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Jump Start Busy School Days with Ohio Eggs

Quick-and-easy, high-protein breakfast recipes can be customized for entire family

COLUMBUS, Ohio (August 21, 2017) – It's back-to-school time and thousands of Ohio families are adjusting to the days of busy schedules, early mornings and after-school practices. To start the day off right, the Ohio Poultry Association (OPA) is educating Ohioans on the importance of eating a nutritious breakfast before heading out the door for the day.

"As families settle into new routines, it's often easy to overlook the important start to our day," said Jim Chakeres, OPA executive vice president. "What better way to send students off to school than with a protein-packed breakfast featuring one of nature's most perfect foods – eggs."

[Experts](#) agree that starting the day with nutrient-rich foods, such as eggs, can give students the fuel they need to feel energized throughout the day and important nutrients to succeed in school. Studies show that students who eat breakfast perform better academically, are less likely to become overweight, are absent and tardy less often, and have fewer discipline problems.

Eggs are high-protein, so individuals can stay energized and feel full longer, which helps in maintaining a healthy weight. One large egg contains 13 essential nutrients at only 70 calories each. Eggs yolks are also one of the best sources of choline, a nutrient required by many cells in the body to function properly, especially brain and nerve cells.

"There are many simple recipes families on the go can try to put a creative spin on traditional egg breakfasts," said Chakeres.

Quick-and-easy breakfast recipes that can be customized for the whole family, include:

- Protein-packed [Breakfast Pizza Bagels](#) from [Foodtastic Mom](#) are a family-friendly start to the day and can be customized with favorite toppings!
- Perfect for busy school mornings, these [Breakfast Burritos](#) from [A Cedar Spoon](#) are a freezer-friendly meal kids will love.
- Eggs, ham and cheese join forces in this three-ingredient [Microwave 1-Minute Ham & Egg Breakfast Bowl](#) that's fast and mess-free.

Ohio is one of the largest egg farming states in the nation, producing more than 9 billion eggs each year, with a value of more than \$1.2 billion. Ohio egg farmers make egg safety a top priority and are proud to provide Ohioans with high-quality, wholesome eggs.

For more information about egg farming, recipes and the health benefits eggs offer, visit www.OhioEggs.com.

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