



Did you know . . .

It isn't necessary to boil eggs for the full cooking time. Instead, place eggs in a single layer, cover with water and bring to a boil. Once boiling, remove the pan from the heat, allow it to stand for 15 minutes and then rinse the eggs under cold water.



Eggs-tra Care for Spring Celebrations

It's spring -- the season to enjoy the great outdoors and celebrate special occasions, like Easter, Passover and graduation. While eggs are used year-round, they are especially important for many spring and summertime activities, including decorating and hiding just before a big Easter egg hunt.

Like meat, poultry, seafood and produce, eggs are perishable and need to be handled properly to prevent foodborne illness. Occasionally, eggs with clean, uncracked shells can be contaminated with bacteria, specifically *Salmonella* Enteritidis.

[NSF International](#) and the [Partnership for Food Safety](#) hope these tips will help you have a safe and egg-cellent spring:

Clean Up, Clean Up...

- Clean hands are key, so always wash hands with warm water and soap for 20 seconds before and after handling food.
- Beware of cross-contamination. Always wash food contact surfaces and cooking equipment, including blenders, with soap and hot water between uses.

Cook and Keep Cool...

- Bacteria love to grow in moist, protein-rich foods. Refrigeration slows bacterial growth, so it's important to refrigerate eggs and egg-containing foods. Your refrigerator should be at 40° F or below. Use a thermometer to monitor.
- Remember the Two-Hour Rule: Don't leave perishables out at room temperature for more than two hours.

- Whether you like your breakfast eggs scrambled or fried, always cook eggs until the yolks and whites are firm.
- Tasting is tempting, but licking a spoon or tasting raw cookie dough from a mixing bowl can be risky. Bacteria could be lurking in the raw eggs.
- Cook cheesecakes, lasagna, baked pasta and egg dishes to an internal temperature of 160° F. Use a food thermometer.

Easter Egg Hunt Know-How

- Only use eggs that have been refrigerated, and discard eggs that are cracked or dirty.
- To cook, place a single layer of eggs in a saucepan and add water to at least one inch above the eggs. Cover the pan and bring the water to a boil, then carefully remove the pan from the heat and let stand for 15 minutes for large eggs. Immediately run cold water over the eggs and when cool enough to handle, place them in an uncovered container in the refrigerator and allow to air dry.
- When decorating, be sure to use food-grade dyes, like commercial egg dyes, liquid food coloring or fruit-drink powders. When handling eggs, be careful not to crack them. Otherwise, bacteria could enter the egg through the cracks in the shell.
- Store hard-cooked Easter eggs chilled on a shelf inside the refrigerator, not in the refrigerator door.
- Hide the eggs in places that are protected from dirt, pets and other potential sources of bacteria.
- Remember the two-hour rule, and make sure the "found" eggs are back in the refrigerator or consumed within two hours.

If you have leftover hard-boiled eggs, remember that they are only safe to eat for one week after cooking.