



NEWS RELEASE

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Fun and Safe Easter Eggs

As we enter the Easter Season and children of all ages begin the annual tradition of coloring Easter eggs, let's look at some fun and safe ways to color and use Easter eggs.

Purchase eggs only from refrigerated cases and refrigerate them in their cartons on an inside shelf as soon as possible after purchase. Do not handle eggs excessively, and wash your hands thoroughly when you do handle them, whether in cooking, cooling, dyeing or hiding. The shell of an egg is very porous and will permit bacteria to penetrate.

The American Egg Board (AEB) recommends this method for boiling the perfect Easter egg: Place eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. A tablespoon of vinegar can be added to allow better dye coverage after cooking. Cover pan and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in the hot water for 15 minutes. Immediately run cold water over eggs or place them in ice water until completely cooled. Refrigerate hard cooked eggs until you're ready to decorate them. They can be stored up to a week in the refrigerator before they should be discarded.

For a fun and easy way to color eggs, try using oil and food coloring to give eggs a marbled effect. For each color, take a coffee mug and combine one tablespoon of each of the following: oil, vinegar, and your choice of food coloring. Add enough water to make the liquid deep enough to cover an egg. Swirl the liquid with a spoon, and quickly lower and raise an egg into it. Pat dry with a paper towel, and repeat with a second color. Swirl into a third color, if desired. Some white areas can be left on the egg. Gently pat dry the completed egg, leaving a bit of the oil to give the egg a varnished look.

Choose areas wisely to hide Easter eggs. Avoid areas that may come in contact with lawn chemicals, pets or other animals. Do not eat cracked eggs or eggs that have been un-refrigerated more than 2 hours. If you are using Easter eggs as part of a centerpiece, remember to cook extra eggs to eat and throw out the eggs that were part of the décor.

With a few precautions, you can decorate and enjoy your Easter eggs and keep your family safe at the same time.

Source: <http://www.state.ak.us/dec/deh/sanitat/easter.htm>