

## Playing it Safe with Eggs

### Video Transcript

There's nothing like a hearty egg breakfast to get your morning started right. Eggs are a good source of vitamins, protein, and other important nutrients. They can also carry Salmonella, a kind of bacteria that can make you sick. That's why it's important to keep safety in mind when buying, storing, and cooking your eggs.

Only buy refrigerated eggs. Make sure they're clean and the shells are not cracked. Refrigerate promptly in the original carton and use within three weeks for best quality.

And don't forget to wash hands, surfaces and utensils with warm, soapy water before and after they come in contact with raw eggs and raw egg-containing foods.

Thorough cooking is probably the most important step in making sure your eggs are safe to eat. Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.

Cook casseroles and other egg-containing dishes to 160 degrees Fahrenheit—use a food thermometer to be sure. When baking, don't eat raw batter or cookie dough—no matter how tempting it is.

For recipes that call for raw or undercooked eggs when the dish is served—like Caesar Salad, for example—use pasteurized eggs or pasteurized egg products. These are clearly labeled on the container.

Bacteria can multiply quickly between 40 to 140 degrees Fahrenheit. So to be safe, serve cooked eggs and egg-containing dishes immediately after cooking.

For buffets, remember to keep hot food hot and cold food cold. Eggs and egg dishes may be refrigerated for serving later, but should be thoroughly reheated to 165 degrees Fahrenheit before serving. Cooked eggs and egg-containing foods should not sit out for extended periods. Either reheat or refrigerate them within 2 hours. Use cooked eggs within one week and frozen eggs within one year.

If you're packing cooked eggs for work or school, pack them with a small frozen gel pack or a frozen juice box. For picnics, make sure you pack your eggs in an insulated cooler with ice or gel packs...and don't put the cooler in your trunk—carry it in the air-conditioned part of the car.

Following these tips will help keep you safe from foodborne illness associated with raw and cooked eggs and the products that contain them. While important for everyone, following these tips is especially critical for those most vulnerable to foodborne disease, like the elderly, children, and those with weakened immune systems.

For more information on handling eggs and other foods safely, visit FDA's food safety website at [www.fda.gov](http://www.fda.gov).

