

THE CACKLER

THE LATEST EFO NEWS



get cracking®
Egg Farmers of Ontario

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MAKE YOUR EASTER EGGS-TRA SPECIAL!

For many, Easter brings thoughts of new beginnings, spring flowers and of course, eggs!

With that in mind, it only makes sense that Egg Farmers of Ontario (EFO) is offering up new ways to celebrate Easter.

On March 14, home economist Judy Scott Welden showed viewers on *CTV News at Noon* (Kitchener) how to make two simple EFO recipes – *Sweet Potato Hash* and *Spice Cake*. Whether it's for brunch or dinner, both recipes are great options your Easter guests will enjoy.

Leading up to Easter weekend, EFO will be promoting fun egg decorating tips, colouring pages for kids and recipe suggestions on social media. Check out EFO's Facebook and Twitter pages beginning March 21 to follow along!

Not on social media? Visit www.getcracking.ca/education/egg-artistry for fun Easter activities or www.getcracking.ca/recipes for your holiday recipe ideas.

No matter how you celebrate, have a happy Easter!



(Above): Judy Scott Welden joins CTV News at Noon host to prepare two Easter recipe ideas and (left): EFO's Sweet Potato Hash recipe.

IN THIS ISSUE

Comments from the Coop,
by Scott Graham, EFO Chair

- Zone Election Results
- EFO Welcomes Egg Ambassador

UPCOMING CONTRIBUTIONS BY:

May: Scott Helps
EFO Vice Chair
Zone 1 Director

UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- April 5 & 6
- May 3 & 4

COMMENTS FROM THE COOP

2017 AT A GLANCE

By Scott Graham, EFO Chair

Preparing for Egg Farmers of Ontario's (EFO) annual meeting always leads to reflecting on the bigger issues that our sector faced over the past year, while looking forward to what the future may hold.

Issues last year included the bronchitis outbreak and the sector's response, the roll-out of third party audits, work to protect consumer choice of eggs and ongoing trade negotiations. While these challenges may have arisen last year, their impact will continue throughout the year ahead. Here's an overview of the status of these significant projects:

Research continues to better understand the challenge of bronchitis in our pullet flocks, with testing underway in Ontario pullet flocks. We will continue to update farmers as more information becomes available.

The single-manual approach that consolidates the *On-Farm Food Safety* and *Animal Care* programs and the roll-out of the independent third-party audit process continues to move forward. The combined manual approach will streamline reporting

requirements and create efficiencies for farmers on a day-to-day basis, as well as in preparation for their annual audits. Saying what you do, doing what you say and proving it are necessary steps in providing confidence and trust for egg buyers.

Our *Consumer Choice Engagement Strategy* has made significant progress to proactively engage stakeholders and consumers to preserve their choice of eggs in the marketplace from the various approved hen housing systems.

During 2017, a national coalition developed supporting the effort that includes Egg Farmers of Canada, all provincial and territorial boards, national and regional graders, Canadian Poultry and Egg Processors Council and other stakeholders.

This national coalition has moved towards the development and overall approval process to roll out *Egg Quality Assurance*, a national certification program for eggs.

On the trade front, we've been following two significant international trade negotiation processes.

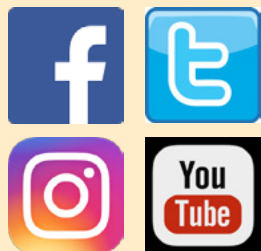
The first is the *Comprehensive and Progressive Agreement for Trans-Pacific Partnership* (CPTPP), an agreement that revived and repositioned the Trans-Pacific Partnership (TPP) process.



The second is the *North American Free Trade Agreement* (NAFTA) re-negotiation process. We will continue to monitor these discussions and provide updates.

With a provincial election this June, we all need to work to continue the all-party commitment to the three pillars of our marketing system and the fair farm pricing it provides for eggs and pullets. The system works for consumers, retailers, government and farmers to provide consumers with a constant supply of high-quality eggs at affordable prices.

FOLLOW US ONLINE



2018 ZONE ELECTION RESULTS

Recently, the following Egg Farmers of Ontario (EFO) Directors were re-elected for the 2018-2019 term at their annual Zone Meetings:

- Zone 1, Scott Helps
- Zone 2, Dianne McComb
- Zone 3, Dan Veldman
- Zone 4, Roger Pelissero
- Zone 5, Brian Miller
- Zone 6, Scott Graham
- Zone 7, Scott Brookshaw
- Zone 8, Hubert Schillings
- Zone 9, Craig Hunter
- Zone 10, Marc Bourdon

Please note, the Pullet Director election will take place during the 53rd Annual Meeting in Niagara Falls on March 27 & 28.

EFO POLICIES, PROGRAMS AND PROCEDURES ONLINE

Reminder: New policies and procedures will be updated and posted on EFO's farmer website at www.getcracking.ca/members/operations-quota as they come into effect and will no longer be mailed to all farmers.

Policies, procedures and documents posted on EFO's farmer website contain the most up-to-date versions and should be used for all policy interpretation and quota transactions. Please check this site frequently.

