

# THE FARM-TO-TABLE EGG JOURNEY

FOLLOW AN EGG FROM THE HEN TO YOUR PLATE!



## 1. THE HEN LAYS AN EGG

A healthy hen lays an egg in a safe, cozy nest.



## 2. THE EGG IS COLLECTED

A farmer gently gathers the egg from the nesting box.



## 3. THE EGG IS CHECKED

The egg is inspected to make sure the shell is clean and unbroken.



## 4. THE EGG STAYS COOL

The egg is placed in a carton and refrigerated to keep it fresh.



## 5. THE EGG IS COOKED

An adult cooks the egg until the white and yolk are firm.



## 6. THE EGG REACHES THE TABLE

The cooked egg becomes part of a nutritious family meal.



**FARM-TO-TABLE MEANS KNOWING  
WHERE OUR FOOD COMES FROM!**



Wash hands after handling chickens or eggs.  
Always cook eggs with adult supervision.



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