



EGG FOOD SAFETY FACT SHEET

Amanda Kelly
PHOTOGRAPHY

Raw or undercooked eggs can provide a risk for people living with cancer.
Eggs may contain harmful Salmonella bacteria.
Eggs are safe to eat if they are handled and cooked correctly.

Remember:

- Wash your hands after handling raw eggs to prevent cross contamination in the kitchen.
- Cook eggs until both the yolk and the white are firm. Yolks of soft-boiled eggs aren't totally runny.
- Cook eggs to a temperature of 72°C using a probe thermometer.

What Can You Do?

At Home:

- Buy eggs refrigerated from your supplier.
- Store eggs in fridge, inside the carton.
- Check use-by dates on egg cartons.
- Use a clean spoon if a piece of egg shell falls into egg mixture.

Avoid:

- Cracked or dirty eggs
- Uncooked dishes, sauces, and dressings:
 - Mousses and Tiramisu desserts
 - Hollandaise, fresh mayonnaise and aioli
 - Raw egg drinks
- Avoid eating raw dough, batter or any other product containing raw egg.
- Microwave cooking of raw eggs because of the possibility of uneven heating.
- Do not re-use plates, cutting boards or utensils that have come in contact with raw eggs unless they have been thoroughly washed and rinsed under water.