

Environmental Services

Advice on the Safe use of Eggs

Eggs should be consumed within three weeks of the date of lay or by their 'use by' date where known. Remember to rotate stocks, first in first out.

- Once purchased, eggs should be stored in a cool dry place preferably in the refrigerator below 8°C, both in the home and in catering.
- Only clean eggs should be used; those eggs with faecally contaminated shell are more likely to be at risk.
- Cracked eggs should not be used.
- Cooked egg dishes should be eaten as soon as possible after preparation and, if not for immediate use, refrigerated prior to being consumed.
- To avoid cross contamination store shell eggs separately from other foods, preferably in the egg box.
- Wash hands before and after handling shell eggs.
- Food preparation surfaces and utensils should be regularly sanitised especially after coming into contact with raw egg.
- Caterers should continue to increase their use of pasteurised eggs particularly for dishes that are not subject to further cooking. Pasteurised whole egg and egg white is available from large retailers and trade suppliers.
- The advice of the Chief Medical Officer issued in 1988 still stands and is that:

"Everyone should avoid eating raw eggs or uncooked dishes made from them, and vulnerable groups, such as the elderly, the sick, babies, toddlers and pregnant women, should make sure that any eggs they eat are thoroughly cooked until the white and yolk are solid. However, for healthy people there is very little risk of eating eggs which are cooked whether boiled, fried, scrambled or poached".

Further information

If you would like further information on the safe use of eggs, please contact:

Environmental Services
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For information on food safety please visit our website
<http://www.rochford.gov.uk> follow the links from Business to Food
Safety or telephone 01701 318045.



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