



FOR IMMEDIATE RELEASE:

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THINK OUTSIDE THE CARTON THIS NATIONAL EGG MONTH

Ohio Egg Farmers Highlight Recent Survey Results About Consumers' Favorite Ways to Purchase and Enjoy Eggs, Offer Favorite Summer Recipes

COLUMBUS, Ohio – There are dozens of reasons to celebrate the incredible egg during National Egg Month in May. To shed light on the Buckeye state's love for eggs, the Ohio Poultry Association (OPA) and Ohio's egg farmers recently polled the state's primary grocery shoppers to determine how individuals prefer to purchase and consume their eggs most often.

The survey found that about 66 percent of grocery shoppers in Ohio make their egg purchasing decisions based on price and the majority are willing to pay \$2 or less for a dozen eggs. Fortunately, eggs fit easily into almost every budget at an average of \$0.17 per serving, making them the least expensive source of high-quality protein available.

"One large egg offers six grams of high-quality protein, 13 essential nutrients and zero carbs or sugars – all for just 70 calories, making them one of nature's most perfect foods," said Jim Chakeres, OPA executive vice president. "Additionally, eggs are extremely versatile making them a go-to option for all meals. Even the choosiest eaters are sure to find an egg dish to enjoy during National Egg Month and all year-long."

Eggs make a great addition to any meal whether they're featured at the center of the plate or offered as a side dish. Although 86 percent of Ohioans enjoy them most frequently during breakfast and 39 percent of Ohioans prefer to enjoy their eggs scrambled, eggs can also be enjoyed for lunch, dinner or as a snack.

As temperatures continue to rise, Ohioans will be taking their meals outside, so Ohio's egg farmers are sharing a few of their favorite recipes for summer cookouts:

- Whip up seven layers of goodness in a [Seven Layer Salad](#) by Ohio food blogger [Tastes of Lizzy T.](#)
- Top [Turkey Sloppy Joe Sliders](#) with a fried egg for an easy dinner that's perfect for cookouts.
- For a protein-packed dinner or lunch, try making [A Cedar Spoon's Turkey Bacon Egg Salad](#).
- [Classic Deviled Eggs](#) never go out of style. Prepare a batch in five easy steps.

In addition to their versatility and nutritional value, eggs play an important role in Ohio's economy. Ohio is one of the top egg farming states in the nation, producing almost 9 billion eggs each year, valued at about \$480 million.

For more information about egg nutrition or for delicious recipes, visit www.OhioEggs.com.

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