Food Safety: PLAY IT SAFE WITH EGGS

Jennifer Hillan

Fresh eggs may have bacteria that can cause an illness called salmonellosis. This foodborne illness causes vomiting and diarrhea. It can be severe and even fatal in older adults. Learn how you can reduce the risk of this foodborne illness.

Use eggs safely.

- Don’t buy cracked eggs.
- Check the expiration / use-by date on the carton.
- Refrigerate raw eggs right after buying them. Keep them in the original carton and use within 4-5 weeks.
- Cook eggs until both the yolk and white are firm. Scrambled eggs should not be runny.
- Cook casseroles and other egg dishes to 160° F.

What about leftovers?

- Use hard-cooked eggs within one week after cooking.
- Refrigerate leftover egg dishes right away and use within three days.
- Reheat leftover egg dishes to 165° F before eating.


2. Jennifer Hillan, MSH, RD, LD/N, ENAFS nutrition educator, Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611.

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