Tools For Schools
<table>
<thead>
<tr>
<th>TOPIC</th>
<th>PAGE #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>3</td>
</tr>
<tr>
<td>Recent Egg Nutrition Research</td>
<td>4-5</td>
</tr>
<tr>
<td>Eggs Support Meal Programs</td>
<td>6</td>
</tr>
<tr>
<td>Egg Nutrition Resources</td>
<td>7</td>
</tr>
<tr>
<td>Farm to School Resources</td>
<td>8</td>
</tr>
<tr>
<td>How-to cook eggs video series</td>
<td>9</td>
</tr>
<tr>
<td>5 Days / 5 Ways® REAL SCHOOL RECIPES</td>
<td>10</td>
</tr>
<tr>
<td>Protein Boxes</td>
<td>11</td>
</tr>
<tr>
<td>Smart Snacks</td>
<td>12</td>
</tr>
<tr>
<td>Posters</td>
<td>13</td>
</tr>
<tr>
<td>Labels &amp; Stickers</td>
<td>14</td>
</tr>
<tr>
<td>&quot;Eggy &amp; Shelly&quot; Characters</td>
<td>15</td>
</tr>
</tbody>
</table>
Welcome to the American Egg Board’s Tools for Schools Resource Kit!

Developed to help you maximize meal potential, this tool kit includes resources on how to make, menu and market eggs to help keep students satisfied longer, focused on learning and powered for extracurricular activities.

This kit will support your existing school meal planning efforts with:

- Important nutritional information on the benefits of eggs
- Inspiring recipes that reflect today’s youth taste preferences
- Videos to educate school nutrition staff
- Marketing Materials for Schools—ready-to-use or customize to fit your needs: Go to incredibleegg.org/schoolnutrition
- Sample menu plans and REAL school recipes to serve eggs 5 Days, 5 Ways® across the menu cycle
  - Farm to school resources

We'd love to see how you are using our tools and recipes. Please share your photos with Maribel Alchin at malchin@aeb.org.
RESEARCH CONFIRMS EGGS ARE A NUTRITION POWERHOUSE!

BRAIN HEALTH

• The 2020-2025 Dietary Guidelines for Americans recommend eggs for the nutrition babies need for brain development. The Guidelines highlight the importance of choline, a nutrient rich in eggs while recommending eggs as a first food for babies to reduce risk for an egg allergy.1

• New research shows lutein may play an important role in cognition, as well as eye health.2

NUTRIENT PACKAGE

• Eggs are an all-natural, high-quality protein powerhouse. Eggs are good or excellent source of 8 essential nutrients as well as the carotenoids lutein and zeaxanthin (252mcg), all for only 70 calories.3

• Eggs are one of the few natural food sources of vitamin D (6% DV), which is especially important for school-aged children for calcium absorption and building bone.4,6

HIGH-QUALITY PROTEIN

• Eggs are a good source of high-quality protein. High-quality protein, like the protein in eggs, has all the essential amino acids to help maintain and repair muscle while supporting bone health.5,7

• Eggs contain important nutrients for teenagers: the Guidelines encourage eggs for pre-teens and adolescents, especially girls, because of the protein and choline they provide.

Sources:
HALF A DOZEN REASONS TO SERVE EGGS IN SCHOOLS

PROTEIN SUPPORTS MUSCLE HEALTH¹

CHOLINE IS IMPORTANT FOR BRAIN HEALTH²

CAROTENOIDS LUTEIN & ZEAXANTHIN HELP KEEP EYES HEALTHY³

VITAMIN D HELPS DEVELOP HEALTHY BONES⁴

B VITAMINS TURN FOOD INTO ENERGY⁵

IODINE HELPS SUPPORT A HEALTHY METABOLISM⁶

Sources:
1. www.eggnutritioncenter.org/topics/physical-performance
EGGS SUPPORT MEAL PROGRAMS ON SEVERAL LEVELS

It All Adds Up!