If further information or clarification on any matter is required, farmers should contact EFO's office.

REMINDER: Enhanced biosecurity during spring migration

With spring migration approaching, all farmers are urged to continue vigilant on-farm biosecurity measures. Protect your flock and the industry from any incidence of highly pathogenic avian influenza (HPAI)!

Properly implemented biosecurity is your first-line of defence against infectious diseases. Your farm biosecurity protocols should be well thought-out, stringently implemented and continuously followed. It is imperative that you should not let your guard down and constant and rigorous biosecurity measures should be practiced at all times.

The following is a list of suggested biosecurity measures for Ontario poultry farms:

- Each farmer, employee and every person entering all poultry barns must put on clean footwear, protective clothing and follow all biosecurity protocols on every entry into barns.
- Minimize visits to other poultry production sites and avoid any co-mingling of birds or contact with outside/wild birds.
- Avoid exchanging equipment with other poultry production sites.
- Ensure all vehicles/farm equipment that access the barn vicinity are properly washed and disinfected and that the laneway is restricted/secured.
- Ensure adequate training of farm and company personnel in biosecurity and disease prevention.
- Ensure adequate control of wild birds and rodents.
- If possible, have a pressure washer or a hose available to wash tires and equipment, and make this available to all service vehicles and visitors.
- If possible, "heat treat" the barn /litter ahead of chick or poult placement (to 30°C for a minimum of 3 days).

Farmers should immediately contact their veterinarian and board if their birds show any signs of illness or increased mortality.

2018 PRODUCTION STATISTICS

(in boxes of 15 dozen)

Ontario Production (week ending #4)

2018 – 1,364,422
2017 – 1,354,162

Ontario IP (week ending 4)

2018 – 325,012
2017 – 335,820

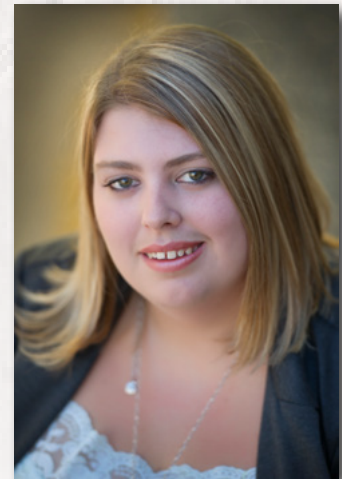
Ontario EFP (week ending #4)

2018 – 91,200
2017 – 91,200

US Shell Egg Imports to Ontario (week ending February 10, 2018, #6)

2018 – 135,006
2017 – 67,698

EFO WELCOMES NEW EGG AMBASSADOR



Egg Farmers of Ontario (EFO) has hired Alisha Wornath-Van Humbeck as a new Egg Ambassador for the large egg education trailer.

Alisha is a graduate student in the Animal Biosciences Department at the University of Guelph. She is currently working on her Master of Science and spends much of her time in the poultry research barns.

Alisha will be responsible for the day-to-day operation of the larger trailer during the 2018 fair season. We welcome her to the team!

FILL YOUR HOME WITH COMFORTING AROMAS



(Above, left): The April front cover of City Parent magazine and (right): EFO's spice cake recipe as a full-page feature.

Spice up your life with this recipe!

SPICE CAKE

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If you're looking for a simple but flavourful cake recipe, give this one a try! Cinnamon, ginger and nutmeg come together to spice up this cake just right, while the cream cheese frosting adds the perfect amount of sweetness.

INGREDIENTS

- 1 1/4 cups (300 mL) all-purpose flour
- 2 tsp (10 mL) ground cinnamon
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) neutral-tasting oil and salt
- 1/2 cup (125 mL) packed brown sugar and ginger
- 1/2 cup (125 mL) unsalted butter, at room temperature
- 1/2 cup (125 mL) fresh lemon juice
- 1 egg
- 1/4 cup (125 mL) unsweetened applesauce
- 1/4 cup (125 mL) milk
- 1/4 cup (125 mL) vanilla extract
- 1/4 cup (125 mL) chopped toasted walnuts (optional)

CREAM CHEESE FROSTING:

- 4 oz (113 g) cream cheese, at room temperature
- 1/4 cup (50 mL) butter, at room temperature
- 1/4 cup (125 mL) icing sugar

DIRECTIONS

Preheat oven to 350°F (175°C). Lightly coat 8 inch (20 cm) round baking pan with nonstick cooking spray or oil, set aside.

In a large bowl, combine flour, cinnamon, baking powder, baking soda, salt, nutmeg and ginger, set aside.

In another large bowl, using an electric mixer on high speed, beat butter and brown sugar until light and fluffy. Add eggs, one at a time, mixing lightly to incorporate after each one. Add applesauce, oil and milk. Beat on medium speed until combined. Pour wet ingredients over dry ingredients and using a wooden spoon or spatula, mix until combined.

Spread into prepared pan.

Place the 8 inch (20 cm) round or oval or heart-shaped insert in centre remove and slice. Let cool to pan on rack.

Meanwhile, in a large bowl, using an electric mixer on high speed, beat cream cheese and butter until smooth. Beat in vanilla and icing sugar until smooth at a 100% until smooth. Add more icing sugar as needed until frosting reaches desired consistency.

