

Summertime Food Safety: Tips from the American Egg Board

FOR IMMEDIATE RELEASE

Park Ridge, Ill. (June 3, 2008) – With summer in full swing, it's time for barbecues, picnics and outdoor celebrations. Since eggs can be found in 93 percent of American's refrigerators ¹, they are naturally part of summertime food favorites, like deviled eggs and egg salad. Take extra care when preparing all dishes, including those containing eggs, to make sure they are stored, handled and cooked properly. Follow these safety tips and help your family and friends enjoy the taste and benefits of eggs all summer long.

- Do not keep raw eggs, cooked eggs or egg-containing dishes out of the refrigerator for more than two hours. This includes the time spent preparing, transporting and serving them. When the temperature is above 85° F, do not keep eggs out of refrigeration for more than 30 minutes.
- Fresh eggs can be stored in their cartons in the refrigerator for four to five weeks beyond the carton's packing date. Hard cooked eggs can be safely refrigerated for up to one week.
- Store raw eggs in the refrigerator below 40° F. Keep them in their cartons on the middle or bottom refrigerator shelf, which is where the refrigerator is coolest.
- Cook any egg dishes or recipes containing eggs to 160° F and until the yolk and white are both firm.
- When transporting eggs or products that contain eggs, store them in a cooler with ice or cooling packs.

Families can feel good about serving summertime egg dishes – not only do they stand out on the table, they are good for you too. Eggs are all natural and provide high-quality protein that can help keep families feeling satisfied and energized throughout the day. Plus, eggs are easy on the wallet and the waistline – they cost less per serving than other high-quality protein foods at around 17 cents per egg², and they are just 70 calories apiece.

Recipes

Looking for a crowd-pleasing dish that won't break the bank for your next picnic or barbecue? Try these twists on classic egg dishes from the American Egg Board, all of which are under \$1.05 per serving:

[Dilly Deviled Eggs](#)

[Pesto Deviled Eggs](#)

[Avocado Egg Salad](#)

Looking for more information?

For more egg food safety information, visit the [Egg Safety Center \(www.eggsafety.org\)](http://www.eggsafety.org).

For more on the benefits of eating eggs, visit the [Egg Nutrition Center \(www.enc-online.org\)](http://www.enc-online.org).

For recipes, trivia and more, visit the [American Egg Board \(www.incredibleegg.org\)](http://www.incredibleegg.org).

Join the conversation!

Visit Dr. Don McNamara's blog on nutrition and science at www.unscramblingthescience.com.

1. AC Nielsen Homescan Channel Facts, 52 Weeks Ending 12/31/2006
2. United States Agricultural Department, Economic Research Service, May 14, 2008