



**FOOD  
SAFETY  
INFORMATION  
COUNCIL**

# Excellent Eggs

**HANDLE THEM SAFELY**

Eggs are a simple, cost effective and nutritious part of our diet.  
Handle them safely by following these tips:

- Don't buy or use eggs that are cracked or visibly dirty.
- Wash your hands after handling uncooked eggs.
- Store your eggs in the fridge away from ready to eat foods.
- Your eggs will keep best if stored in the carton they came in.
- The elderly, pregnant women, small children and people with poor or compromised immune systems are at serious risk if exposed to food borne illnesses and should not be served uncooked or undercooked egg dishes unless those eggs have been pasteurised.
- If you are going to eat raw egg dishes, prepare just before you are going to eat them and, if you need to store the dish, refrigerate it immediately at 5°C or below.  
Or, consider using pasteurised eggs.



Australian Food Safety Week - 9 to 16 November 2019