



Egg Safety

Like dairy foods, egg is a protein food and needs to be handled carefully. They must be thoroughly cooked at moderate temperatures until the whites and yolks are firm, and should be served right after cooking. Eggs and egg-rich foods, such as custards or cream pies, should not set out for longer than two hours, including serving time. Remember to use leftovers made with eggs within two or three days.

Hard-cooked eggs don't keep as well as raw eggs, so they need to be used within about a week. Remember to toss—out any hard-cooked eggs that are left out of the refrigerator more than two hours. Hard-boiled eggs need to be handled carefully. If they become cracked or dirty while the kids are hiding Easter eggs, the eggs could contain bacteria and need to be tossed out.

Avoid foods with raw eggs—such as Caesar Salad, homemade ice cream, mayonnaise or eggnog—unless they are made with pasteurized eggs. Even when kids—or adults—are tempted to eat cookie dough made with raw eggs, remember: It's best to wait until the cookies are baked before sampling!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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