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*Listening, learning,  
and living together:  
it's the science of life.*

## **Egg Safety<sup>1</sup>**

*Amy Simonne<sup>2</sup>*

During the spring and summer months, many occasions tempt us to pack one of those great, portable, natural foods: the hard-boiled egg. If your family plans to include hard-boiled eggs when packing a picnic basket or hiding Easter eggs, although the risk of getting a foodborne illness from eggs is very low, some food safety precautions must be followed.

While only a small number of eggs may contain salmonella, it's prudent for consumers to follow a couple of food safety recommendations. At the store, choose eggs that are Grade A or AA with clean, uncracked shells.

You don't need to wash eggs. Nevertheless, you can further protect yourself and your family by discarding eggs that are unclean, cracked, broken, or leaking. You also need to make sure that the eggs have been kept refrigerated, because any bacteria present can multiply quickly.

If you want to eat colored eggs, color only uncracked eggs and use food colors or natural color from vegetables such as beets, cranberries, and blueberries. Hard-cooked eggs will keep refrigerated for one week. And, if these eggs were out of the refrigerator for more than two hours, discard them. So, if you use hard-cooked eggs for decorative pieces or hiding them on the ground, you might want to save those for the Easter Bunny...rather than your children.

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