
Spam Musubi

Spam musubi is sold throughout our islands and is a treat our kids and adults love. Proper handling of Spam musubi is very important and should be taken seriously. If it is not eaten right away, make sure the Spam musubi is either held below 45°F or above 140°F. This will prevent bacteria from growing and making you or your child sick.



REMEMBER TO...

- Buy it HOT (140° Fahrenheit or hotter—almost too hot to hold).
- Or, buy it cold: 45° F or less.
- Look for the thermometer. If you don't see it, ask the store clerk.
- If it is displayed at room temperature, **look for the label that tells you the current date and the time that it has to be eaten or thrown away by.** If there is no label, don't buy it.
- Eat Spam musubi as soon as possible after you buy it.



Hawaii State Department of Health
Food and Drug Branch
54 High St Room 300
Wailuku HI 96793



SPAM MUSUBI: PROPER HANDLING TO KEEP YOU SAFE



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PREVENTION OF FOODBORNE ILLNESS

Wash your hands—often and properly.



Avoid touching ready-to-eat foods with your bare hands. Use a utensil such as a pair of tongs or single service, disposable plastic gloves to minimize spreading germs to the food.

Don't leave food out at room temperature, especially cooked ready-to-eat foods like spam musubi.

Retail stores are required to display highly perishable foods like bentos and spam musubi in one of two ways:

- **VERY HOT** at 140°F or hotter
- or **COLD** at 45°F or less

If the foods are displayed at room temperature, they **must be labeled** with the current date and the time by which the food must be eaten or discarded.

These types of foods **cannot be held at unsafe temperatures or room temperature for longer than 4 hours.** This includes preparation, transportation and display time.



SYMPTOMS OF “STAPH INFECTION”



VOMITING — often described as “projectile” vomiting

USUALLY FOLLOWED BY

DIARRHEA — often described as “explosive” diarrhea

If you have any of these symptoms two to four hours after eating, you may have staphylococcal intoxication or “food poisoning” caused by “staph” bacteria.

There usually is no fever and symptoms last for about 1 to 2 days.

The most common complication is dehydration.

WHO CAN I CALL?

You can report illness following the consumption of spam musubi, bentos or any other perishable foods by calling the Disease Investigation Branch:

Oahu	(808) 586-4586
Maui	(808) 984-8213
Kauai	(808) 241-3563
Big Island (Hilo)	(808) 933-0912
Big Island (Kona)	(808) 322-4877

After hours on Oahu

(808) 586-5049

After hours on the neighbor islands

(808) 360-2575

If you observe any **improper storage and labeling** of spam musubi, bentos or any other perishable foods, call:

Oahu—Food and Drug Branch
(808) 586-4725

Maui—Environmental Health
(808) 984-8230

Kauai—Environmental Health
(808) 241-3323

Big Island—Environmental Health
Hilo (808) 933-0917
Kona (808) 322-1507