

THE EGG-STRAORDINARY EGG

Celebrated since the dawn of time, the egg is a **symbol** of fertility, creation, and new life. It's an important **ingredient** in many of our culinary traditions!



Strict rules are in place to ensure people don't bring diseases or germs into the barn that could harm the hens. These rules are called biosecurity.

WHICH CAME FIRST: THE CHICKEN OR THE EGG?

The **egg production cycle** lasts about a year. First, fertilized eggs are hatched in **hatcheries**. Then the chicks are moved to a **pullet farm**, where they grow until they're ready to start laying eggs. A **pullet** means a young laying hen who is not yet mature enough to lay eggs. After 19 weeks, pullets are moved into the **laying barn** to start laying eggs!

HEN HOUSING

Most Manitoba hens live in cages. Modern cages provide food and water, protect the hens from predators, help the hens socialize and feel secure, and keep the eggs safe from bacteria.

Some hens live in **enriched cage housing** that provides them with a nest, perches, and space to forage for food. Others live in **free-run housing** that allows them to roam outside a laying barn, and **free-range housing** with access to a fenced-off pasture.



WHAT HENS EAT

An average hen will produce an egg almost every day! In order to maintain her body weight, she consumes around **100 grams of feed** per day. Feed provides energy and protein, and vitamins and minerals. **Calcium** is a very important mineral for hens because it forms and strengthens the shell of the egg!



FOOD FOR THOUGHT

You can often tell what kind of food a hen eats from the **colour of the yolk** of her eggs. A hen that eats a wheat-based diet produces a pale-yellow yolk. A hen that eats a corn- or alfalfa-based diet produces a dark yellow yolk. Yolk colour does not affect the nutritional value of the egg.

PACKED WITH NUTRIENTS

Eggs provide all the energy you need to keep going, making them a great choice for a healthy, active lifestyle. Eggs are a **complete protein** because they contain all nine essential amino acids -- the building blocks that help form protein.



Eggs with the Canada Grade A symbol have met all the standards of quality set by the Canadian Food Inspection Agency.