



Do you consider yourself an egg-spert?

Put your knowledge to the test with **Earthwise Egg Quest: Canadian Egg Farming Trivia Challenge**.

What's inside?
Skill-testing questions about Canadian eggs and how egg farmers are caring for the planet! Flip for the game rules.

EGG FARMERS OF CANADA LES PRODUCTEURS D'ŒUFS DU CANADA

Game rules

For games in a group:

1. Select one person to be the question leader. The question leader draws a card and reads the question aloud.
2. The player to the left of the question leader has 30 seconds to answer. If the player is unable to answer, their turn ends. The next player to their left may then answer.
3. The question leader discards the card following a correct answer and draws a new card from the deck, until all questions have been asked.
4. Players are awarded one point for each correct answer. The player with the most points after all questions are asked wins the game.

For games with two players:

1. Players take turns drawing cards, reading the questions aloud and answering questions. Each player has 30 seconds to answer.
2. Players are awarded one point for each correct answer. If a player is unable to answer, their turn ends, and no points are awarded. The player with the most points after all questions are asked wins the game.

How many eggs do Canada's egg farmers produce each year with the help of their hens?

- A. 1 million eggs
- B. 10 million eggs
- C. 100 million eggs
- D. 10 billion eggs

Answer: D. Canadian egg farmers produced more than 10 billion eggs in 2023. Enjoyed at breakfast, lunch or dinner, Canadians love made-in-Canada eggs!

Source: Egg Farmers of Canada (2024). 2023 Annual Report. <https://www.eggfarmers.ca/wp-content/uploads/2024/03/2023-Egg-Farmers-of-Canada-Annual-Report.pdf>

EGG FARMERS OF CANADA LES PRODUCTEURS D'ŒUFS DU CANADA

There are more than _____ regulated egg farmers and farm families in Canada.

- A. 50
- B. 100
- C. 900
- D. 1,243

Answer: D. There are more than 1,243 regulated egg farmers and farm families in Canada who produce nutritious eggs.

Source: Egg Farmers of Canada (2024). 2023 Annual Report. <https://www.eggfarmers.ca/wp-content/uploads/2024/03/2023-Egg-Farmers-of-Canada-Annual-Report.pdf>

EGG FARMERS OF CANADA LES PRODUCTEURS D'ŒUFS DU CANADA

True or false?

There are egg farms in all of Canada's 10 provinces and in the Northwest Territories.

Answer: True. There are egg farms in all Canadian provinces and even as far north as the Northwest Territories.

EGG FARMERS OF CANADA LES PRODUCTEURS D'ŒUFS DU CANADA

True or false?

Most Canadian egg farms are family owned and operated.

Answer: True. Many Canadian egg farms are family owned and operated, run by families just like yours.

Source: Statistics Canada (2021). Farm population families classified by family type, farm type and share of family income earned by operators. Agriculture–Population Linkage. <https://www150.statcan.gc.ca/t1/tbl1/enrvaction?pid=3210045501>



What are ways that some egg farmers save energy or use renewable energy to power their barns?

- A. They use wind energy with the help of wind turbines
- B. They use the sun's energy with the help of solar panels
- C. They use energy-efficient light bulbs
- D. All of the above

Answer: D. Wind and solar energy, as well as LED light bulbs, are some of the ways Canadian egg farmers reduce their environmental impact.

Source: Pelletier, N., Doyon, M., Muirhead, B., Widowski, T., Nurse, J., and Humford, M. (2018). Sustainability in the Canadian Egg Industry — Learning from the Past, Navigating the Present. *Planning for the Future*. Sustainability, 10(10), 3524. <https://doi.org/10.3390/su10103524>



Canadian egg farmers have access to a special tool called NESTT to help measure, monitor and manage their farm's environmental footprint. What do you think NESTT stands for?

- A. Next-level Egg Smart Technology
- B. Nutty Egg System Techno Tool
- C. National Environmental Sustainability and Technology Tool
- D. New Egg-cellent Solutions for Tips and Tricks

Answer: C. With the National Environmental Sustainability and Technology Tool or NESTT for short, egg farmers can assess their farm's environmental footprint and create a sustainability action plan.



Fill in the blank: Canadian egg farmers increased the number of eggs they produced by ___% while decreasing their environmental footprint over five decades.

- A. 25%
- B. 50%
- C. 20%
- D. 90%

Answer: B. A study conducted for Egg Farmers of Canada shows that Canadian egg farmers have increased the number of eggs they produced by 50% while decreasing the overall environmental footprint of the Canadian egg supply chain.

