Tools for Schools 2019-2020
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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
- Sample menu plans and recipes to serve eggs 5 Days, 5 Ways across the menu cycle
- Success stories from schools across the country on preparing eggs in creative ways through our @eggsinschool Twitter

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!

**BRAIN HEALTH**
- Eggs contain nutrients that are important for brain health, such as lutein and choline.¹
- Lutein is an antioxidant that supports brain health and emerging evidence suggests choline may impact cognition during early life.²

**NUTRIENT PACKAGE**
- Eggs are an all-natural, high-quality protein powerhouse. One large egg is a good or excellent source of 8 essential nutrients, high-quality protein and antioxidants, all for 70 calories.³
- Eggs are one of the only natural food sources of vitamin D (6% DV), which is especially important for school-aged children for calcium absorption and building bone.⁴,⁶
- The protein in eggs can help promote fullness and reduce hunger.⁵
- One study found that students who ate a higher protein meal including eggs, compared to a higher carbohydrate breakfast, were less hungry throughout the morning.⁵

**PROTEIN & SATIETY**

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

Protein supports muscle health¹
Choline is important for brain health²
Antioxidants 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

It All Adds Up!:

1 Large Egg = 70 Calories + 6g Protein + 8 Essential Nutrients

Nutrient Dense:

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

REPORT CARD

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.

Smart SNACKS

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

AEB.org/HardBoiled

Get hard-boiled egg ideas & resources!

AEB.org/SmartSnacks

Visit the Smart Snacks page

AEB.org/SmartSnacksUSDA

USDA Guide to Smart Snacks in School Guide
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.

View weekly sample menus, recipes and tips n’ tricks for serving/cooking with eggs here: AEB.org/5Days5Ways
STAFF TRAINING “HOW-TO” VIDEO SERIES

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
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

Think Inside the Box. **We Have.**

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

**AEB.org/ProteinBoxes** Protein box inspiration!
It's true! Breakfast is an essential meal, especially for school children. The School Breakfast program provides all students the opportunity to get the nutrition they need to stay alert and focused in the classroom. Students who eat a well-balanced breakfast rich in protein, whole grains, fruits/vegetables and low-fat/fat-free milk have better academic performance and behavior.

Children who eat breakfast at school — closer to class and test-taking time — perform better on standardized tests than those who skip or eat breakfast at home.1 Students who eat breakfast in school show improved attendance, behavior and academic performance, as well as decreased tardiness.1

Schools now offer breakfast in the classroom and after the bell with grab n’ go options that are nutritious and delicious to fuel your child’s body and mind.

Eggs contain nutrients that are important for health:

**EYE**
Lutein and zeaxanthin are carotenoids found in egg yolks that can support eye health as you age.

**MUSCLE**
Eating 20-40 grams of high-quality protein, from foods like eggs, promotes muscle recovery following exercise. Adequate protein intake also helps active individuals preserve muscle during aging.

**STOMACH**
Eating a high-protein diet can help satisfy the appetite.

**BONE**
Eggs are a natural food source of vitamin D (0.6-1.5 mg in a large egg), a nutrient critical for bone health.

**EYE**
Lutein and zeaxanthin are carotenoids found in egg yolks that can support eye health as you age.

**BRAIN**
Eggs are an excellent source of choline, an essential nutrient critical for fetal brain development and brain function.2 New research is exploring how choline throughout life may have lasting effects on cognition and prevention of cognitive decline.2

**HEART**
Scientific evidence demonstrates that eggs, when consumed as part of a healthy diet, do not negatively impact risk factors for heart disease. A recent review showed eating eggs is linked to a 12 percent decreased risk of stroke and is not associated with coronary heart disease.3

**BLOOD**
Research studies have shown dietary cholesterol (say, from eggs) does not negatively impact blood cholesterol. In fact, eating eggs may increase HDL “good” cholesterol and its function.4,5

**MUSCLE**
Eating 20-40 grams of high-quality protein, from foods like eggs, promotes muscle recovery following exercise. Adequate protein intake also helps active individuals preserve muscle during aging.

