

# A dozen reasons to be #Thankful4Eggs

We love eggs! When it comes to nutrition and versatility, eggs are a perfect food! And, Canadian egg farmers work hard to provide year-round access to fresh, local and high-quality eggs. This World Egg Day we're celebrating why we're thankful for eggs.



## Always fresh

Eggs are always in season and travel from the farm to the store within less than a week.



## Local farms

Canadian eggs are produced by more than 1,000 farm families in every province—and even in the Northwest Territories. No matter where you shop, the eggs you buy at the store are local!



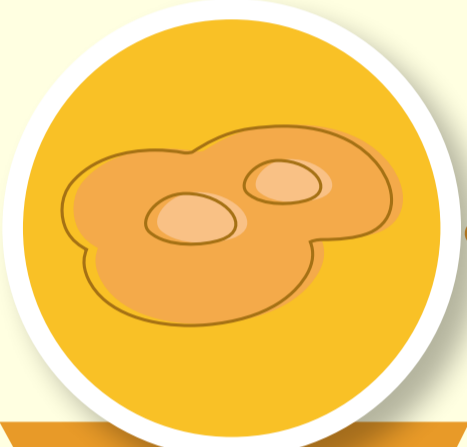
## Highest quality

Canadian egg farmers are inspected against Egg Farmers of Canada's national Animal Care Program and world-class on-farm food safety program. And, be sure to look for the Grade A symbol before you purchase your eggs!



## Made by Canadians

Canadian farm families deliver more than 595 million dozen eggs each year. Now, that's a lot of eggs!



## Versatile

Salads, sauces, cookies, cakes, stratas, frittatas and more—the possibilities are endless!



## Giving back

Our farmers work hard to produce high-quality eggs, and give back through partnerships with food banks and school breakfast programs.



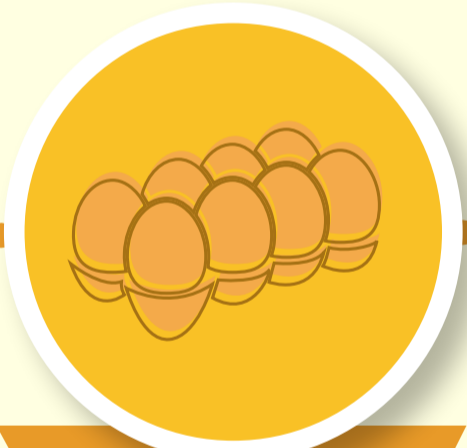
## Helping others

Canadian egg farmers are sharing knowledge and expertise to help fight malnutrition and hunger by teaching others to produce a high-quality source of protein.



## Family farms

Canadian eggs come from family farms who have operated for generations. Some farmers are the 10th generation to farm.



## Convenient

From protein packed snacks to breakfast for dinner, when you have eggs in the fridge you can always make a nutritious meal.



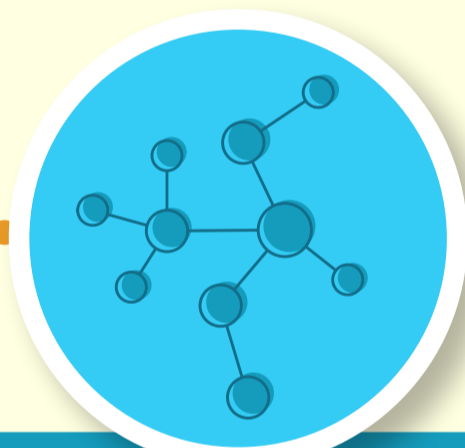
## Choices

From classic white and brown eggs to free range and free run to organic, omega-3 and vitamin D enhanced, egg farmers provide you with choices.



## Essential nutrients

Eggs provide 14 important nutrients like vitamins A, D, folate, iron, zinc and choline. Eggs are good for your bones, teeth, skin and eyes!



## Affordable protein

Eggs are one of the few foods considered to be a complete protein. They contain all 9 essential amino acids and a dozen eggs cost less than a latte!

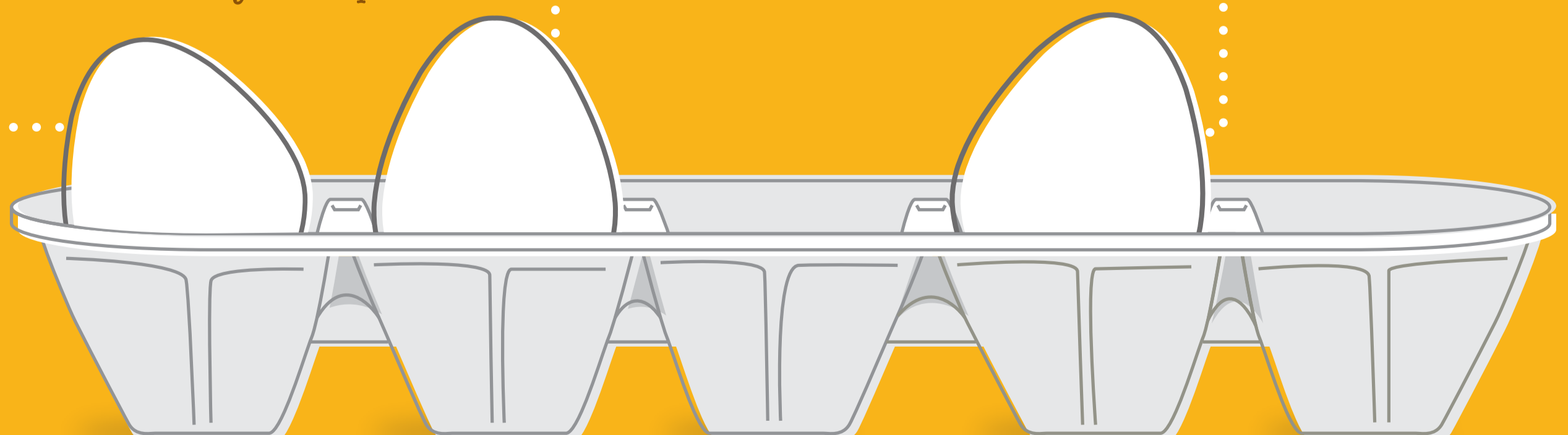
## We asked Canadians what they thought about eggs

Celebrate  
World Egg Day on  
Friday, October 9, 2015  
with Egg Farmers of Canada  
and people around the world.  
Share why you're thankful  
for eggs and tweet us  
using the hashtag  
**#Thankful4Eggs.**

**85%** of Canadians are thankful that in Canada we have farmers who provide fresh, local, high quality food regardless of where you shop.

**82%** of Canadians agree eggs are one of the most nutritious and affordable food items you can buy.

**82%** of Canadians are more likely to choose local food when given the choice.



Source: Vision Critical, September 2015: Omnibus survey of 1,006 adults across Canada