Source: Pelletier, N. (2018). Changes in the life cycle environmental footprint of egg production in Canada from 1962 to 2012. *Journal of Cleaner Production*, 176, 1144–1153. <https://doi.org/10.1016/j.jclepro.2017.11.212>



True or false?

Eggs have one of the lowest environmental impacts of any animal protein, making them a great addition to any dish.

Answer: True. Eggs are a much-loved kitchen staple, with a low environmental impact.

Source: World Resources Institute (2016). *Protein scorecard*. <https://www.wri.org/data/protein-scorecard>



True or false?

A circular economy means reusing, repurposing and recycling things.

Answer: True. Circular economy thinking helps farmers find creative ways to repurpose and reuse items from their farming activities, helping to care for our planet.

Source: Government of Canada (2022). *Circular economy*. <https://www.canada.ca/en/services/environment/conservation/sustainability/circular-economy.html>



How many Canadians think it's important that the food they buy has the health of the planet in mind?

- A. 55%
- B. 99%
- C. 22%
- D. 88%

Answer: D. According to a survey by Angus Reid on behalf of Egg Farmers of Canada, the majority of Canadians (88%) think it is important that the food they buy is produced sustainably.

Source: Angus Reid (2023). Canada's egg farmers celebrate World Egg Day with Earthwise Egg Quest. Canadian Egg Farming Trivia Challenge. <https://www.eggfarmers.ca/press/canadas-egg-farmers-celebrate-world-egg-day-with-earthwise-egg-quest-canadian-egg-farming-trivia-challenge/>



True or false?

Canadians, including you (wink wink) are interested in learning more about sustainable egg farming practices.

Answer: True. According to a survey by Angus Reid on behalf of Egg Farmers of Canada, the majority of Canadians are interested in learning about the steps farmers are taking to reduce their impact on the environment. Find out how egg farmers are shaping a bright future at [egg-farming-trivia-challenge/](https://www.eggfarmers.ca/press/canadas-egg-farmers-celebrate-world-egg-day-with-earthwise-egg-quest-canadian-egg-farming-trivia-challenge/)



True or false?

Eggs can be used in many unexpected ways.

Answer: True. Innovators are looking at the familiar and nutritious egg not only as food, but as a tool to support medical advancements. From the use of eggs in vaccines that save lives, to eggshells as a tool to regenerate bone tissue, the work of egg farmers is reaching many unexpected parts of our society.

Source: Egg Farmers of Canada (2024). Research Summary - Issue 6. https://www.eggfarmers.ca/wp-content/uploads/2024/03/2024-03-13_EFC-Research-Summary-Issue-6.pdf



True or false?

Some egg farmers FaceTime their hens to chat and see how they're doing.

Answer: False. While farmers don't FaceTime their hens, they can use smartphones and cameras to check on their flock. Some smartphone apps even allow farmers to monitor their hens and adjust the temperature of their barn.



True or false?

Egg farmers follow national standards when it comes to taking care of their hens.

Answer: True. For egg farmers, the health and welfare of their hens is their top priority. All registered Canadian egg farmers follow rigorous national standards for animal care and food safety.



True or false?

The protein in eggs comes from just the yolk.

Answer: False. The protein in eggs comes from both the yolk and the egg white. Each large egg contains 13 important nutrients, including 6.5 grams of protein. Your body needs to stay strong and healthy, from both the yolk and the egg white. Each large egg contains 13 important nutrients, including 6.5 grams of protein.

Source: Egg Farmers of Canada. (n.d). Fuel up on protein with eggs. <https://www.eggfarmers.ca/nutrition/view/18/fuel-up-on-protein-with-eggs>



True or false?

The colour of the egg yolk can change depending on what the hens eat.

Answer: True. Pale yellow yolks come from hens that eat a wheat-based diet, while dark yellow yolks come from hens that eat a corn-based diet. No matter the colour, the yolk is a rich source of important nutrients, including protein, vitamins, and minerals.



True or false?

World Egg Day is an annual celebration of the humble egg.

Answer: True. The second Friday of October is World Egg Day, a global celebration of the humble egg amongst egg fans everywhere.



What percentage of Canadians know where their food comes from?

- A. 15%
- B. 73%
- C. 27%
- D. 46%

Answer: D. According to a survey by Angus Reid on behalf of Egg Farmers of Canada, fewer than half of Canadians (46%) know where their food comes from and how it's produced. Are you curious as to where your food—especially eggs—comes from?

Source: Angus Reid. (2023). (Unpublished raw statistics on Canadians' knowledge on food production and egg farming practices). Angus Reid Group.



Egg farmers love making new words with the word "egg".

How many "egg-cellent" new words can you list in 30 seconds?
Remember: the new words must include the word "egg".

A point will be awarded for each word you come up with. On your mark. Get set. Go!

