

POISON ANTIDOTE

Fall 2005



Utah Poison Control Center
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CANNING – WHAT YOU SHOULD KNOW

Many people utilize canning as a way to preserve the foods grown throughout the season. Canning uses heat to destroy microorganisms that are responsible for spoiling food. During the process, air is driven out of the jar and a vacuum is formed, keeping microorganisms from contaminating the food.

There are two types of foods to consider when safely canning:

HIGH ACID foods have a high acid content that makes it difficult for bacteria to grow. Acidic foods have a pH of 4.5 or lower and would include produce such as apples, apricots, berries, cherries, peaches, and tomatoes.

LOW ACID foods have a low acid content that act as a breeding ground for bacteria. These foods have a pH of 4.6 or higher and include red meats, seafood, poultry, and all fresh vegetables except tomatoes.

The USDA recommends pressure canning as the only safe method to for low-acid foods such as meat, poultry, seafood, and vegetables. Improper canning can result in the Botulism, a deadly poisoning caused by a toxin from the bacteria, *Clostridium Botulinum*. It takes a specific amount of heat, for a specific amount of time to kill certain bacteria. This CANNOT be achieved by water bath canning.

For further information and detailed guidelines about canning, visit the Utah State University Extension website at:

<http://extension.usu.edu/files/foodpubs/canguilb.pdf>



UPCC – COMMUNITY OUTREACH

The Mission of the Utah Poison Control Center is to prevent and minimize adverse health effects from a poison exposure through education, service, and research.

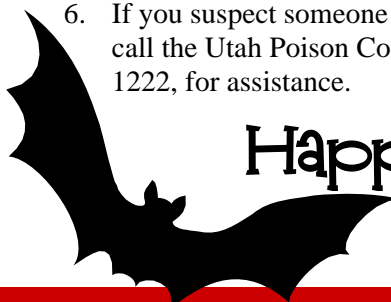
With this in mind, the UPCC is dedicated to reaching out to all communities in Utah through health and safety fairs and presentations. If you know of an event going on in your community where the UPCC should be represented, please give us a call at 1-800-222-1222 and when prompted choose option six (6) for the Education Department. We look forward to visiting your community!

HALLOWEEN POISON SAFETY

October ushers in the holiday season and Halloween marks the first celebration. On this day, it is important to be knowledgeable on what your family is doing to prevent any poisonings from occurring.

Here are some tips for Halloween Poison Safety:

1. Eat a meal or provide some candy to kids before going out to prevent snacking while trick-or-treating.
2. All candy and treats should be inspected before they are eaten.
3. Throw away all unwrapped treats or any that show evidence of tampering.
4. Some treats, especially those with chocolate, are poisonous to pets.
5. If you use makeup, check for possible skin irritation, such as a rash or itching. If this happens, remove the makeup and clean the skin with soap and water.
6. If you suspect someone has ingested tampered candy, call the Utah Poison Control Center at 1-800-222-1222, for assistance.



Happy Halloween!

