

# MYTH:

“Only kids eat raw cookie dough and cake batter. If we just keep kids away from the raw products when adults are baking, there won't be a problem!”

**FACT:**

*Just a lick can make you sick!*

*No one of any age should eat raw cookie dough or cake batter because it could contain germs that cause illness. Whether it's pre-packaged or homemade, the heat from baking is required to kill germs that might be in the raw ingredients.*

- ✓ *The finished, baked product is far safer - and tastes even better!*
- ✓ *Remember, kids who eat raw cookie dough and cake batter are at greater risk of getting food poisoning than most adults are.*