

# 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 the preparation period, germs from raw chitterlings can be spread to other foods, baby bottles, pacifiers and toys.

**You can keep this from happening!**

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## 5 Steps to Keep Your Family From Getting Sick!

- 1 **Boil raw chitterlings 5 minutes before you clean them.** This way you will kill bad germs that can spread in your kitchen.
- 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 have touched.** Use 1 tablespoon of bleach in a gallon of water to kill germs.
- 4 **Clean chitterlings only after you have boiled them 5 minutes.** Boiling makes them easier to clean and will not change the taste.
- 5 **Cook cleaned chitterlings like always, and enjoy!**

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

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