**STOMACH**
Eating a higher-protein diet can help satisfy the appetite.

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MARKETING MATERIALS FOR STAFF

REAL EGGS IN SCHOOLS

Eggs are a Nutrition powerhouse!

Cognitive Function
Nutrient Package
Protein + Satiety

Half a Dozen Reasons to Serve Eggs in School Meals

1. Protein builds & maintains muscles
2. Choline is important for brain development & memory
3. Antioxidants lutein & zeaxanthin keep our vision intact
4. Vitamin D helps develop healthy bones
5. B vitamins turn food into energy
6. Iodine helps support a healthy metabolism

Why Serve Real Eggs in School

Half a Dozen Reasons to Serve Eggs in Schools

AEB.org/ToolsForSchools

Shell Egg Handling

Eat Better. Learn Better.

Whether eaten at home or school, breakfast gives kids energy to learn & stay active. Studies show that kids who eat breakfast have fewer school absences, improved test grades and fewer behavioral and disciplinary issues.*

Eggs aren't just for breakfast. They are a nutrient-rich, all-natural protein source for any time of day. All-day breakfast is a popular trend with kids at home and at school. Whether atop a salad or a bowl of ramen or tucked inside a sandwich or burrito, the taste and familiarity of eggs appeal to kids of all ages.

Eggs are the MVP (most valuable protein) for active kids on the go, providing kids with energy to power through their after-school activities. For student athletes, eggs help build, maintain and repair muscle. Since snacking at home isn't always an option before a practice, game or extracurricular activity — Smart Snacks supply kids with nutritious, portable and quick meals.

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*Food Research & Action Center, Research Brief: Breakfast for Learning, 2016.

Ready-to-use marketing materials!

Eat Better. Learn Better.
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 & SHELLY” CHARACTERS CAN BE USED IN SCHOOL POSTERS, SIGNAGE & MENUS

AEB.org/ToolsForSchools

More characters & downloadable artwork.
FUN WAYS TO COMMUNICATE THE BENEFITS OF EGGS TO STUDENTS

Download ready-to-use poster & bulletin border artwork!

AEB.org/ToolsForSchools

Eat Better. Learn Better.
with School Breakfast

Eggs as part of a well-balanced breakfast can help you learn and stay focused in school!

Report Card

A+)

American Egg Board

Eat Better. Learn Better.

Eggs are jam-packed with protein and important vitamins and minerals that help you stay focused and ROCK ON!

Delicious
Nutritious
Fun!

Incredible!

American Egg Board

Eggs are jam-packed with protein and important vitamins and minerals that give you the energy to stay active and feel AWESOME!

Incredible!

American Egg Board
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.

TATTOOS and STICKERS

Download kid-friendly tattoos & stickers!

AEB.Finerline.com/Products

Labels & Stickers

AEB.org/ToolsForSchools

Download kid-friendly labels & stickers!
Let’s share ideas! Menu plans, recipes, best practices, videos, serving tips, nutrition info, promotional resources, Eggy updates and more--follow us!

SPART 6 CHEF BECCA
@spart6chefbecca

Rise and Shine it’s Breakfast time! Nothing like coming back from break to homemade Breakfast Calzones! #schoolbreakfast #backtoschool #realschoolfood #breakfast #calzone #chefsmovetoschools #Spartanburg #d6

MSDLT FOOD SERVICE
@LTLunchesRock

Bento box option today at @ltgoodnews elementary schools. Egg snowman served with a biscuit. #SchoolLunch @eggsinschools @EggNutrition

NUTRITION SERVICES
@CCSDschoolmeals

Protein boxes make their debut @MemmingerElem today. Lashawnda is EGGcited to serve this nutritious #SchoolLunch to her children who attend Memminger (Cornell - Kindergarten & Asiah - 1st grade) @eggsinschools @SchoolMealsRock @malissamarsden @MaribelAlchinRD @SchoolLunch

Tell us how your students Eat Better to Learn Better. We want to hear about your students’ favorite egg recipes.
About American Egg Board (AEB)
AEB connects America’s egg farmers with those interested about
The incredible egg™. For more information, visit AEB.org.

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