

Where
do

EGGS

come
from?

Have you ever
wondered where
the eggs in your
fridge come from?



Manitoba is home to 170 registered egg farmers like the Giesbrecht family from Steinbach, Manitoba. Egg farmers work hard to produce fresh, high-quality eggs all while following strict rules to keep the hens healthy and safe.



Look for the Egg Quality Assurance symbol on egg cartons and on restaurant menus. This mark certifies that the eggs we eat are produced following strict food safety and animal welfare standards.



Egg farmers are responsible for the care of **2.6 million hens** that lay

76

million dozen
eggs in a year!



Laying hens are housed in many different ways

Each housing environment gives the hens a clean place to lay their eggs and keeps them safe from predators like foxes and weasels. Farmers provide the hens with healthy food and fresh water daily.

Conventional Housing

Hens live in small groups; that way even the timid ones get their fair share of fresh food and water.



Enriched Housing

Hens have room to stretch their wings, perch up off the floor and lay their eggs in private curtained areas.



Free-Run (Floor Raised)

Hens move freely in the barn. They are able to perch, scratch and lay their eggs in nesting boxes.



Free-Run (Aviary)

Hens have access to the barn floor and higher levels where they can perch, feed, drink water and lay their eggs.



Free-Range Housing

Hens are able to go outside when the weather is warm. They can scratch in the earth and eat grass and insects.



Directly from the farm to the grocery store.

Egg farmers collect the eggs each day and store them in the cooler room until they are shipped to the grading station.



At the grading station, eggs are washed, checked for quality, weighed and put into cartons. Eggs pass over a very strong light in a process called candling, which allows the grader to inspect the shell and see through to the inside of the eggs. Only the best-quality eggs are marked **Canada Grade A**.

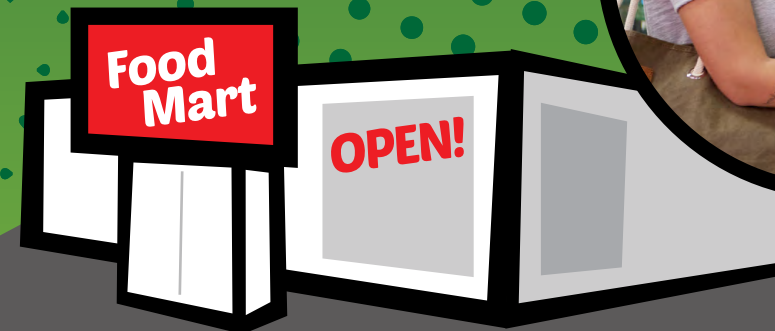


Eggs travel from the farm, to the grading station, then to the grocery store within a week of being laid.

Eggs are shipped in refrigerated trucks from the grading station to grocery stores.



There are many eggs to choose from in Manitoba grocery stores, and these eggs are produced right here in our province.



Eggs are an excellent source of high-quality protein. Protein helps build and repair muscles in the body.

2 large eggs

contain 13 grams of protein.



Eggs have 14 vitamins and minerals to help keep bones strong and skin and hair healthy.



Fluffy

Breakfast Pancakes

$\frac{3}{4}$ cup (175 mL) all-purpose flour
 $\frac{1}{4}$ cup (60 mL) cornstarch
 2 Tbsp (30 mL) wheat bran or wheat germ (optional)
 1 Tbsp (15 mL) granulated sugar
 1 $\frac{1}{2}$ tsp (7 mL) baking powder
 Pinch of salt
 2 eggs
 1 cup (250 mL) milk
 2 Tbsp (30 mL) canola oil
 $\frac{1}{2}$ tsp (2 mL) vanilla
 Cooking spray

1. In a large bowl, whisk all ingredients except the oil together until the batter is smooth.
2. Preheat oil in frying pan.
3. Using a $\frac{1}{4}$ cup (60 mL) measuring cup, pour batter into the frying pan.
4. Cook pancakes until the edges are lightly browned and the top looks slightly dry. Flip with a spatula until the underside turns brown, about one minute on each side.
5. Top with syrup and fruit if desired.

Makes 9 servings.





Gingerbread

Bran Muffins

Cooking spray

1 ½ cups (375 mL) all-purpose flour

½ cup (125 mL) wheat bran

¼ cup (60 mL) ground flax seed

1 tsp (5 mL) EACH baking soda,
cinnamon and ground ginger

¼ tsp (1 mL) EACH ground cloves and salt

2 large eggs

¼ cup (60 mL) EACH granulated sugar,
canola oil and fancy molasses

1 tsp (5 mL) vanilla

½ cup (125 mL) milk

⅓ cup (80 mL) plain Greek yogurt

1 Tbsp (15 mL) coarse sugar,
for sprinkling on top (optional)

1. Adjust oven rack to middle position and heat oven to 350°F (180°C). Spray standard muffin tin with nonstick cooking spray.
2. In a medium bowl, whisk together flour, wheat bran, ground flax seed, baking soda, cinnamon, ginger, cloves and salt until combined.
3. In a separate large bowl, beat eggs with a whisk. Add sugar and oil until combined.
4. Whisk in molasses, vanilla, milk and yogurt until smooth and well combined.
5. Add half of dry ingredients to wet ingredients and fold with a rubber spatula, adding the second addition of dry ingredients; stir until just combined (do not overmix).
6. Divide batter equally in prepared muffin cups (filling cups ¾ full). Sprinkle coarse sugar evenly over muffins. Bake for 18-20 minutes; cool and serve.

Makes 12 muffins.

E.L.T. ☆

Eggs, Lettuce & Tomato Sandwich

Cooking spray

1 egg

2 slices of whole wheat bread, toasted

1 tsp (5 mL) whole grain mustard

1 thin slice of black forest ham (optional)

2 slices of tomato

1 large leaf of curly lettuce

1. Heat a small non-stick skillet over medium-high heat until hot enough to sizzle a drop of water.
2. Spray skillet with cooking spray. Crack egg into frying pan and immediately reduce heat to medium-low.
3. Cook until egg white sets, slip spatula under egg and flip or leave egg to finish cooking sunny-side up. Cook to desired doneness.
4. Spread the mustard on one slice of toast, and then layer the ham, tomato, egg and lettuce. Sprinkle salt and pepper if desired.
5. Top with the second slice of toast. Enjoy!

Makes 1 serving.



**Egg farmers like the Staerk family
from Whitemouth, Manitoba, are proud
to provide a variety of high-quality,
nutritious eggs for Manitobans to enjoy.**

Tour inside an egg barn and learn about each hen housing
system used in Manitoba. Visit our Hen Care section at
www.eggs.mb.ca



WE'RE EGG FARMERS
WE LOVE WHAT WE DO®

