

Handling Raw Eggs

PROPER HANDLING AND PREPARATION ARE IMPORTANT FOR SAFETY

Eggs are a wonderful, nutritious food that come so conveniently packaged in their own individual shells. But raw eggs can harbor *Salmonella* – both on the shell itself *and* inside the egg, too.

Egg shells can be contaminated from *Salmonella* from poultry droppings or from the area in general in which the eggs are laid. Poultry that are infected with *Salmonella* can transfer the bacteria to the inside of eggs before the shells are even formed.

Salmonella can cause serious foodborne illness, especially for vulnerable populations. For these reasons, it's important to handle and prepare raw eggs carefully. Here are a few recommendations on handling raw eggs and raw egg products:

- always wash your hands and any items that come into contact with raw eggs with soap and water (this includes utensils, dishes, cutting boards and countertops)
- don't wash eggs (commercial eggs are cleaned at the processing plant; for home eggs, it's better to provide a clean environment in the first place as improper washing can actually introduce contaminants into the egg)
- discard cracked or dirty eggs
- keep eggs refrigerated at 40°F or below
- cook eggs until both the yolk and the white reach a temperature of 160°F
- do not consume raw eggs or egg products (including sauces, salad dressings, tiramisu, etc.) unless the eggs have been pasteurized

For further information on eggs, including safety, egg basics, date codes, etc., see

<https://www.cdc.gov/features/salmonellaeggs/index.html>

<https://ucfoodsafety.ucdavis.edu/sites/g/files/dgvnsk7366/files/inline-files/26416.pdf>

[https://food.unl.edu/article/cracking-date-code-egg-](https://food.unl.edu/article/cracking-date-code-egg-cartons#:~:text=This%20three%2Ddigit%20code%20indicates,were%20packed%20on%20February%201st.)

[cartons#:~:text=This%20three%2Ddigit%20code%20indicates,were%20packed%20on%20February%201st.](https://food.unl.edu/article/cracking-date-code-egg-cartons#:~:text=This%20three%2Ddigit%20code%20indicates,were%20packed%20on%20February%201st.)

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