



Iowa Egg Council

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Safe Handling of Eggs

May is Egg Month! Here are a few good safety tips to keep in mind when cooking with eggs.

- Buy eggs only from refrigerated cases and refrigerate them in their carton on an inside shelf as soon as possible after purchase. Eggs accidentally left at room temperature should be discarded after two hours, or one hour in warm weather.

- Cook eggs until the whites and yolks are firm or, for casseroles containing eggs, until an internal temperature of 160F.

- Clean your hands, as well as the surfaces and utensils that come in contact with raw eggs—an important step for avoiding cross-contamination.

- For picnics and outdoor parties, pack cold egg dishes with ice or ice packs in an insulated cooler or bag.

For more good tips and recipes, visit www.iowaegg.com.

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