

How Safe are your Eggs?

**How should you keep eggs? Read this "Cook It Quick" article from my colleague in Nebraska to find out.**

<http://lancaster.unl.edu/food/ciq-egg-dates.shtm>

Food Safety First – From USDA be food safe

\*CLEAN: Wash hands and surfaces often. Especially after contact with raw meat, poultry, seafood and eggs.

\*SEPARATE: Don't cross-contaminate. Keep raw meat and poultry apart from foods that won't be cooked.

\*COOK: Use a food thermometer-you can't tell food is cooked safely by how it looks!

\*CHILL: Refrigerate leftovers within two hours and keep refrigerator at or below 40°F

Cleaning your Dirty Sponge...

Recent research from the USDA has been working on the best way to clean our germmy kitchen sponges. After trying four different methods, researchers found that microwave heating and cleaning the sponge through the dishwasher cycle were the most effective in killing bacteria. Read the complete details [HERE](#)

Wood or Plastic?

Still concerned about cutting board safety? The Meat and Poultry Hotline reminds us that either are still good choices- as long as we care for them correctly. See how [HERE](#)