

## Egg safety advice

To avoid giving your customers food poisoning from eggs follow these safety tips:

- Never buy or use cracked, damaged or dirty eggs.
- Always store eggs in the fridge in their own cartons/ packaging.
- When storing and handling eggs take the same precautions as you would when handling and preparing raw chicken, meat, seafood or dairy products:
  - Always buy and use eggs before the best-before date.
  - Thoroughly clean your hands, food areas, work surfaces, dishes, utensils and cleaning cloths after working with eggs and especially after egg spills.
  - Serve hot dishes containing eggs straightaway, or cool them quickly in the fridge, and keep them refrigerated until they are eaten.
- Cook eggs and foods containing eggs until they are hot all the way through.
- Use pasteurised egg products in foods that will not be cooked, or will only be lightly cooked. Alternatively, change to recipes that do not require raw eggs as an ingredient.
- Include egg safety messages in food hygiene training for staff.

**Remember to always treat eggs safely, and take the same precautions as you would for chicken, meat, seafood and dairy products – ensure eggs are clean, intact and fresh, then store them cool and cook them well.**



Further information on egg safety can be found at:

[www.health.vic.gov.au](http://www.health.vic.gov.au)

[www.dpi.vic.gov.au](http://www.dpi.vic.gov.au)

[www.vff.org.au](http://www.vff.org.au)

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## Egg safety advice for the food service industry



**Eggs need TLC**  
**Buy Clean - Keep Cool - Cook Well**

For restaurants, cafes, takeaways,  
caterers, hotels, bakeries and other  
food service businesses

## Serving eggs safely

Some eggs can be contaminated with *Salmonella* bacteria, so it is important to be careful how you handle, store and prepare eggs. While the number of contaminated eggs is estimated to be very low, the illness caused by *Salmonella* can be severe. So you should always handle, store and prepare eggs safely, as you would chicken, meat, seafood and dairy products.

*Salmonella* infection can affect anyone, however, it is more common in children under five years of age and young adults. The symptoms can be more severe in pregnant women, the elderly and people with impaired immune systems. If you are catering for these vulnerable groups it is especially important that you do not serve foods containing raw eggs if they will not be cooked, or only lightly cooked.

## Never use cracked, damaged or dirty eggs

- Dirty eggs have more bacteria on their shells.
- Bacteria on the outside of the shell may enter the egg through cracks that may be too fine to see.
- Once inside the egg, bacteria can grow to high numbers, increasing the risk of illness.
- Buy eggs from a reputable supplier, and check each delivery for cracked and/or dirty eggs.
- Do not wash eggs, as the shell is more porous when wet, and bacteria from the outside of the shell can then get into the egg.
- Consider that larger eggs have thinner shells and are therefore more likely to crack and let bacteria in.



## Always store eggs in the fridge in their own packaging

- Bacteria grow very slowly at refrigeration temperatures.
- Best-before dates on egg cartons/boxes assume that the eggs will be stored in the fridge – storing them out of the fridge means that the shelf life will be shorter.
- The cardboard carton/box prevents condensation forming on the egg shells – which is important as wet shells are porous.
- Avoid repeatedly moving the same eggs to and from refrigerated conditions, as this will also cause condensation to form on the shell.
- Best-before dates and batch numbers are on the egg packaging, and will be lost if packaging is discarded.



## When storing, handling and preparing eggs take the same precautions as you would for raw chicken, meat, seafood or dairy products

- Always buy and use eggs before the best-before date.
- Thoroughly clean your hands, food areas, work surfaces, dishes, and utensils after working with eggs, and especially after egg spills.
- Serve hot dishes containing eggs straightaway, or cool them quickly in the fridge, and keep them refrigerated until they are eaten.

## Cook eggs and foods containing eggs until they are hot all the way through

- Cooking eggs will kill bacteria, however, they can survive if food is not cooked so that it is hot all the way through.



## Uncooked food that contains raw eggs is a higher risk

Raw eggs should not be used in foods that are not going to be thoroughly cooked – it is safer to use pasteurised egg for these foods, which include:

- homemade mayonnaise and dressings
- egg butter
- béarnaise and hollandaise sauces
- milkshakes/eggflips
- ice cream
- mousses, tiramisu and other desserts containing raw egg.

Pasteurised egg products can be purchased frozen, or in liquid or powder form.

For foods that will not be thoroughly cooked, it is safer to use alternative recipes that do not require raw eggs as an ingredient.

Commercially produced mayonnaise, dressings and sauces in jars will almost certainly have been produced using pasteurised egg, or will have been heat treated and are therefore safe. Check the label, and if you are unsure contact the manufacturer.