Rock your school day with eggs!

- Delicious
- Nutritious
- Fun!

Tools for Schools

Tools for Schools Kit
2017-2018
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Welcome to the American Egg Board’s Tools for Schools Resource Kit!

This tool kit has been developed to help you maximize the potential for great-tasting, nutrient-rich, nutritious breakfasts, lunches and snacks that will keep students satisfied longer and launch them on the right track to focus on learning and maintain energy 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
- Tools For Schools – ready-to-use or customize to fit your needs: AEB.org/ToolsForSchools
- Success Stories from other schools: AEB.org/SuccessStories

We’d love to see how you are using our tools and recipes. Please send in photos of your efforts to Maribel Alchin at malchin@aeb.org.
RECENT RESEARCH CONFIRMS THAT EGGS ARE A NUTRITION POWERHOUSE!

**COGNITIVE FUNCTION**

- Eggs contain nutrients that are important for brain health, such as lutein and choline¹
- Lutein is an antioxidant that supports normal brain function and choline affects the areas of the brain responsible for memory and life-long learning ability²

**NUTRIENT PACKAGE**

- One large egg contains varying amounts of 13 essential vitamins and minerals 6 grams of high-quality protein (2mm equivalents), all for just 70 calories³
- Eggs are one of the only foods that naturally contain vitamin D, which is especially important for school-aged children for calcium absorption and building bone⁴
- The protein in eggs can help promote fullness and reduce hunger⁵
- One study found that students who ate eggs for breakfast, compared to a high carb breakfast, were less hungry throughout the morning⁶

**PROTEIN & SATIETY**

- New Study Links Protein Snacks to Improved Behavior!
- AEB.org/SuccessStories

**Sources:**
THERE ARE MORE THAN HALF A DOZEN REASONS TO SERVE EGGS IN SCHOOLS

- Protein builds & maintains muscles¹
- Choline is important for brain development & memory²
- Antioxidants lutein & zeaxanthin keep our vision intact³
- 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

HOW EATING EGGS AFFECTS HEALTH

AEB.org/EatingEggs
EGGS SUPPORT MEAL PROGRAMS ON SEVERAL LEVELS

Nutrient Dense:

1 Large Egg = 70 Calories + 6g Protein + 13 Various Vitamins & Minerals

NUTRITIONAL
• High-quality protein
• 13 Various vitamins & minerals
• 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, snacks
• Scrambled, hard-boiled, patties, omelets

REPORT CARD
A+

STAFF TRAINING “HOW-TO” VIDEO SERIES

• Find inspiration to create fun nutritious snacks like EggPops
• Communicate the protein power of eggs
• Master egg cooking techniques

View videos here:
AEB.org/SchoolsHowTo
FUN WAYS TO COMMUNICATE THE BENEFITS OF EGGS TO STUDENTS

Download ready-to-use poster artwork!

AEB.org/ToolsForSchools
MARKETING MATERIALS FOR STAFF

Ready-to-use marketing materials!

AEB.org/ToolsForSchools
Looking to use **Shell Eggs?**

**Guidelines for School Nutrition Operations**

- While most shell eggs are not pasteurized, they are a safe food source when produced, processed and handled in accord with effective food safety practices.

- Contact your local and/or state health departments for additional shell egg handling guidelines that may apply to your district or states.

- If you choose to hand-break shell eggs in your kitchen, please follow your school’s Hazard Analysis and Critical Control Point (HACCP) based standard operating procedures (SOP).

AEB.org/ShellEggPDF

Shell Egg Handling Guidelines for school nutrition operations
"EGGY" CHARACTERS CAN BE USED IN SCHOOL POSTERS, SIGNAGE & MENUS

AEB.org/ToolsForSchools  More characters & downloadable artwork.
Here are some ideas for upcoming school nutrition events:

- **National School Lunch Week**: October 9-13, 2017
- **National School Breakfast Week**: March 5-9, 2018

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EGGPOPS: A FUN, NEW WAY TO EXPAND KIDS’ SNACK CHOICES

A fun way to meet school nutrition guidelines

- Offer EggPops for breakfast, as a grab n’ go snack or pair with fruit and whole grains for a balanced lunch
- Take a hard-boiled egg, insert a stick (or a carrot/celery stick) and dust with savory spices or dip in sauce for enhanced flavor and taste
- Increase meal participation and let kids customize their own by offering a variety of flavor options:
  - ✓ Ranch Eggs
  - ✓ Garlic Aioli
  - ✓ Bacon & Egg on a Stick
  - ✓ Sriracha-cha-cha

Visit the EggPops page!

