

## Keeping Your Easter Eggs and Ham Safe

Every year there are reports of illness caused by eggs, particularly from raw or under cooked eggs in dishes such as custards, puddings, or Caesar salad dressing.

Easter eggs because they are more often thoroughly cooked, aren't quite as risky. But Salmonella can be found on both the outside and inside of eggs. So it is important to guard against cross contamination before they are cooked. Washing hands and all food contact surfaces that come in contact with raw eggs is important. And storing raw and cooked eggs is important as well.

To enjoy eggs without the risk of getting sick:

- Store eggs in the refrigerator.
- Discard any cracked or dirty eggs
- Be sure to wash your hands and any surfaces that come in contact with raw eggs.
- Cook eggs thoroughly until both the yolk and white are firm. Cooking reduces the number of bacteria in an egg. Lightly cooked egg whites and yolks have both caused outbreaks of Salmonella infections.
- Recipes containing eggs mixed with other foods should be cooked to an internal temperature of 160 degrees Fahrenheit.
- Eat eggs promptly. Don't keep them warm or at room temperature for more than two hours. **DO NOT EAT** hardboiled eggs used for an egg hunt or as decorations if they have been at temperatures above 40°F for more than 2 hours; discard them.

Whether you are cooking a raw ham or preparing a ready-to-eat ham product, follow these steps for ham that is cooked to perfection.

- Ham that is not ready-to-eat but has the appearance of ready-to-eat products will bear a statement on the label indicating if the product needs cooking.
- Ham that requires cooking before eating or fresh, raw ham must reach an internal temperature of 145°F with a three-minute rest time. Set the oven no lower than 325°F.
- Cooked canned ham and cooked vacuum-packaged ham, both from federally inspected plants, can be eaten right out of the package. All of these along with spiral-cut cooked ham are safe to eat cold or can be warmed to an internal temperature of 145° F, as they are already fully cooked. For cooked hams that have been repackaged in any other location outside of the processing plant, heat to an internal temperature of 165°.

Resource: Food Safety.gov