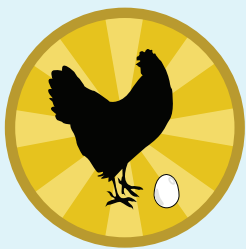


Eggs!



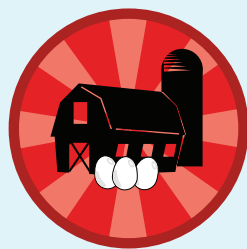
from farm to table

Eggs are awesome! They're inexpensive, very healthy, and can be cooked many different ways. You've probably eaten lots of eggs in your lifetime, but have you ever wondered how they make it safely to your plate?



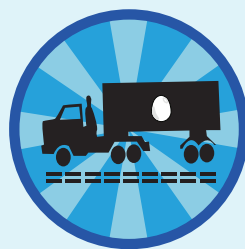
The Hens

- Laying hens are given very nutritious food to keep them in top shape!
- In the hens' building, temperature, humidity and air flow are all carefully controlled to make sure the hens are safe and comfortable. Happy hens lay the best eggs!



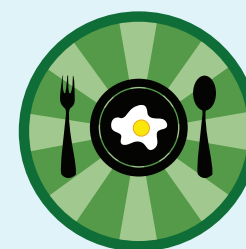
On the Farm

- Eggs are collected and refrigerated very soon after they're laid.
- The eggs are also washed and sanitized to make sure they're safe and clean before shipping them.
- Before they reach the stores, eggs are sorted into different grades (the shape and of the yolk and white) and sizes. There's no difference in nutrition, but sorting them helps people make the right recipe choices!



To the Store

- Egg cartons are specially designed to prevent cracks and exposure to germs and elements.
- Eggs are shipped in refrigerated trucks to maintain freshness!
- Eggs cost 15 cents each. Not only are they very healthy, but they're very affordable.

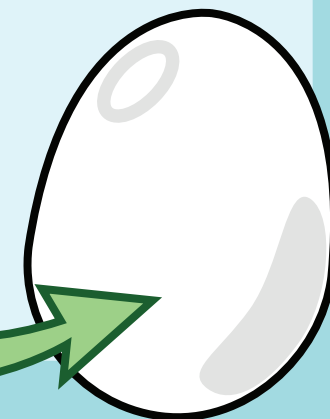


On The Table

- Eggs are a great source of protein, vitamins and minerals -- the perfect way to start your day!
- Eggs can be made in to so many different dishes -- scrambled, omelets, sandwiches, salads, even desserts and pizza!

Did you know?

1 egg contains 70 calories (units of energy) -- with all of the protein, vitamins and minerals an egg contains, that makes it one of the most nutrition-efficient foods you can eat!



Information Courtesy of:
Indiana State Poultry Association
Purdue University, Animal Science
915 West State Street
West Lafayette, IN 47907-2054

PH: 765-494-8517
ISPA@purdue.edu