



Media Release

Australian Eggs reminder on safe food cooking and handling

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After some significant food poisoning cases in a number of States, it is timely to remind the public of the importance of safe food handling.

Food poisoning can arise from all perishable foods but as eggs are eaten by almost everyone and in a range of contexts, it is essential to public health that eggs are always cooked and handled properly.

“Health authorities advise it is safe to eat eggs that have been well-cooked and properly handled,” Australian Eggs Managing Director, Rowan McMonnies, said.

“The egg industry is well regulated and puts a lot of effort into maintaining a high standard of food safety. As a result, Australia has some of the safest eggs in the world .”

“But farmers can’t really control what happens after the farm gate, so it is critical that the storage and handling of eggs, cooking at home and in commercial kitchens always needs to be done carefully.”

“It’s a ‘coal on the fire’ issue with ongoing reminders required to ensure people don’t get complacent. If you are concerned about food safety, cook your eggs well and don’t be too shy to send back an undercooked egg at a café or ask when the aioli was made and how it has been stored.”

Correctly handling and storing eggs through the simple rules outlined below will maximise the safety, quality and freshness of eggs:

- Always buy eggs that are clean and not cracked.
- Ideally, always place and keep eggs in the refrigerator at 5 degrees or less as soon as possible after purchase (one day at room temperature is equal to a week in the fridge).
- Keep eggs in their original carton (cartons reduce water loss and protect flavours from other foods being absorbed into the eggs).
- Allow no more than two hours at room temperature for preparation and serving of cooked eggs and egg products.
- Eggs should be cooked until the white is completely formed and the yolk begins to thicken.
- Always use eggs within the best before date as stated on the carton.
- Always practice good food safety in the kitchen by washing your hands, food contact surfaces and cooking utensils with soap and water before and after handling raw eggs and egg products (e.g cake mix and biscuit dough).

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