

FOODSAFETY TIPS FOR POULTRY AND EGGS



Chicken and eggs are excellent sources of protein, vitamins and minerals in your diet. Chicken is low in fat and high in vitamin B6, iron and zinc. Eggs have vitamins A, D, E and B12, riboflavin, selenium and folate.

However, raw chicken and eggs, if handled improperly may cause illness.



Salmonella Enteritidis or SE is a type of *Salmonella* that can cause severe foodborne illness. It can be found in many foods but especially in poultry products like chicken, turkey, duck and others. Although 25% of raw poultry products are positive for SE bacteria, many other foods also have some risk for *Salmonella*, for e.g. raw sprouts and nuts.



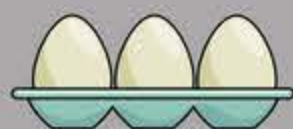
BC has been experiencing an ongoing SE outbreak that began in 2007.



The number of people sickened is 5X higher now than in 2007.

HOW CAN YOU LOWER YOUR RISK?

Poultry meat, including juices, can be contaminated with SE. When you are buying poultry meat, be extra careful to not let those juices drip onto your other foods. Double bag poultry meat packets and keep in a separate grocery bag and at the bottom of your shopping cart.



Buy eggs that are Grade A, clean and uncracked. Choose pasteurized eggs for uncooked ready-to-eat dishes, for e.g. icings or salad dressings.

COOK



74°C or higher



Cook all poultry meat products, eggs, and dishes containing eggs to an internal temperature of 74°C or hotter.

Processed poultry products for e.g. frozen breaded chicken nuggets, chicken strips may appear cooked, but are raw and require cooking to an internal temperature of 74°C or hotter.

CLEAN



Wash your hands, work surfaces, and utensils thoroughly with warm soapy water before and after handling or working with raw poultry meat and eggs.

CHILL



4°C or lower

Always keep uncooked poultry meat and eggs refrigerated until just prior to using them.

Do not use raw poultry meat and eggs that have passed the expiration date.

Do not store eggs at room temperature.

SEPARATE



Keep poultry, and other raw meat separate from ready-to-eat foods to prevent cross contamination.

Store uncooked poultry meat at the bottom of your refrigerator.