Nutrient Dense: 1 Large Egg = 70 Calories + Good or Excellent Source of 8 Essential Nutrients

NUTRITIONAL
- High-quality protein
- Good or excellent source of 8 essential nutrients
- All-natural food

LOW IN CALORIES
- Only 70 calories in one large egg
- Satisfying ingredient or snack

ON TREND IDEAS
- Protein snacks for mind & body
- All day breakfast
- Ethnic inspired recipes

PORTABLE
- Protein boxes
- Grab n’ go breakfast
- Sandwiches & wraps
- Shaker salads

AFFORDABLE
- Cost-effective protein option
- Versatile ingredient to support inventory cost

VERSATILE
- Breakfast, lunch, supper, snacks & beyond
- Scrambled, hard-boiled, patties, omelets

EGGUCATIONAL NUTRITION RESOURCES

CLASSROOM

Memory Card Game
K-2nd grade

MyPlate Activity
3rd-5th grade

MARKETING SUPPORT FOR SCHOOL NUTRITION PROGRAM

Printable Food Packaging Label [here](incredibleegg.org/professionals/k-12-schools/)

Parent Educational handout

Social media graphics & Tweets
FARM TO SCHOOL RESOURCES

Quick & Easy Recipes for cooking demos [here](https://incredibleegg.org/classroom)

**FARM TO SCHOOL RESOURCES**

**Resources at** [incredibleegg.org/classroom](https://incredibleegg.org/classroom)

**K-12 lesson plans on:**
- Egg production
- Nutrition
- Math
- Reading

**K-8th grade**

**4th-8th grade**

**EGGS 101 Videos**
Short videos tell the story of how eggs get from the farm to our tables.

**Virtual Egg Farm Field Trips**
Join America’s egg farmers in exploring their farms!

**6-12th grade**

**Cook & Learn Videos**
Learn basic & advanced egg cooking techniques along with info about the incredible nutritional benefits of eggs.

**Veggie Egg Pops**

**Caprese Egg Muffins**
STAFF TRAINING “HOW-TO” VIDEO SERIES

HOW-TO VIDEO SERIES

INSPIRATION and INSTRUCTION

• Find inspiration in eggcellent real school recipes
• Master egg cooking techniques
• Communicate the protein power of eggs

View videos at incredibleegg.org/schoolnutrition
The 5 Days / 5 Ways® program provides school nutrition directors with school-tested menu plans that minimize inventory costs while maximizing egg product use by serving eggs multiple ways across a menu cycle.

Click here to view weekly sample menus, REAL school recipes & tips n’ tricks for serving/cooking eggs.
Serve nutritious, on-the-go options that fuel students, so they can:

- Focus on learning during class time
- Maintain energy for extracurricular activities
- Maintain a healthy diet pattern

Think Inside the Box. For more Protein box inspiration go here!
HARD-BOILED EGGS ARE THE MVP IN SCHOOL MEALS

- According to the USDA Smart Snacks in Schools Standards, hard-boiled eggs supply a “nutrient-dense” option for snacks in schools
- Paired with whole grains, fresh vegetables and fruits, they provide delicious and nutritious meal and snack options
- Use in protein boxes, salads, wraps, Smart Snacks and more

Click [here](https://www.fns.usda.gov/tn/guide-smart-snacks-school) to get hard-boiled egg REAL school recipes!

---

**Smart SNACKS**

**WHOLE**
- Perfect for grab n’ go protein boxes, Smart Snacks, Breakfast in the Classroom, etc.

**SLICED EGGS**
- Top a sandwich, salad or entrée

**DICED EGGS**
- Perfect for wraps, tacos and salads

**WEDGES**
- Makes a great snack or salad bar sidekick
FUN Ways to Communicate the Benefits of Eggs

Download ready-to-use posters here!
LABELS & STICKERS: ENCOURAGE HEALTHIER FOOD CHOICES

Increase meal participation with **Kid-Friendly** labels!

Enhance the visual appeal of food packaging with fun labels.

Kid-friendly tattoos & stickers [here!](#)  Download kid-friendly labels [here!](#)
Click [here](#) for more characters & downloadable artwork.
About American Egg Board (AEB)
AEB connects America’s egg farmers with those interested about The incredible egg. For more information, visit incredibleegg.org.

AEB is a member of the American Commodity Distribution Association (ACDA) and School Nutrition Foundation (SNF)