

Earthwise

Egg Quest

EGG FARMERS OF CANADA LES PRODUCTEURS D'ŒUFS DU CANADA

Do you consider yourself an egg-spert?

Put your knowledge to the test with **Earthwise Egg Quest: Canadian Egg Farming Trivia Challenge.**

What's inside?
Two dozen skill-testing questions, about Canadian eggs and how egg farmers are caring for the planet! Flip for the game rules.

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Game rules

For games in a group:

1. Select one person to be the question leader. The question leader draws a card and reads the question aloud.
2. The player to the left of the question leader has 30 seconds to answer. If the player is unable to answer, their turn ends. The next player to their left may then answer.
3. The question leader discards the card following a correct answer and draws a new card from the deck, until all questions have been asked.
4. Players are awarded one point for each correct answer. The player with the most points after all questions are asked wins the game.

For games with two players:

1. Participants take turns drawing cards, reading the question aloud and answering questions. Each player has 30 seconds to answer.
2. Players are awarded one point for each correct answer. If a player is unable to answer, their turn ends, and no points are awarded. The player with the most points after all questions are asked wins the game.

How many eggs do Canada's egg farmers produce each year with the help of their hens?

A. 1 million eggs
B. 10 million eggs
C. 100 million eggs
D. 9 billion eggs

Answer: D! Every year, Canadian egg farmers produce more than 9 billion eggs. Enjoyed at breakfast, lunch or dinner, Canadians love made-in-Canada eggs!

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There are more than _____ Canadian egg farmers and farm families across our country.

A. 50
B. 100
C. 900
D. 1,200

Answer: D! There are more than 1,200 egg farmers and farm families across Canada who work 24-7 to produce top-quality, nutritious eggs.

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True or false?

There are egg farms in all of Canada's 10 provinces and in the Northwest Territories.

Answer: True! There are egg farms all across Canada, including one of our last frontiers, the Northwest Territories.

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True or false?

Most Canadian egg farms are family-owned.

Answer: True! The majority of Canadian egg farms are family-owned and operated, run by families just like yours.

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What are some ways that egg farmers save energy or use renewable energy to power their barns?

A. They use wind energy with the help of wind turbines
B. They use the sun's energy with the help of solar panels
C. They use energy-efficient light bulbs
D. All of the above

Answer: D! Wind and solar energy, as well as LED light bulbs, are some of the ways Canadian egg farmers reduce their environmental impact and help our planet.

EGG FARMERS OF CANADA LES PRODUCTEURS D'ŒUFS DU CANADA

Canadian egg farmers use a special tool called NESTT to help measure, monitor and manage their farm's environmental impact. What do you think NESTT stands for?

A. Next-level Egg Smart Technology
B. Nutty Egg System Techno Tool
C. National Environmental Sustainability and Technology Tool
D. New Egg-cellent Solutions for Tips and Tricks

Answer: C! With the National Environmental Sustainability and Technology Tool or NESTT for short, egg farmers can assess their farm's environmental footprint and create a sustainability action plan.

EGG FARMERS OF CANADA LES PRODUCTEURS D'ŒUFS DU CANADA

True or false?

Canadian egg farmers work together so that we can continue to count on having sustainably produced, made-in-Canada eggs for years to come.

Answer: True! The Canadian egg farming sector is strong thanks to the people behind it! Supporting fellow farmers and up-and-coming young farm leaders is just one of the ways egg farmers are making a positive impact on tomorrow.



Which province is home to Canada's first-ever egg barn that produces almost no greenhouse gas emissions?

- A. Ontario
- B. Alberta
- C. Saskatchewan
- D. British Columbia

Answer: B! Alberta is home to Canada's first-ever net-zero egg barn project. The barn, for example, has a roof lined with 100 solar panels which provides power and helps reduce greenhouse gas emissions in the process.



Fill in the blank: Canadian egg farmers increased the number of eggs they produced by ___% and decreased their environmental footprint by ___%, over five decades.

- A. 25%, 40%
- B. 50%, 50%
- C. 20%, 10%
- D. 90%, 30%

Answer: B! Our egg farmers are working hard to produce eggs more sustainably. In fact, the environmental footprint of Canada's egg production decreased by almost 50%, while egg production increased by 50%.



