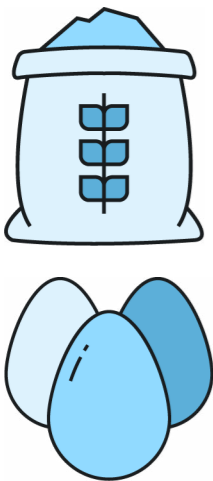
Tips for Handling Flour Safely

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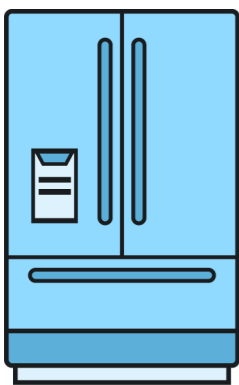
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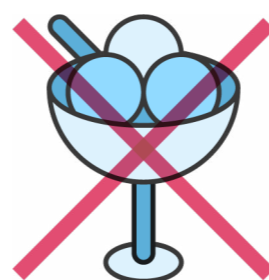
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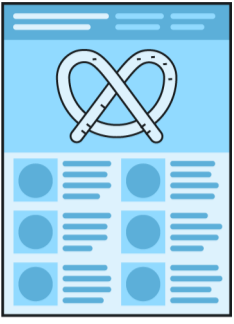
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**!** And, if you have any [recalled](#) flour at home, throw it away! **!**

For more information and resources about handling flour safely, please visit:

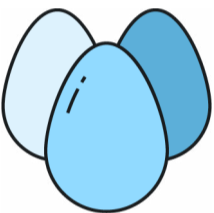
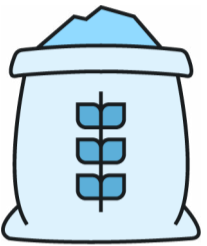
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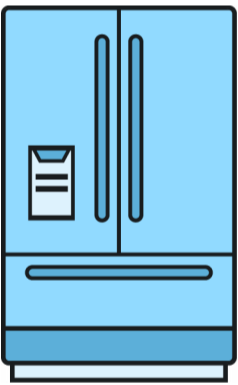
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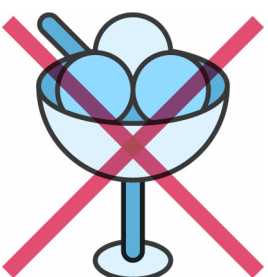
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**! And, if you have any recalled flour at home, throw it away! !**

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# How to Handle Flour Safely

Did you know that flour is a raw food?

Flour is made from raw grains, and processing raw grains into flour does not kill bacteria. Eating food with uncooked or under-cooked flour can make you sick and cause foodborne illness, also known as “food poisoning.”

It is important to avoid tasting raw flour, dough, or batter to keep you and your family safe.



## When Cooking With Children

Keep raw flour away from your child as it may have germs and can be harmful to them.

- If your child likes playing with raw dough, make sure to wash their hands well with soap and running water after playing.
- Remind your child to keep their hands away from their mouths while playing since uncooked flour has germs and can be harmful if eaten.



## When Eating Edible Cookie Dough

Only use edible cookie dough that you can buy in-stores or online to make ice cream or milkshakes at home. Manufacturers use ingredients that include heat-treated flour and pasteurized eggs that make the dough safe to eat.

- Using the microwave or oven at home to heat flour may not kill all bacteria and does not make it safe to eat.



|  | Amount/serving          | % DV       | Amount/serving    |      |
|--|-------------------------|------------|-------------------|------|
| <b>Nutrition Facts</b>                 |                         |            |                   |      |
| 1 serving per container                | <b>Total Fat</b> 20g    | <b>25%</b> | <b>Total Ca</b>   |      |
| Serving size 1 package (99g)           | Sat. Fat 12g            | <b>60%</b> | Fiber 2g          |      |
|  | Total Fat 0g            |            | Total Sug         |      |
|  | <b>Cholesterol</b> 30mg | <b>10%</b> | incl. 37g         |      |
|  | <b>Sodium</b> 220mg     | <b>10%</b> | <b>Protein</b> 3g |      |
| <b>Calories</b> per serving <b>420</b> | Vitamin D 2%            | Calcium 0% | Iron 10%          | Pota |

Ingredients: Heat-Treated Wheat Flour, Cht  
Pasteurized Eggs, Cane Sugar, Butter, Light B  
Contains: Milk, Wheat, Eggs

## When Cooking Flour Products

- Follow cooking instructions on ready-to-bake products, such as frozen pizza and pie crust, to safely prepare these foods.
- After handling raw flour, wash kitchen utensils and wipe kitchen counters with warm, soapy water.



## When There Are Recalls

Pay attention to recall messages and follow instructions. Store flour in original packaging if possible, or keep packaging information to check your flour against the recalled product.





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| Nutrition Facts             |                    | Amount/serving | % DV  | Amount/serving    |
|-----------------------------|--------------------|----------------|---|-------------------|
| 1 serving per container     | <b>Total Fat</b>   | 20g            | <b>26%</b>                                  | <b>Total Ca</b>   |
| Serving size                | Sat. Fat           | 12g            | <b>60%</b>                                  | Fiber 2g          |
| 1 package (99g)             | Trans Fat          | 0g             |   | Total Sug         |
|                             | <b>Cholesterol</b> | 30mg           | <b>10%</b>                                  | Incl. 37g         |
|                             | <b>Sodium</b>      | 220mg          | <b>10%</b>                                  | <b>Protein</b> 3g |
| <b>Calories</b> per serving | 420                |                | Vitamin D 2% • Calcium 0% • Iron 10% • Pota |                   |

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Contains: Milk, Wheat, Eggs



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Scan the QR Code:  
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Safely: What You  
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