

# REDUCING FOOD WASTE

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Eggs complement a plant-forward eating pattern as they are a carrier for under-consumed vegetables. Eggs can help you better absorb the nutrients found in plant foods such as vitamin E and carotenoids. Plus, eating protein like hard-boiled eggs, helps to prevent overeating! In fact, two large eggs contain 12 grams of high-quality protein. Hard-boiled eggs don't have to be boring though. Rescue those vegetables that may be going bad in your fridge by combing them with hard-boiled eggs to make a sandwich filling, a satisfying salad, mashed into potato salad, and more. Reduce the shell waste in your kitchen by crushing the eggshells and adding them to your garden soil for a calcium boost to your plants!

IN-STORE RADIO SCRIPT



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