



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### HANDLE EGGS SAFELY

Eggs are one of the most nutritious, economical and versatile foods provided by nature. When properly handled, eggs and egg rich foods are safe foods. However, if improperly handled, eggs may lead to illness (Salmonellosis) caused by a group of bacteria called Salmonella.

Symptoms of Salmonellosis include abdominal cramps, fever, headaches, nausea, vomiting, and diarrhea. The severity of an attack depends upon the individual, and his or her health, the number of bacteria ingested, and the particular species of Salmonella involved. The symptoms are usually relatively short in duration, but may be more prolonged in infants, convalescents, and the elderly.

Food poisoning caused by Salmonella is not uncommon, largely because the organisms are widely

distributed in nature and easily spread. Salmonella is found in the intestinal tracts of humans, domestic and wild animals, birds, poultry, seafoods, reptiles and insects. Salmonella organisms can be passed from the intestinal tract to the hands and then on to food, so before food preparation begins, it is very important to wash hands and food contact areas well with soap and water. Food and preparation areas exposed to pets or insects may also become contaminated if proper sanitation practices are not employed.

A newly laid egg does not ordinarily contain bacteria. However, the shell may become contaminated due to contact with cages, feces, and other parts of the bird or during washing, handling and storage. Read the following tips for handling shell eggs to protect yourself and those you prepare food for.

- \* Buy eggs at retail from refrigerated cases only.
- \* Refrigerate eggs at 40 degrees F or below as soon as possible after delivery or purchase.
- \* Cook eggs thoroughly until both the yolk and white are firm, not runny. There may be some risk in eating eggs lightly cooked: soft-cooked, soft-scrambled, or sunny-side-up, for example.
- \* Realize that eating lightly cooked foods containing eggs, such as soft custards, meringues, and French toast, may also be risky for people with weakened immune systems and other high-risk groups.
- \* Eggs with cracked shells, but whose contents are not leaking, may be used in dishes that are thoroughly cooked such as baked goods, and casseroles whose internal temperature reach 165 degrees F.
- \* Dirty or leaking eggs should not be used.
- \* Keep cold food and egg products below 40 degrees F. and hot foods above 140 degrees F.
- \* Do not allow foods or egg-rich products to remain on the counter for more than one hour including preparation and serving.

## Three Vie For Lancaster Dairy Princess Title

LANCASTER (Lancaster Co.) — Three girls will be competing for the Lancaster County Dairy Princess title at the Farm and Home Center in Lancaster on Sat., June 19. A reception begins at 7:00 p.m. and the pageant begins at 7:30 followed by an ice cream social.

Contestants are Sherri Bollinger, daughter of Dale and Cindy Bollinger, Quarryville; Marci Harnish, daughter of Bob and Marti Harnish, Manheim; and Jesslyn Oberholtzer, daughter of Clair and Laverne Oberholtzer, Elizabethtown.

Dairy Darlings and the winners of a cow coloring contest will also be announced.

Admission for the evening is free. For more information contact Donna Kreider at (717) 284-4776.



Sherri Bollinger



Jesslyn Oberholtzer



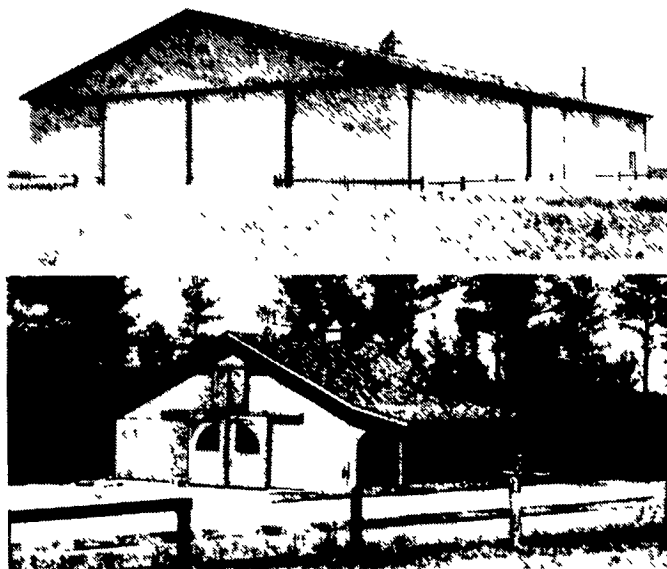
Marci Harnish

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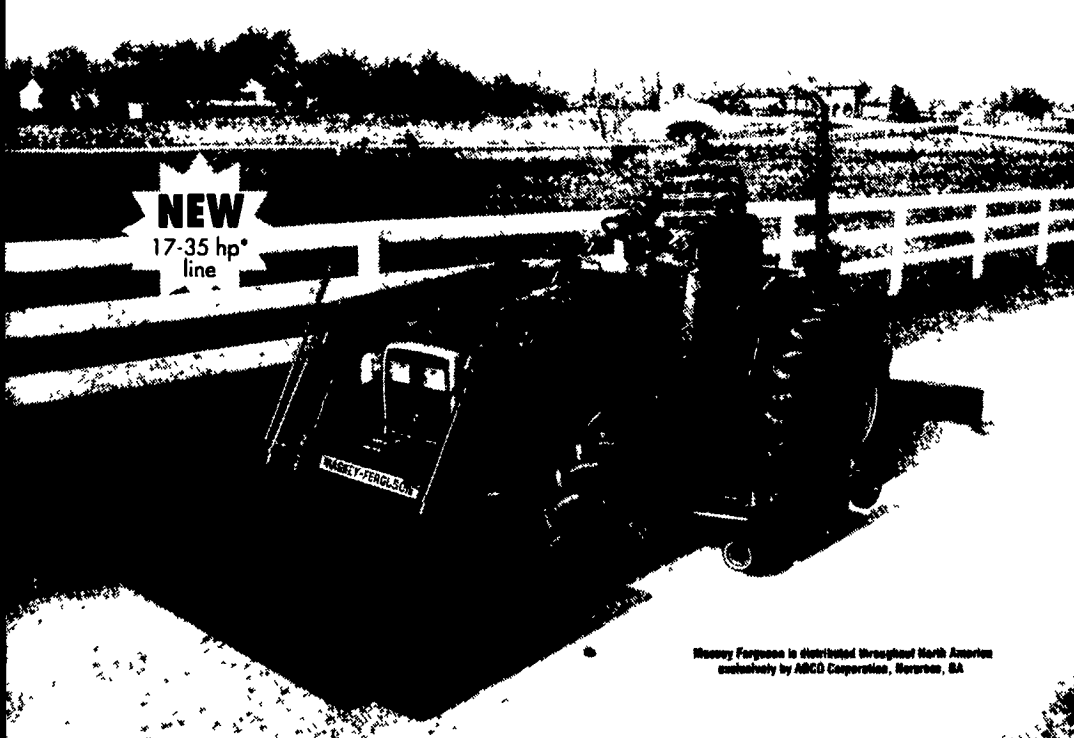
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