AEB.org/EggPops

Download this free EggPops brochure

AEB.org/ToolsForSchools

Poster templates to add excitement to the cafeteria

AEB.org/Yearbook

Visit to see exciting pix of the festivities & more!

Schools across the country celebrated National School Breakfast Week by serving students EggPops!
It’s important to 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

**PROTEIN BOXES: GRAB N’ GO FOODS CAN FUEL STUDENTS FOR THE WHOLE DAY**

**PROTEIN BOXES**

- **PITA PERFECT PROTEIN BOX**
  Egg, tomatoes, cucumber, pita & hummus

- **WRAPIDO PROTEIN BOX**
  Egg, cheese cubes & whole grain wrap

- **POPSTAR BREAKFAST PROTEIN BOX**
  Egg, fresh strawberries/blueberries & graham crackers

- **SALAD BAR SIDEKICK PROTEIN BOX (K – 8)**
  Egg, crackers, croutons & sunflower seeds

- **SALAD BAR SIDEKICK PROTEIN BOX (9 – 12)**
  Egg, toasted edamame, cheese stick & whole grain roll

- **MVP PROTEIN BOX**
  Egg, cheese cubes & trail mix

Think Inside the Box. We Have. [AEB.org/ProteinBoxes] Protein box inspiration!
HARD-BOILED EGGS ARE THE MVP IN SCHOOL MEALS

• A convenient way to incorporate a nutrient-rich protein source into school meals
• 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

WHOLE
Perfect for 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

Get hard-boiled egg ideas & resources!

AEB.org/HardBoiled
SMART SNACKS: OFFER HARD-BOILED EGGS WITH VEGETABLES FOR A HEALTHY SNACK

- According to the USDA Smart Snacks in Schools Standards, hard-boiled eggs supply a “nutrient-dense” option for snacks in schools.
- Hard-boiled eggs can be served as Smart Snacks.
- Eggs pair perfectly with vegetables to round out a snack and help students feel full longer.

AEB.org/SmartSnacks
Visit the Smart Snacks page

AEB.org/SmartSnacksUSDA
USDA Guide to Smart Snacks in School Guide
LABELS & STICKERS: ENCOURAGE HEALTHIER FOOD CHOICES

Increase meal participation with Kid-Friendly labels!

Merchandise hard-boiled eggs and enhance the visual appeal of food packaging with fun “Egg Power” labels

Download kid-friendly tattoos & stickers!

AEB.Finerline.com/Products

Download kid-friendly labels & stickers!

AEB.org/ToolsForSchools
RECIPES & FOOD CONCEPTS DEVELOPED BY NUTRITION PROFESSIONALS

- **25+** Ready-to-use recipes developed by school nutrition professionals
- Complete nutritional analysis & prep instructions can be downloaded from our website: AEB.org/SchoolRecipes

**BACON & CHEESE BREAKFAST FRITTATA**
**EGG & CHEESE BREAKFAST QUESADILLA**
**HUEVOS RANCHEROS**
**EGG & CHEESE BREAKFAST BURRITO**
**BREAKFAST STUFFED POTATO SKINS**

**BACON, EGG, SPINACH & TOMATO SANDWICH**
**CHEESY BROCCOLI EGG MUFFINS**
**SOUTHWEST BREAKFAST TACO**
**EGG & RANCH ROLL UP**
**CHEESY EGG STUFFED PITA**

**BREAKFAST BOAT**
**HOMEMADE FRENCH TOAST**
**GREEN EGGS & HAM**
**DENVER OMELET BAGEL**
**SAUSAGE, EGG & CHEESE PRETZEL BRUNCH**

Visit the recipe page!

AEB.org/SchoolRecipes
About American Egg Board (AEB)
AEB connects America’s egg farmers with those interested about
The incredible edible egg™. For more information, visit AEB.org.