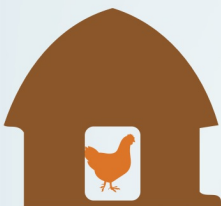


An Egg Story...

Animal Care

Egg farmers take great pride in caring for their hens each and every day to provide eggs to families across the country.



Most hens are raised in barns to protect them from diseases, weather and predators.



Farmers feed hens vitamins, corn, soybean meal and minerals.

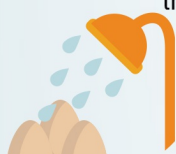


Hen health is number one. Egg farmers follow strict guidelines to ensure healthy hens lay healthy eggs!

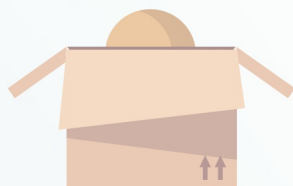
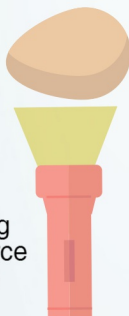
Healthy Hens = Healthy Eggs

Farm to Store

After eggs are collected on the farm, they begin their short journey to your grocery store. Each step ensures shoppers get the best possible egg!



Eggs are washed and inspected both visually and by candling - holding the egg over a light source to allow imperfections to become visible.



Eggs are sorted by size and placed into cartons with the large end of the egg up to help keep the yolk centered.



Eggs are shipped in refrigerated trucks to your grocery store within one week of being laid on the farm!

Farm to Store = 1 week

Nutrition

Eggs are nutritious, delicious and versatile protein powerhouses!



Eggs have all nine essential amino acids and are an excellent source of choline and selenium.



Despite the myths, there is no nutritional difference between white and brown eggs!



Most of the egg's nutrients are found in the yolk along with 60 percent of its total protein.

70
Calories

13
Essential
vitamins &
minerals

6
Grams of
protein

Sustainability

Egg farmers care about their environment and work every day towards continuous improvement!



Compared to 1960, egg farmers have decreased GHG emissions by 71 percent.

71%↓



Hens today live longer and produce 27 percent more eggs, helping egg farmers feed 72 percent more people!

72%↑



Egg farmers use 32 percent less water to produce one dozen eggs compared to 1960.

32%↓

Sources:

<http://www.uspoultry.org/faq/faq.cfm>
<http://www.incredibleegg.org/where-eggs-come-from/animal-nutrition>
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<http://www.eggnutritioncenter.org/topics/nutrients-in-eggs/>
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Animal Agriculture Alliance
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