

Food Safety: PLAY IT SAFE WITH EGGS¹

Jennifer Hillan²



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.

1. La versión en español de este documento es *Cuidadaos de Alimentos: ¡Mantenga los Huevos Seguros para Comer!* (FCS8635-Span). This document, FCS8635, is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, IFAS, University of Florida, Gainesville, FL 32611. First published: February 2000. Revised August 2006. Please visit the EDIS Website at <http://edis.ifas.ufl.edu>.
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.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. For more information on obtaining other extension publications, contact your county Cooperative Extension service. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Larry Arrington, Dean.