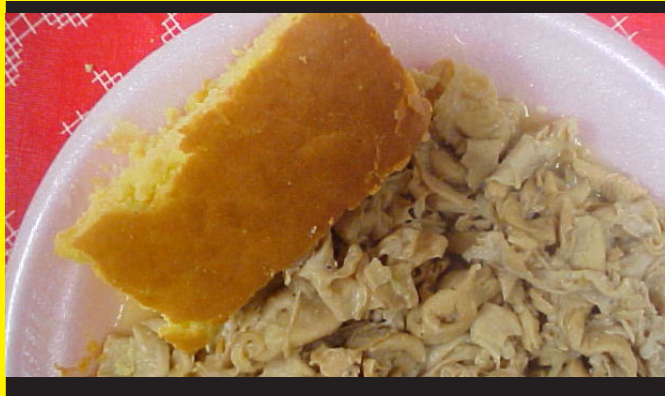


Chitterlings

Share the Traditions,
Not the Germs!



Every year children in Georgia get sick in homes where chitterlings are prepared, even if they don't eat the chitterlings.

During preparation you can prevent germs from raw chitterlings from being spread to other foods, baby bottles, pacifiers and toys.

You can keep your family from getting sick!

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5 Steps to Keep Your Family From Getting Sick:

- 1. Put raw un-cleaned chitterlings directly from container into boiling water for 5 minutes to kill germs.**
Boiling makes them easier to clean and will not change the taste.
- 2. Wash your hands after you touch raw chitterlings and before you touch anything or anyone.**
- 3. Clean everything in the kitchen that raw chitterlings may have touched.**
Use 1 tablespoon of bleach per gallon of water to kill germs.
- 4. After boiling chitterlings, washing hands and cleaning surfaces, clean your kitchen.**
- 5. Cook cleaned chitterlings as usual and enjoy!**

In cooperation with the University of Georgia Cooperative Extension Service, College of Family and Consumer Sciences

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