

## The Journey of the Egg



Did you know that eggs are packed full of nutrients? One egg has 6g of protein and 14 other essential nutrients, including iron, and vitamins A, D, E and B12. Not to mention they make a yummy meal or snack!

Join the Egg Farmers of Canada on this 9- minute video as they showcase the journey of an egg in Canada! Follow the link here:

[https://www.youtube.com/watch?time\\_continue=1&v=bVYmVyZtBQ&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=bVYmVyZtBQ&feature=emb_logo)

**Thank you to the Egg Farmers of Canada for sharing your video!**