

Hygiene Advice On Eggs

Eggs are an excellent source of nourishment, packed full with protein, vitamins and minerals. As with most foods, however, there are certain precautions and rules that people should follow when handling, cooking and eating eggs in order to prevent illness.

An egg is a raw product; some eggs may be contaminated with the Salmonella food poisoning bug.

Foods made with raw or partially cooked eggs, such as home-made mayonnaise; mousse, ice cream and drinks may therefore pose a health risk.

The Council's advice is that raw eggs, and uncooked dishes made from them, may be a health risk.

Vulnerable groups of people, such as the elderly, immunocompromised individuals, babies, toddlers and pregnant women, should only consume eggs that have been cooked until the white and yolks are solid. These people should, if possible, avoid raw egg and raw egg dishes.

Simple rules when using raw eggs:

- DO make sure you use the eggs by the '*Best before*' date.
- DO store eggs in a cool, dry place. Ideally, put eggs in the fridge, preferably in the egg tray as this may prevent cross-contamination.
- DO eat dishes with eggs as soon as possible after they have been prepared.
- DO refrigerate egg dishes if you are not planning to eat them straightaway.
- DO consider using pasteurised egg for dishes that are uncooked or lightly cooked, such as home-made mayonnaise, mousse and hollandaise sauce.
- DO store eggs away from ready-to-eat foods.
- DO NOT use eggs whose shells are damaged. Throw them away.
- ALWAYS wash your hands thoroughly in warm water after handling raw eggs.

For further information please contact the Food Control Team.