

# Lifestyles

## Non-refrigerated foods are targets for varying bacteria

**By Alice L. Pettitt**  
Home Extension Agent

Our eyes are remarkable instruments that enable us to see endless numbers of living things. However, one thing that we cannot see without a microscope is bacteria. Most bacteria are not harmful, however, some bacteria can cause food spoilage, illness, and in some cases, death.

These bacteria cause most cases of food-related illness: Staphylococcus aureus (staph), Salmonella, and Clostridium Perfringens.

Staph bacteria is found on your skin, in your nose and throat and on raw meat. Because staph is so common, food can easily become contaminated during preparation

if your hands and cooking utensils are not washed carefully.

Staph requires protein to grow. Moist foods such as custards and cream-filled pastries, eggs, ham, chicken, tuna, and macaroni and potato salad are most often associated with staph poisoning.

If contaminated foods are allowed to cool slowly or are held without refrigeration, the bacteria may grow and produce a toxin (poison) that you cannot boil or bake away. When the food is eaten, the toxin may cause illness.

Stomach cramps, diarrhea, and vomiting may appear within two to four hours after eating the contaminated food.

Clostridium perfringens is more widespread than any other

**Front Burner**

disease causing bacterium.

Perfringens food poisoning is usually associated with large pieces of cooked meat and poultry, gravies and leftover meats. Food left at room temperatures for long periods of time are often breeding grounds for these bacteria. Illness occurs 8-20 hours after the contaminated food is eaten.

Salmonella are found most frequently in foods such as raw poultry, meat, eggs and dairy products. Once in your kitchen, these bacteria can contaminate other foods. The most vulnerable foods are those that are lightly cooked and handled a lot during preparation.

These foods are especially dangerous if they are unrefrigerated for long periods of time. Salmonella bacteria are killed by thorough cooking.

However, if food is not heated to a high enough temperature or if leftovers are not reheated thoroughly, illness can result.

Salmonella food poisoning can cause nausea, vomiting, fever, stomach cramps, diarrhea, and a headache. These symptoms appear within 24 hours of eating contaminated food.

In order to keep bacteria from growing you should:

- Thaw frozen meat, fish, poultry and prepared foods in the refrigerator - never at room temperature.

- Refrigerate leftovers as soon as possible after eating.
- At the supermarket, shop for meat, poultry and dairy products last to keep them cold as long as possible.
- Refrigerate cream, custard, or meringue pies and foods with custard fillings. Never allow them to stand at room temperature.
- Refrigerate salads and sandwiches made with salad dressings containing eggs or milk products.

Bacteria grow rapidly between 40° and 140°F.

This zone ranges from temperatures just above refrigeration up to warm temperatures.

Food left at room temperature for more than two hours (including preparation and serving time)

allows bacteria to multiply to dangerous numbers.

**CHICKEN ENCHILADAS**

1/3 cup chopped onion  
1 tablespoon butter or margarine  
2 cans (5 oz. each) chunk chicken  
2 tablespoons finely chopped celery  
chopped tomatoes  
1 can (10 oz.) or pkg. chicken gravy mix  
1/2 cup sour cream  
6 tortillas  
1/2 cup grated cheese  
2 tablespoons finely chopped green pepper

In saucepan, cook onion in butter until tender; add chicken, celery and green pepper. Combine

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**Hit the trail**

This group of 10-year-olds is the first in the area to be allowed to go to a week of scout camp at such a young age. Webelos leader Frank Branch put a great deal of time into letting parents know that their sons would be safe at the camp and therefore got a good number of boys to go. The young men are (L to R): John Irion, Todd Branch, Kevin Lippard, Nathan Stec and Jeff Baker. (Josh Witherspoon, not shown). The scouts spent three days and nights at the camp working on advancement requirements.

## Farmers offered alternatives

Options on agricultural futures will begin trading on the major commodity exchanges this fall.

With the introduction of agricultural options, grain and livestock producers will have another marketing alternative to look over.

Options offer farmers the flexibility of locking in a minimum price without limiting the maximum possible price they can receive if prices of their commodities should rise. This is but one of the benefits and differences between options and futures.

To learn more about options and how they may be used by farmers, lenders, grain merchants and others in their marketing programs, the Agricultural Extension Service in cooperation with the Chicago Mercantile Exchange, Chicago Board of Trade, and MidAmerica Commodity Exchange is offering eight seminars across the state during August and September.

Dates and places of each seminar is listed below:

- August 28 - Terrace Motel, Lake Junaluska
- August 29 - Ag. Center, Statesville
- August 30 - Harvard's Fish Camp, Albemarle
- August 31 - Ag. Center, Greensboro
- September 24 - Ag. Center, Elizabethtown
- September 25 - Ag. Center, Kinston
- September 26 - Ag. Bldg., Elizabeth City
- September 27 - Ag. Center, Nashville

The program will start at 10 a.m. and adjourn at 3 p.m.

