Penn State Poultry Facts:  
Easter Egg Handling For Fun And Safety…

Some tips to make your holiday safe:

- Since eggs are a high-quality food it should be treated as such. Select eggs in the store that are free of cracks and are kept under refrigeration.

- Eggs are sized by weight; A dozen of large eggs will have a single egg that weighs 2 ounces on average. Extra-large eggs weigh an average of 2.25 oz. each with mediums weighing 1.75 oz each.

- Consider using plastic eggs for your Easter egg hunt. This will help keep clean eggs clean. If you need real eggs, consider using a set for hunting solely and a set for eating.

- Colored eggs should be returned to the refrigerator (bottom shelf is best) as soon as possible to maintain freshness.

- To control egg yolks from turning grey along the white (albumen), hard-cook the eggs using the “off-burner” method. Cover your pan of eggs with 1” of cold water. Bring the pan to a rapid boil then remove from heat and cover. Leave the eggs sit in the hot water for 20 minutes. Add or subtract time for eggs larger or smaller than the size “large” Immediately cool eggs by replacing the hot water with cold water.

- Older eggs will peel better than fresh eggs. Buy the eggs a week ahead of your planned event minimum to ensure good peelability.

- Eggs dyed in food coloring and egg coloring kits are safe to eat if properly cooked, dyed and kept cold. It does make for an interesting egg salad sandwich. Check the label of the egg coloring kit to be sure, or as an alternative use food products that are edible to color eggs. Onion skins, beet juice, spinach, etc. are good sources of color.

May all your eggs be found!

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Gregory P. Martin, Ph.D., PAS  
Extension Poultry Agent – Capital Region  
Lancaster County Extension Office  
1383 Arcadia Road, Room 1  
Lancaster, PA  17601-3184

gpm10@psu.edu  
717 394-6851  
www.personal.psu.edu/gpm10/  
See also: poultry.cas.psu.edu/

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