Remove cake from pan. Careful, spread frosting over top and sides of cake. Cut into 12 squares (store parchment with a spritz of frosting or walnuts, if desired).

Preparation: 15 min. | Servings: 12 squares, 100 calories, 15 g total fat, 14 g carbohydrates, 150 mg sodium, 40 g carbohydrates, 10 g protein, 1 g fat.

SERVINGS: 12 squares
PREP TIME: 15 mins.
BAKE TIME: 40 mins.

www.getcracking.ca

One of Egg Farmers of Ontario's (EFO's) recipes will be featured on the front cover and a full-page of City Parent Magazine in April.

Spice Cake is a simple but delicious cake that will suit any occasion, whether it's afternoon coffee for two or as an after dinner treat for the entire family. If the appealing combination of spices doesn't convince you, the cream cheese frosting definitely will! Don't take our word for it, make it yourself and see!

City Parent is Canada's largest regional parenting publication and 100,000 copies will be printed and distributed throughout the Greater Toronto Area.

EGGS IN THE NEWS

Diabetes type 2 symptoms: Eating this many eggs a day can help improve blood sugar levels

Express (UK)
March 3
by Katrina Turrill

Diabetes type 2 symptoms range from feeling very thirsty to blurred vision. It's recommended those diagnosed with the condition should regularly exercise as well as eat healthier foods. Adding eggs to your diet can help improve blood sugar levels, but how many should you eat a day?

The main goal if you have type 2 diabetes is to keep blood sugar levels well-controlled, and incorporating certain foods in your diet can help.

Eating eggs daily can have a positive impact on blood sugar levels.

In one study, people with type 2 diabetes who consumed two eggs daily as part of a high-protein diet had improvements in cholesterol and blood sugar levels.

The benefits of eggs are primarily due to nutrients found in the yolk, rather than the white.

Backyard chickens now allowed in parts of Toronto as part of 3-year pilot

Global News
March 3, 2018
by Nick Westoll

Residents in parts of Toronto are now allowed to keep chickens in their backyards as a part of a three-year, pilot project.

Ward 21 Coun. Joe Mihevc said he is happy the project is proceeding and that it works toward regulating a practice many engage in already.

Mihevc said there's a growing desire for people to have the ability to source eggs at home and have hens as pets.

City of Toronto municipal licensing and standards staff tabled a report to council in May on the bylaw dealing with prohibited animals. In that, they said they were against removing provisions on chickens.

The City of Toronto will be holding workshops in March and workshops in April for those who are interested.

How to contact EFO Zone Directors

Your Directors are available to address any questions and comments you may have pertaining to your industry.

Zone	Director	Email Address	Phone
1	Scott Helps	shelps@ymail.com	519-464-2744
2	Dianne McComb	gizmo53.dm@gmail.com	519-494-5360
3	Dan Veldman	dveldd@gmail.com	519-801-5216
4	Roger Pelissero	rpelisseroeggs@gmail.com	905-984-0279
5	Brian Miller	bwmiller@quadro.net	519-235-1126
6	Scott Graham	scottgraham06@gmail.com	519-284-1300
7	Scott Brookshaw	sbrookshaw@sympatico.ca	519-671-7568
8	Hubert Schillings	chschillings@hotmail.ca	905-260-0951
9	Craig Hunter	chunter@burnbraefarms.com	613-341-2006
10	Marc Bourdon	marc@bourdon.ca	613-551-5071
Pullet	Andy DeWeerd	abdeweerd@hsfx.ca	519-502-5385

Egg Farmers of Ontario Mission Statement The Mission of Egg Farmers of Ontario is to provide customers with a supply of safe, high-quality eggs at a fair price and a return to egg and pullet farmers achieved through fair farm pricing, within a stable national supply management system.

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FARMER NOTICES

SRED CLAIM 2017

Ontario egg farmers will be receiving a letter for your Scientific Research and Experimental Development Expenditures (SRED) relating to 2017 in March 2018.

Please follow the instructions provided in the letter.

Note - the SRED for 2017 needs to be filed with your 2017 tax return before the end of June 2019.

Should you have any questions on how to claim this credit on your tax return, speak to your accountant/tax specialist.

MAPLE LODGE PLANNED LINE SHUTDOWN

As part of the modular loading transition for broilers the following weeks CANNOT have any fowl (USA or Canadian) scheduled. The fowl line will be used for broiler processing or shut down completely.

- Week of October 22nd, 2018
- Week of October 29th, 2018
- Day of December 5th, 2018
- Day of December 13th, 2018

On these weeks and days there can be no fowl coming to Maple Lodge Farms.

For farmers who typically send out birds in that time period, you are asked to work with industry and Maple Lodge or other processing plants as soon as possible to plan your fowl pickups and new flock placements accordingly. An alternate plan would be a full barn depopulation using EFO's team. This option would require additional planning and co-ordination; please contact Albert Visser at 613-847-7075 or avisser@getcracking.ca.



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7195 Millcreek Drive,
Mississauga, ON L5N 4H1