

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the Healthiest State in the Nation

## Holiday Egg Safety: Egg Hunts

### Preparation

1. Use only clean Grade A or AA eggs. Only purchase eggs that are kept refrigerated.
2. Clean and sanitize all utensils.
3. Wash and sanitize countertops.
4. Wash your hands thoroughly before and after handling raw and cooked eggs to avoid cross contamination.
5. Check the temperature of your refrigerator. Your thermometer should read 41°F or colder.
6. Keep raw eggs refrigerated prior to cooking.
7. Discard eggs that have been unrefrigerated for more than 3 hours. Also, do not leave cooked eggs out on display for more than 2 hours prior to consumption.
8. To cook eggs, first place them in a single layer in the saucepan and fill with water until one inch of water covers the eggs. Next, cover the pan and begin cooking. Once the water comes to a boil, remove the pan from burner and allow the eggs to stand, covered, for 15 minutes. These steps help to reduce the risk of cracking the eggs.
9. After you remove the cooked eggs from the saucepan, allow the eggs to air cool, this will increase the shelf-life of the boiled eggs in non-refrigerated environments. Do not place the cooked eggs in water for cooling.
10. Once eggs have cooled, they are ready to be dyed. If eggs are to be eaten, only use food-grade dyes.

### Holiday Egg Hunting

1. Only use eggs that have been air-cooled.
2. Look for cracks in the shells – *tiny cracks can allow bacteria to contaminate the egg.*
3. Discard the eggs if cracks are found.
4. Use clean hiding areas. Avoid areas that have garbage, pests and pets in the perimeter of the area. Egg hunts indoors are always recommended.
5. Keep track of the time as egg hunts should be limited to 2 hours.
6. Set hunting boundaries.
7. Using plastic eggs filled with tasty sweet treats are always recommended to completely avoid food poisoning.
8. Formulate a map of where Holiday eggs are hidden so that eggs that are not found can be retrieved.

## **Dyes**

When dyeing your Holiday eggs, use approved food dyes. However, there are natural ingredients and ways to make natural food dyes from food products that will not be harmful for consumption:

**Red: cranberries**

**Pink: raspberries**

**Yellow: turmeric or lemon peels**

**Orange: paprika**

**Green: spinach leaves (raw)**

**Blue: blueberries**

**Purple: hibiscus flowers**

White vinegar is helpful in the coloring process. You may find that natural color food dye will appear to be more pastel than commercial food dyes.

