

Safe Eggs for Easter

Buy only clean, unbroken eggs.

Do not buy eggs that are dirty or cracked.

Always keep eggs in the refrigerator.

Keep raw eggs, cooked eggs, and foods with eggs in them in the refrigerator.

The cold temperature keeps the bacteria from growing.

Cook eggs well.

Cook boiled eggs and foods with eggs in them until the eggs are hard.

Do not eat foods with raw eggs, such as unbaked cookie dough or cake batter, soggy French toast, and uncooked homemade ice cream and salad dressing.

Do not leave eggs at room temperature for more than 2 hours.

Put leftover eggs in the refrigerator right after the meal is over.

Use only hard-boiled eggs for Easter eggs. Make sure all your Easter eggs are found within 2 hours. Do not let children eat eggs that got cracked or dirty in the hunt.

Do not pack boiled eggs in sack lunches unless they can be put in a refrigerator at school or work.



Safe Hard-Boiled Eggs

This recipe makes enough as a main dish for 3 people.
Each serving has 158 calories, 12.14 grams of protein, and 11.16 grams of fat.

What You Use

6 large eggs
water

What You Do

1.

Make sure the eggs are clean.
Make sure they do not have any cracks.



6 eggs

2.

Put the eggs in a boiler.
Make a single layer.



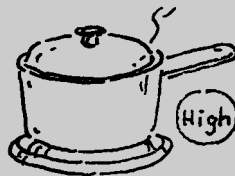
3.

Cover the eggs with water.
Make sure the water comes at least 1 inch above the eggs.



4.

Cover the boiler with a lid.
Put the boiler on the stove.
Turn the heat to High.



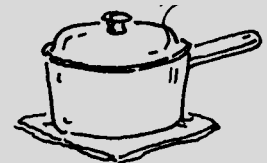
5.

Let water boil for 4 minutes.
Turn off the heat.



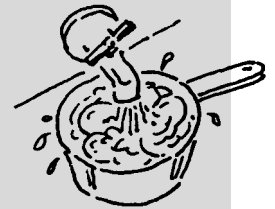
6.

Take the boiler off the stove.
Leave the lid on the boiler.
Let the boiler stand for 15 to 17 minutes.



7.

Set the boiler in the sink.
Take the lid off.
Fill the boiler with cold water.
Let the water run until all the water in the boiler is cold.



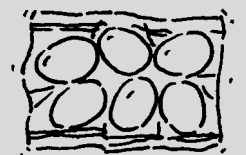
8.

Leave the eggs in the cold water until they are completely cool.



9.

Take the eggs out of the water.
Dry them off.
Now they are ready to dye.
Or you can peel them to eat or to make something else.





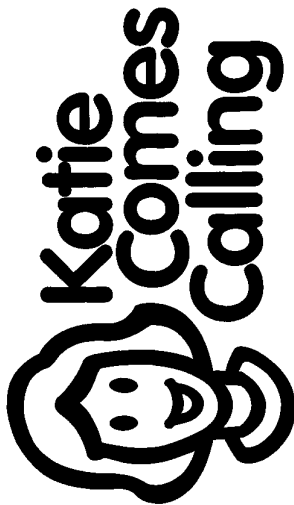
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Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

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Safe Eggs for Easter

Many people like to have eggs for Easter. They like deviled eggs with Easter dinner and other spring and summer meals. They like to dye hard-boiled eggs with their children. And children like to go on Easter egg hunts!

But eggs can contain harmful bacteria. The bacteria can make people, especially children, very sick. You must be very careful when you cook and store eggs.



Evelyn F. Crayton

Evelyn F. Crayton, *Extension Foods & Nutrition Specialist*
Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write:



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