

# EASTER EGG SAFETY

Coloring, hiding and eventually eating Easter eggs has been a long-held tradition for many families. For the happiest of Easter memories, follow these safety tips as the Easter season approaches.

**Question:** What is the best way to cook hard-boiled eggs?

**Answer:** Put your eggs straight from the fridge into already-boiling water. Then, lower the heat to a slow simmer. Cook the eggs for 11 minutes. Like with any other food preparation, be sure to wash your hands before and after handling the eggs. Fresh eggs, even those with clean, uncracked shells, may contain bacteria called Salmonella that can cause foodborne illness.

**Question:** How can you make the eggs easier to peel?

**Answer:** Remove them from the boiling water and let them air dry for five minutes. Then, chill them in the refrigerator overnight. Peel them under cool running water.

**Question:** Should hard-boiled eggs be refrigerated after they are cooked?

**Answer:** Yes, refrigerate your eggs within two hours if you don't plan to color or consume them immediately. When shell eggs are hard-boiled, the protective coating is washed away, leaving the pores in the shell open for bacteria to enter. This is why hard-boiled eggs spoil faster than fresh eggs.

**Question:** How long can you store hard-boiled eggs in the refrigerator?

**Answer:** Hard-boiled eggs can be stored in the refrigerator for up to seven days and eaten.

**Question:** Can you eat hard-boiled eggs that have been dyed?

**Answer:** Yes, if a food-grade dye or food coloring is used, the coloring itself does not present a health risk.

**Question:** Should eggs used for Easter egg hunts be eaten?

**Answer:** Because of the number of contaminants in the outdoor environment, it is recommended that eggs used for egg hunts be discarded afterward rather than eaten.

