

OFFICIAL NEW ADVICE ON EGG SAFETY

THE FOOD STANDARDS AGENCY (FSA) has confirmed that British Lion eggs are safe to be eaten runny, or even raw, by vulnerable groups.

WHAT'S CHANGED?

- Since the salmonella crisis in 1988, official advice has been that vulnerable groups, such as pregnant women, young children and elderly people, should avoid raw and lightly cooked (runny) eggs.
- The UK egg industry has **effectively eliminated salmonella through the British Lion scheme.**
- In October 2017 the FSA confirmed new advice stating that eggs with the British Lion mark on **can safely be eaten runny, or even raw, by vulnerable groups.**

FOOD STANDARDS AGENCY:

Infants, children, pregnant women and elderly people can now safely eat raw or lightly cooked eggs that are produced under the **British Lion Code of Practice.**



British Lion eggs are approved by the Food Standards Agency to be served runny, or even raw, to pregnant women, young children and elderly people.

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WHAT DOES THIS MEAN FOR CONSUMERS?

Everyone can now eat runny, or even raw, eggs - as long as they have the Lion mark on. Vulnerable groups such as pregnant women, babies and elderly people, who have been told for many years only to eat fully cooked eggs, can now enjoy a dippy egg and soldiers. They will also be able to benefit from all the nutritional goodness of eggs, however they like to eat them.

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WHAT DOES THIS MEAN FOR RETAILERS?

- The previous government advice about **the safety risk from eating runny or raw eggs** should be removed from Lion egg packs.
- The same applies to **websites, customer leaflets** and **magazines**.
- **British Lion eggs** should be specified in **recipes** that include raw and lightly cooked eggs for consumers in vulnerable groups.



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WHAT DOES THIS MEAN FOR CATERERS?

- **Caterers can now serve dishes containing raw or lightly cooked eggs to all customers if they are made with British Lion eggs**, including meringue, mousse, poached eggs etc.
- **If caterers specify British Lion eggs**, serving staff should be briefed to share this new advice with customers such as pregnant women, mums and elderly people.
- **We recommend the British Lion mark* is added to menus where relevant**, so vulnerable customers can clearly identify that the dish is safe to eat.

(*Copyright for the British Lion mark is owned by the British Egg Industry Council, whose permission must be sought before using the Lion logo).

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