Food for Thought

Good Nutrition Supports a Good Education

Each Egg is a Nutritional Powerhouse

Eggs are one of nature’s most nutritious foods. One large egg contains only 70 calories and an incredible amount of nutrition for growing kids:

- Helps keep bodies strong and healthy
- Carries oxygen to the cells and keeps blood healthy
- Helps keep bones healthy and teeth strong
- Helps maintain a strong immune system
- An antioxidant that plays a role in maintaining good health and preventing disease

Naturally Good and Locally Sourced

Canadian egg farmers are proud to support school breakfast programs across the country.

Affordability and Menu Flexibility

At only $0.25 a serving, eggs are an affordable and versatile source of high quality protein and vitamins.

Kids who eat well balanced meals perform better in school

Breakfast at school can improve memory recall time, grades and standardized test scores.