

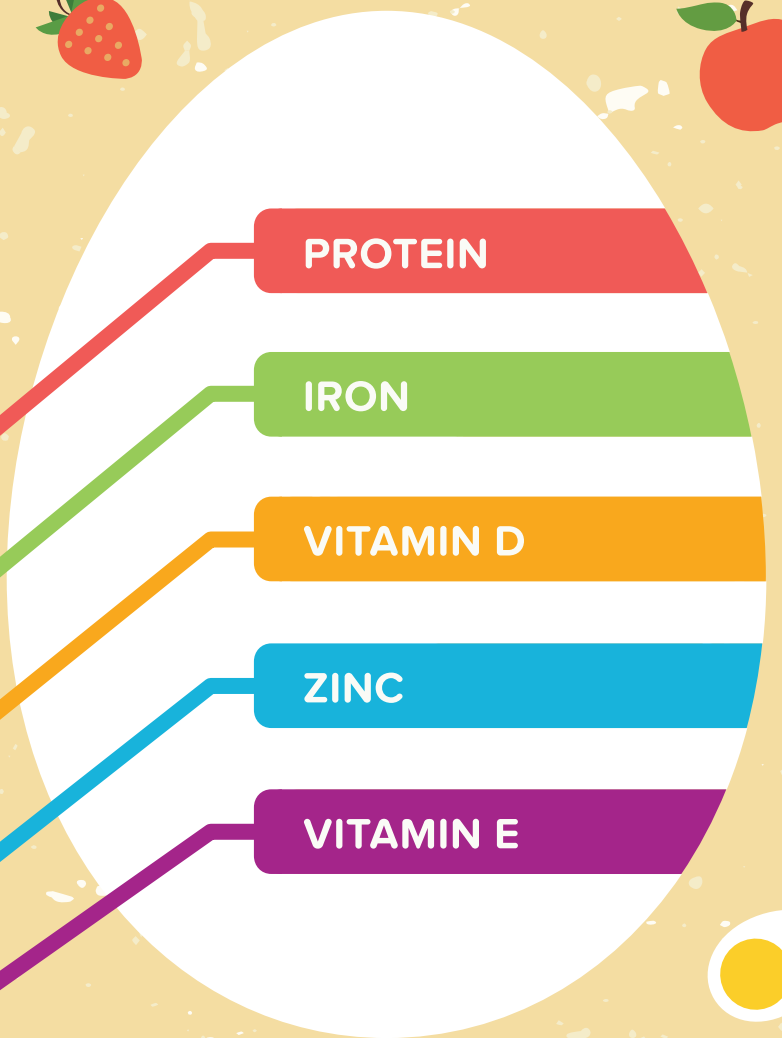
# FOOD FOR THOUGHT

## 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.