



### Update on Eggs

Do you like eggs? Most people do. Eggs are easily digested and are an excellent source of nutrition. They are high in protein, low in sodium and contain vitamins and minerals. They are also inexpensive, delicious and easy to prepare. Even when we pay the regular price for a dozen, the cost of one egg usually does not exceed 15 cents. The protein found in two eggs is about the same as three ounces of meat, fish or poultry, which is a lot less expensive at 30 cents than a three-ounce serving of other proteins!

**What About Cholesterol?** Eggs contain cholesterol. But new research suggests that one or two eggs daily may be acceptable for those people with normal blood cholesterol levels. Ask your doctor about how many eggs you can eat. Eggs can fit into a healthy, well-

balanced eating plan.

To make sure that the eggs you buy and use stay safe, follow these tips:

- Always buy eggs from the refrigerated case. Choose eggs with clean, uncracked shells. Always open the carton and look at each egg.
- Take eggs straight home from the grocery store and refrigerate them right away. Check to be sure your refrigerator is set at 40 degrees F or below. Do not take eggs out of the carton to put them in the refrigerator. The carton protects them.
- Always wash your hands with warm water and soap before and after handling raw eggs.



#### What Can You Do?

- Serve at least 1 to 2 vegetables or fruits at each meal.
- Eat eggs for an inexpensive source of protein!
- Start collecting healthy recipes.

Take small steps to a Healthy Family

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#### Nutrient Rich Foods!

It's nice to focus on what you and your family are eating instead of what you shouldn't eat.

- 1) Shop together and choose nutrient rich foods in the grocery store.
- 2) Talk about how colorful and healthy these foods are for us.
- 3) Find meal and snack ideas for using more nutrient rich foods in your family's diet.
- 4) Serve at least one vegetable or fruit at every meal. Two are even better!



## Hard Cooked Eggs

If your family colors and hides hard cooked eggs for Easter, here are some tips to make sure that your eggs stay safe if you decide to eat them:

- Are decorated Easter eggs safe to eat? If you plan to eat eggs you decorate, be sure to use only food grade dye. Some people make two sets of eggs—one for decorating and hiding and another for eating. Others use plastic eggs for hiding.
- Are eggs that have been hidden safe to eat? For an egg hunt, avoid cracking the shells. If the shells crack, then bacteria could contaminate the egg inside. Hide eggs in places that are protected from dirt, pets and other bacteria sources. Keep hard cooked eggs chilled in the refrigerator until just before the hunt.
- Can I eat eggs that have been left out without being refrigerated? The total time for hiding and hunting eggs should be no more than two hours. Be sure to refrigerate the “found” eggs right away until you eat them. Eggs found hours later or the next day should not be eaten.
- How long do eggs and egg dishes keep when stored in the refrigerator? Raw shell eggs in the carton can stay in your refrigerator for 3-5 weeks from the purchase date. Although the “Sell By” date might pass during that time, the eggs are still safe to use. Egg dishes such as deviled eggs or egg salad should be used within three to four days. Hard cooked eggs should be eaten within a week.



## Upcoming Events

- ◇ Friday, April 18— Extension Office closed for Good Friday 
- ◇ Sunday, April 20— Happy Easter!
- ◇ Saturday, April 26— Kids’ Safe Saturday, 9:00 a.m. to 1:00 p.m., Buford Park—games, prizes, food—free!
- ◇ Monday, April 28, May 5— “Parenting Connections” parent classes, Extension Office, 6:00 p.m. Call 903-885-3443 to sign up.
- ◇ Thursday, May 15— Child Safety Seat free inspection, Lowe’s parking lot, 11:00 a.m. to 2:00 p.m. Come & go. Free car seats available!
- ◇ Monday, May 26— Extension office closed for Memorial Day observance.
- ◇ Saturday, May 31— Together in Texas Marriage Education Workshop, 8:30 a.m. to 3:30 p.m., Extension Office. No cost, but must call to reserve a seat. Engaged couples receive a certificate to save \$60 upon applying for a marriage license.
- ◇ June 14-21— Hopkins County Dairy Festival! Enter the Dairy Foods contest, Saturday, June 21. Written entries due June 17.

Your child learns his eating and activity habits by watching you.  
Be the best you can be for your child!

Sources: Nutrition Matters, Inc.  
USDA  
www.squaremeals.org  
http://fcs.tamu.edu  
American Egg Board

### Cook at Home

Collect simple meal ideas and recipes and learn how to prepare more meals at home.

Have a plan for busy days—make a list of quick and easy meals.

Limit take out foods, fast foods and eating in restaurants.

Programs of Texas A&M AgriLife Extension service are open to all people without regard to race, color, sex, disability, religion, age, national origin, genetic information or veteran status.

Call 903-885-3443 for information.