



November
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Bite-Sized Food Safety

Food safety resources
for front-line managers
to train food workers

Raw Eggs & Raw Milk

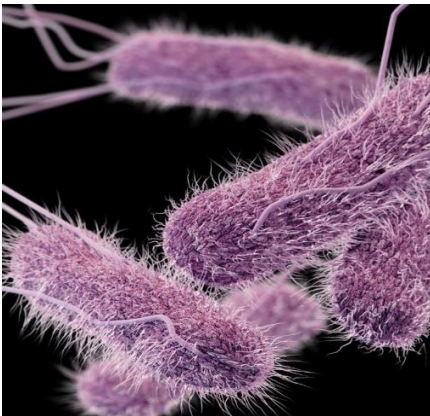


Photo Credit: CDC

Some traditional recipes may call for raw or lightly cooked eggs. These may include homemade Caesar salad dressing, ice cream, custards, rice pudding, chocolate mousse, eggnog, and some sauces.

However, some raw eggs can contain harmful bacteria such as *Salmonella* Enteritidis. These can be particularly dangerous when consumed by a HIGHLY SUSCEPTIBLE POPULATION - those at higher risk for foodborne illness such as pregnant women, young children, older adults, and those who may have a weakened immune system because of organ transplants or diseases like diabetes, cancer, or HIV/AIDS.

The Food Code requires that EGGS and FOOD containing EGGS be cooked in one of the following ways:

- A. Raw EGGS that are broken and prepared in response to a CONSUMER'S order and for immediate service must be cooked to heat all parts of the FOOD to a temperature of at least 145°F for 15 seconds; or
- B. Raw EGGS that are **not** prepared in response to a CONSUMER'S order and for immediate service must be cooked to heat all parts of the FOOD to a temperature of at least 155°F for 15 seconds; or
- C. Raw EGGS or soft-cooked EGGS may be served or offered for sale upon CONSUMER request or selection in a READY-TO-EAT form if:
 - the FOOD ESTABLISHMENT serves a population that is not a HIGHLY SUSCEPTIBLE POPULATION; and
 - the CONSUMER is informed via a consumer advisory that:
 - the FOOD contains raw or partially cooked EGGS; and
 - the FOOD, to ensure its safety, should be cooked as specified under A. or B. above



Photo Credit:
Taylor Instruments

You can meet the requirements of the Food Code and help keep your guests safe by adapting your favorite egg-containing recipes (or substituting prepared products for some items). Here's how:

- ◆ Add the eggs to the amount of liquid called for in the recipe, then heat the mixture until it reaches 155°F on a food thermometer; or
- ◆ Use manufactured food products from your restaurant supplier which are already cooked or pasteurized. (Check the label to be sure.); or
- ◆ Purchase pasteurized eggs or egg products to use in your recipes calling for raw or undercooked eggs. These foods are labeled "pasteurized." Here are several types you can buy:
 - ◆ Fresh, pasteurized eggs in the shell
 - ◆ Liquid, pasteurized egg products
 - ◆ Frozen, pasteurized egg products
 - ◆ Powdered egg whites



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Raw Milk



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The Food Code requires that all fluid milk and milk products be obtained from sources that comply with GRADE A STANDARDS as specified in LAW. **In West Virginia, it is illegal to serve or sell unpasteurized fluid milk and milk products. There are no exceptions.**

It is also illegal to import raw milk from states where the sale of raw milk is legal into West Virginia for resale.

A person could legally obtain raw milk for their personal consumption if:

- ◆ They are the owner or co-owner of the cow producing the milk
- ◆ They travel to a state where the sale of raw milk is legal and purchase it there

Milk pasteurization has been widely recognized as an important way of preventing foodborne illness for 100 years. The first model food code (now titled *Grade A Pasteurized Milk Ordinance – Recommendations of the PHS/FDA*) was initially published in 1924 by the U.S. Public Health Service. For more information go to:

<https://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>