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Avoid eating raw flour



Salmonella or E. coli and other pathogens can contaminate whole grains while still in the field – or as it’s being ground into flour. Unfortunately, grinding the grain and bleaching flour doesn’t kill harmful pathogens.

There have been many recalls of salmonella-contaminated flour in the past. Most recently (April 2023) General Mills recalled its *Gold Medal Unbleached All-Purpose Flour* and its *Bleached All-Purpose Flour* (these have a “better if used by” date of March 27, 2024, and March 28, 2024. Check the [FDA’s website](#) for more details).

Those who became ill from the April 2023 outbreak had eaten raw dough or batter made with the flour. Incidentally, it's not only raw eggs in the dough that can cause food-borne illness.

In another recall in 2016, over 50 people were diagnosed with E. coli infection, causing bloody diarrhea which can lead to kidney failure. Many had to be hospitalized. The culprit was unbaked homemade dough or batter. Three children became ill after restaurant staff gave them raw dough to play with as they waited for their meals.

It is recommended to always cook or bake foods made with raw flour. Avoid eating unbaked dough or batter. After handling either raw flour or the prepared dough, always wash your hands with soap and warm water. In addition, clean all affected surfaces to avoid cross-contamination in the kitchen.

Salmonella typically causes illness within 12 to 72 hours after eating contaminated food and can last for four to seven days. Symptoms can include diarrhea, fever, headaches and abdominal cramps. Those with weakened immune systems, children under age five, or people who are 65 or older are more likely to develop severe infections.

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