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For Immediate Release

Keeping Eggs and Poultry Safe
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Avian flu is hitting Northwest Iowa hard and will affect our area for many months to come. One thing however, that is not a worry about the avian flu is that humans cannot get sick from eating properly cooked poultry and eggs.

Since chickens, turkey and eggs are on our minds, this is a good time to review safe handling practices for these foods:

1. Always wash hands after handling raw poultry, eggs, or any raw meats.
2. Wash counter tops, sinks, pans and utensils that have been touching raw foods. Hot soapy water is recommended.
3. If you wish to sanitize cutting boards or surfaces after using them with raw poultry, a sanitizing solution of 1 gallon water to 1 Tablespoon bleach can be used.
4. No runny eggs! Cook eggs until both yolk and white are firm.
5. No raw eggs! Don’t eat batter or cookie dough that contains raw eggs. Use a cooked recipe for making homemade ice cream. Avoid homemade ice cream that was made with raw eggs.
6. If you wish to use a recipe in which the eggs are undercooked, such as homemade ice cream, use a pasteurized refrigerated/frozen liquid egg product.
7. Cook chicken, turkey and other poultry to at least 165°F. Take the temperature of the meat in several places and do not allow thermometer to rest against the bone when temping it.

These tips for cooking poultry and eggs are important to follow at all times ensuring they are safe to eat.
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