



FOR IMMEDIATE RELEASE:

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A Dozen Egg Safety Tips this Easter

COLUMBUS – From decorating eggs to baking Easter cookies and treats, nutritious Ohio eggs are a staple for the Easter holiday. However, if not handled properly, eggs can easily lead to illness.

“Consumers who purchase Ohio-produced eggs can be confident the eggs they buy are safe and of the highest quality, because Ohio egg farmers make egg safety a top priority,” said Jim Chakeres, executive vice president of the Ohio Poultry Association (OPA). “Consumers also can play an important role in keeping eggs safe and free from foodborne illnesses by following proper handling guidelines.”

Below are a dozen common-sense tips from the Ohio egg experts to make Easter for all consumers a safe and healthy one:

1. Choose the freshest eggs possible and open the carton before purchasing to make sure the shells are not cracked.
2. Separate eggs from other foods in your grocery cart, grocery bags and in the refrigerator to prevent cross-contamination.
3. Refrigerate eggs at 40 degrees or colder.
4. Wash hands well in hot, soapy water before handling eggs at every step, including cooking, cooling, dyeing and decorating.
5. Boil eggs at 160 degrees for 15 minutes. After cooking, cool hard-boiled eggs quickly run under cold water or in ice water and refrigerate immediately.
6. Be sure that all the decorating materials used are food-safe.
7. Keep the eggs refrigerated as much as possible. Be sure to put them back into the refrigerator whenever individuals are not working with them.
8. Dye the eggs in water warmer than the eggs so they do not absorb the dye water.
9. If hiding the decorated eggs, put them where they will not come into contact with pets, other animals or birds or lawn chemicals.
10. After all eggs have been found, throw out any that have cracked.
11. Never place an egg to be eaten on display for more than two hours.
12. Eat properly refrigerated, hard-boiled eggs within seven days.

In addition, egg lovers have even more reason to celebrate the incredible egg this Easter. Recent USDA data shows that one large egg is now 14 percent lower in cholesterol, and 64 percent higher in vitamin D than previously recorded. Eggs also provide 13 essential nutrients, while only containing about 75 calories. At an average retail cost of less than 15 cents apiece, eggs are one of the most affordable sources of high-quality protein per serving in today’s marketplace.

Ohio is the second-largest egg producing state in the nation, producing more than seven billion eggs each year with an estimated retail value of more than \$585 million.

For more information on Ohio’s egg farmers or egg safety, visit www.OhioEggs.com.

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