



EGGS SAFETY TIPS FROM THE FDA-PART 2

1. HOW TO HANDLE AND USE EGGS

It's important to be careful how to handle and use eggs. This is because some eggs can contain salmonella bacteria (which is a bacterium that can cause very serious illness) inside or on their shells.

Therefore one must always remember to;

- Keep eggs away from other foods, when they are still in the shell and when you have cracked them open
- Don't use damaged or dirty eggs
- Be careful not to splash raw eggs onto other foods, surfaces or dishes
- Cook eggs and foods containing eggs thoroughly
- Always wash and dry your hands thoroughly after touching eggs or working with them
- Clean food areas, dishes and utensils thoroughly, using warm soapy water, after working with eggs
- Serve egg dishes straight away, or cool them quickly and keep chilled

❖ **The Possible Dangers You Should Know**

There are two main things you need to avoid:

- Bacteria spreading from eggs onto other foods, hands, work surfaces or utensils in order to prevent cross-contamination.
- Bacteria surviving because eggs are not properly cooked.

Remember, salmonella bacteria can be on the shell as well as inside the egg so, to help stop bacteria spreading, you need to be very careful how you handle eggs, both when they are still in the shell and after you have cracked them open.



❖ **How Can One be Sure That an Egg Is Salmonella Free**

It isn't possible to guarantee that any egg will be free from salmonella, whatever the source or brand. So you need to be careful how you handle all eggs. There is a smaller chance that eggs from vaccinated flocks will contain salmonella, but you should still take care. Remember, it's always better to buy your eggs from a reputable supplier.

❖ **How to Reduce the Dangers when using Large Numbers Of Eggs**

If you use lots of eggs (e.g. in baking and other recipes), you should be especially careful to avoid cross-contamination.

- Ideally, you should do all your work with raw eggs at one time.
- Remember that drips of egg and broken shells could spread bacteria. So you should dispose of the shells carefully, and thoroughly clean surfaces, sinks, dishes and utensils before starting a different type of work.
- Everyone who handles the eggs should wash their hands with warm water and soap, and dry them thoroughly, after working with the eggs.

ALWAYS REMEMBER, YOU ARE WHAT YOU EAT, AND SO LET'S MAKE FOOD SAFETY OUR LIFESTYLE AND COLLECTIVE RESPONSIBILITY.