

# AN EGG'S JOURNEY

## From the Farm to Your Table

Where do eggs come from? Chickens, of course.  
But here's how they get from the farm to your breakfast table!

1



### Laying and Collecting

Female chickens called hens lay eggs. Egg farmers, who take special care of their hens and feed them a balanced diet, collect the fresh eggs with machines called gathering belts.

2



### Washing

Why wash an egg?  
To make sure it's clean, of course!  
Egg washing removes germs and dirt, just like washing your hands.

3



### Candling and Grading

Eggs don't go to school, but they still get grades. Every egg is checked carefully—inside and out.

4



### Sorting and Packing

Right before the eggs are put into cartons large side up, they are organized according to size.

5



### Shipping

Eggs travel in refrigerated trucks. Most eggs reach the supermarket just one day after being laid!

6



### Enjoying

Eggs provide the high-quality protein needed at breakfast to give you the energy to be incredible all day!

incredible!