



FOR IMMEDIATE RELEASE:

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FOUR FOOD SAFETY TIPS FOR A HEALTHY FOURTH OF JULY

Ohio Eggsperts Offer Egg Safety Tips for Safe Family Picnics, Holiday Celebrations

COLUMBUS, Ohio (June 30, 2016) – As Ohioans prepare for their Fourth of July celebrations and are thinking of creative ways to feed their families during picnics, barbecues and potlucks, Ohio's egg farmers are taking the time to remind consumers about egg safety.

"As many travel for the long holiday weekend, it's important for those who are traveling with food or hosting outdoor events to make sure food safety is top of mind," said Jim Chakeres, OPA executive vice president. "Especially during the warm summer months, consumers should be aware of the proper way to handle and transport perishable egg dishes, such as deviled eggs, to avoid foodborne illnesses."

Here are four egg safety tips from Ohio's egg farmers, who produce more than 8.7 billion eggs annually:

- Eggs should not be left out of the refrigerator or exposed at room temperature for more than two hours and should always be kept cold, either using ice or freezer packs.
- Bacteria can multiply in temperatures from 40 degrees Fahrenheit to 140 degrees Fahrenheit. Remember to keep cold foods cold and hot foods hot.
- Deviled eggs and egg dishes that are eaten cold should be packed in an insulated bag or cooler and kept in the shade and opened as infrequently as possible, ensuring foods are kept at 40 degrees Fahrenheit or lower; cooked egg dishes should be kept in thermal containers and kept at a temperature of 140 degrees Fahrenheit or higher.
- If consumers are bringing hard-boiled eggs, the eggs should be left in their shells and kept cold in a cooler. Hard-boiled eggs are safe to eat when left in their shells for up to one week, but once peeled, it must be eaten that day.

Chakeres offered another tip for those bringing deviled eggs to a holiday celebration: prepare filling in a plastic bag and then bring whites and yolk mixture separately in a cooler. Once guests arrive at their destination, they can fill eggs on the spot by pressing the filling out of snipped corner of a plastic bag.

"Because eggs are so versatile they make for an excellent meal, snack or appetizer for dozens of different recipes," said Chakeres. "And, eggs are good for you! They are packed with high-quality protein and amino acids, 13 essential nutrients and are only 70 calories."

Ohio egg farmers are proud to provide healthy, safe, affordable eggs to families in Ohio and nationwide. Ohio ranks No. 2 nationally for egg production. For more information about egg farming, recipes and the health benefits eggs offer, visit www.OhioEggs.com.

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Bacon Tomato Ranch Deviled Eggs

Ingredients:

6 eggs, hard cooked
2 tablespoons mayonnaise
1 tablespoon mustard
2½ teaspoons powdered ranch dressing mix
1 teaspoon sugar (may use equivalent of Splenda or Stevia)
2 tablespoons green onions, minced
3 tablespoons minced, crispy bacon pieces (turkey bacon!)
3 tablespoons tomato, seeded and chopped (1/4 inch)
Salt and pepper to taste
Parsley, finely chopped for garnish

Directions:

Peel and cut eggs in half. Remove yolks to small mixing bowl. Finely mash yolks with fork. Add mayonnaise and mustard; mixing thoroughly. Add ranch dressing mix and sweetener; mixing well. Add onion and bacon; mixing well again. Gently fold chopped tomato into mixture. Add salt and pepper to taste. Fill 12 egg white halves with an equal mixture of filling. Garnish with parsley.

