

## Food Safety: PLAY IT SAFE WITH EGGS<sup>1</sup>

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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.

**Foods made with raw or lightly cooked eggs can be dangerous. Stay away from high-risk foods like homemade ice cream, homemade Caesar salad dressing, Hollandaise sauce, cookie dough, and cake batter.**



### 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.

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