Speakers will include: David Dupont, Agricultural Marketing Associate, Chicago Mercantile Exchange, Chicago, Illinois, John Ireland, Education Coordinator, Chicago Board of Trade, Chicago, Bob Purkey, Vice President, Merrill Lynch, Virginia Beach, Virginia, Bill Barclay, Director, Research and Education, MidAmerica Commodity Exchange, Chicago and N.C. State University, Raleigh.

There will be a \$5 registration fee to cover lunch, written materials, and other expenses. You are encouraged to pre-register with your County Extension Office at least two days before the meeting you plan to attend.

<p>200 Count <b>FILLER PAPER</b> BONUS BUY <b>69¢</b></p>	<p><b>VALU-MART</b> 114 N. MAIN STREET RAEFORD, N.C. STORE HOURS: 9 a.m. till 8:30 p.m. Mon.-Sat. Prices in this ad good thru noon August 14 or until merchandise is sold out. <b>Featuring Low - Low Everyday Prices</b></p>		<p>Quaker State <b>MOTOR OIL</b> BONUS BUY Quart Reg. 30W &amp; HD 30W <b>89¢</b> America's No. 1 selling motor oil in the new plastic bottle.</p>
<p>Dristan <b>COLD TABLETS</b> 50's VM reg. 5.16 BONUS BUY <b>4.39</b></p>	<p>Care Free Curl <b>INSTANT MOISTURIZER</b> 8 oz. Curl Activator BONUS BUY <b>2/5.00</b></p>	<p>Johnson-Johnson <b>DENTAL FLOSS</b> Reg. &amp; Mint VM reg. 1.12 BONUS BUY <b>88¢</b></p>	
<p>ACT <b>Fluoride DENTAL RINSE</b> 12 oz. BONUS BUY <b>1.77</b></p>	<p>Ultra Brite <b>Toothpaste</b> 4.3 oz. BONUS BUY <b>88¢</b></p>	<p>PHISODERM 5 oz. VM reg. 2.82 BONUS BUY <b>1.79</b></p>	<p>Mentholatum Jar 1 oz. VM reg. 1.35 BONUS BUY <b>89¢</b></p>
<p>Colgate <b>Toothpaste</b> 7 oz. reg. VM reg. 1.71 BONUS BUY <b>99¢</b></p>	<p>MAXIMUM STRENGTH <b>ANACIN-3</b> BONUS BUY <b>2/3.00</b></p>	<p>A-FANACIN-3 Tablets 30's VM reg. 2.33 A-F ANACIN 3 Capsules 20's VM reg. 2.29 BONUS BUY <b>1.77</b></p>	<p>MYCITRACIN <b>ANTIBIOTIC OINTMENT</b> 1/2 oz. VM reg. 2.49 BONUS BUY <b>1.77</b></p>
<p>Balm Barr <b>COCOA BUTTER</b> Jar 6 oz. VM reg. 3.39 BONUS BUY <b>2.39</b></p>	<p>White Rain <b>SHAMPOO</b> 18 oz. VM reg. 1.71 BONUS BUY <b>99¢</b></p>	<p>Dristan <b>Nasal Mist</b> 1/2 oz. VM reg. 2.67 BONUS BUY <b>1.99</b></p>	<p>NEW! <b>SECURE</b> 60's VM reg. 3.84 BONUS BUY <b>1.99</b></p>
<p>Wella Balsam <b>SHAMPOO</b> 8 oz. VM reg. 1.45 Conditioner 8 oz. VM reg. 1.63 BONUS BUY <b>.88¢</b></p>	<p>DRISTAN 24 Tablets VM reg. 2.87 BONUS BUY <b>2.19</b></p>	<p>Affinity <b>SHAMPOO</b> 7 oz. VM reg. 2.39 BONUS BUY <b>1.59</b></p>	<p>BAND-AID <b>Plastic Strip Med. 30's</b> VM reg. 1.49 BONUS BUY <b>99¢</b></p>
<p>Johnson's <b>BABY OIL</b> 4 oz. VM reg. 1.87 BONUS BUY <b>1.39</b></p>	<p>Balm Barr <b>Cocoa Butter LOTION</b> 8 oz. VM reg. 1.99 BONUS BUY <b>1.49</b></p>	<p>Stridex <b>MEDICATED PADS</b> 42's VM reg. 2.19 BONUS BUY <b>1.39</b></p>	
<p>LADY <b>SPEED STICK</b> 1.5 oz. VM reg. 1.91 BONUS BUY <b>1.29</b></p>	<p>EXTRA STRENGTH <b>TYLENOL</b> 30's VM reg. 2.49 BONUS BUY <b>1.95</b></p>	<p>Pepsodent <b>Adult TOOTHBRUSH</b> VM Reg. 1.15 BONUS BUY <b>77¢</b></p>	

# The Sale Is On

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