



COLORADO  
FARM TO TABLE  
FOOD SAFETY

Colorado State University  
Extension



## Holiday Food Safety

### Safe Handling and Preparation with Eggs



#### Homemade Eggnog

Eggnog prepared with raw eggs can be contaminated with *Salmonella* bacteria. Prepare it safely by either using a pasteurized egg product or first heating the milk and eggs to 160°F as measured with a food thermometer. Don't count on alcohol to make it safe. Once diluted, alcohol can no longer effectively kill bacteria. Home-made eggnog should be stored refrigerated and used within 2 to 3 days.



#### Pumpkin or Pecan Pies (homemade vs. commercial)

Any homemade custard-style pies that contain eggs and milk should be stored in the refrigerator to prevent bacterial growth. In comparison, store-bought pies are formulated with ingredients such as preservatives and antimicrobials, which allows these products to be safe at room temperature. Labels on shelf-stable pies will include "RT," which means that the commercial product meets the guidelines for shelf storage at room temperature, and includes "sell by" or "use by" dates. Once purchased and taken home, these are still best stored in the refrigerator before and after cutting.



#### Casseroles, Quiches

Holiday buffets with foods containing eggs should be safely hot-held at 140°F or above, and refrigerated within 2 hours of serving or discarded. Quiches, casseroles and pies containing eggs should be consumed within 3 to 4 days of preparation or can be safely stored in the freezer up to 1 to 2 months.

#### Raw Dough/ Batter

Avoid eating cookie dough and batter containing raw eggs, again due to possible *Salmonella* contamination. Always wash hands and work areas with warm, soapy water before and after handling raw eggs.

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***Have a safe and happy holiday season!***