True or false?

Eggs have the lowest environmental impact of any animal protein, making them a climate-smart addition to any dish.

Answer: True! Eggs are a much-loved protein-packed kitchen staple, with a low environmental impact.



True or false?

A circular economy means reusing, repurposing and recycling things.

Answer: True! In egg farming, circular economy thinking helps farmers find creative ways to repurpose and reuse items from their farming activities, helping to care for our planet.



True or false?

It is important to egg farmers that they operate sustainable farms.

Answer: True! Sustainability is top-of-mind for Canadian egg farmers because they want you to enjoy fresh, local, high-quality eggs for years to come.



How many Canadians think it's important that the food they buy has the health of the planet in mind?

- A. 55%
- B. 99%
- C. 22%
- D. 88%

Answer: D! According to a recent survey by Egg Farmers of Canada, the majority of Canadians (88%) think it is important that the food they buy is produced sustainably.



True or false?

Canadians, including you (wink wink) are interested in learning more about sustainable egg farming practices.

Answer: True! According to a recent survey by Egg Farmers of Canada, the majority of Canadians are interested in learning about the steps farmers are taking to protect the environment. Guess what? Egg farmers want to tell you more about how they farm while protecting our natural resources. Find out how we're shaping a bright future at eggfarmers.ca.



True or false?

Egg farmers give back to their local communities.

Answer: True! Egg farmers across Canada give back by donating millions of eggs to local food banks, breakfast programs and other charitable organizations. Living sustainably isn't just about protecting the environment, it is also about supporting our neighbours and communities.



True or false?

Close to 30% of Canadian egg farmers are under the age of 45.

Answer: True! More and more young Canadians are becoming egg farmers. Close to 30% of Canadian egg farmers are under the age of 45 and 1 in 5 is new to the sector.



True or false?

Eggs can be used in many cool and unexpected ways.

Answer: True! Innovators are looking at the familiar and nutritious egg not only as food, but as a tool to support medical advancements. From the use of eggs in vaccines that save lives, to eggshells as a tool to regenerate bone tissue, the work of Canadian egg farmers is reaching many unexpected parts of our society.



True or false?

Some egg farmers FaceTime their hens to chat and see how they're doing.

Answer: False! While farmers don't FaceTime their hens, they can use smartphones and cameras to check on their flock. Some smartphone apps even allow farmers to adjust the temperature of their barn with one click.



True or false?

Egg farmers follow national standards when it comes to taking care of their hens.

Answer: True! A sustainable approach to farming means taking care of your animals—and for egg farmers, the health and welfare of their hens is their top priority. All registered Canadian egg farmers follow rigorous national standards for animal care and food safety.



True or false?

The protein in eggs comes from just the yolk.

Answer: False! The protein in eggs comes from both the yolk and the egg white. Each large egg contains 13 important nutrients your body needs to stay strong and healthy, including 6.5 grams of protein. The egg also happens to be one of the most environmentally sustainable animal proteins on the planet.



True or false?

The colour of the egg yolk can change depending on what the hens eat.

Answer: True! Pale yellow yolks come from hens that eat a wheat-based diet, while dark yellow yolks come from hens that eat a corn-based diet. No matter the colour, the yolk is a rich source of important nutrients, including protein, vitamins, and minerals. Do you remember how light or dark the last egg yolk that you ate was?



True or false?

World Egg Day is an annual celebration of the humble egg.

Answer: True! The second Friday of October is World Egg Day, a global celebration of the humble egg amongst egg fans everywhere.



What percentage of Canadians know where their food comes from?

- A. 15%
- B. 73%
- C. 27%
- D. 46%

Answer: D! According to a survey by Egg Farmers of Canada, fewer than half of Canadians (46%) know where their food comes from and how it's produced. Are you curious as to where your food—especially eggs—comes from?



Egg farmers love making new words with the word "egg".

How many "egg-cellent" new words can you list in 30 seconds? Remember: the new words must include the word "egg".

A point will be awarded for each one you come up with. On your mark. Get set. Go!

