

FRESH EGGS FROM THE BACKYARD?

HERE'S HOW TO KEEP THEM SAFE



THE BASICS:

 **Collect eggs** at least twice a day. Never from the coop floor!

 Consumers should **refrigerate promptly** at 41°F or below. Once cold, keep cold! Vendors can sell unrefrigerated eggs.

 **Cook to 160°F.** Until yolks and whites are fully firm

 **Wash your hands** with soap and water after handling eggs

 **Never soak eggs.** Soaking can pull bacteria through the shell

 **Discard cracked eggs** or those with more than a dime-sized spot of debris

WHY IT MATTERS:

Fresh local eggs are wonderful, but small-flock eggs are more likely to carry Salmonella than commercial eggs. Simple handling habits keep everyone safe.

SHARING EGGS:

- Unwashed/unrefrigerated eggs given directly to consumers do not require a City health permit. If a vendor refrigerates, a permit is required,
- Eggs for sale require a City of Albuquerque business license
- Sellers must register with the NM Dept. of Agriculture: nmdeptag.nmsu.edu
- Label ungraded eggs clearly: **"UNGRADED"**

Source: City of Albuquerque Health, Housing & Homelessness Dept. | NMSU Extension Guide E-218

Questions? Contact the Environmental Health Department | consumerhealth@cabq.gov

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FOR EGG RECIPIENTS

Storing

- Refrigerate eggs in a clean carton in the main compartment of your fridge, not the door
- Use refrigerated eggs within 3-5 weeks
- Don't leave refrigerated eggs out for more than 2 hours. A cold egg that warms can "sweat," pulling bacteria through the shell

Washing & Cooking

- Only wash eggs right before you use them. Use warm running water (90-120°F), dry with a disposable towel, and cook immediately
- Cook egg dishes to 160°F internal temperature
- Use pasteurized eggs for raw or lightly cooked dishes: hollandaise, Caesar dressing, eggnog, tiramisu

Cross-contamination

- Store eggs away from ready-to-eat foods
- Use a container dedicated to eggs only, not shared with other produce
- Wash hands after handling eggs

FOR BACKYARD GROWERS:

Coop & Collection

- Collect eggs at least twice daily
- Never distribute eggs found on the coop floor
- Discard cracked eggs or those with significant debris
- Keep nesting boxes clean, dry, and well-maintained
- Keep the coop shaded and well-ventilated

Handling

- Do not wash eggs before distribution. Washing removes the natural protective coating and requires refrigeration + a City health permit
- If needed, remove minor debris gently with a dry paper towel, and then discard the towel
- Use a clean container designated only for collecting eggs

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