

THE CACKLER

THE LATEST EFO NEWS



get cracking®
Egg Farmers of Ontario

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EFO OUTREACH SUPPORTS 7 DAYS OF EGGS

During the month of September, egg farmers Stephanie Nanne (Zone 9) and Tonya Haverkamp (Zone 6) have been busy supporting Egg Farmers of Ontario's (EFO's) partnership with TABASCO®.

On September 6, Stephanie appeared on CTV *Morning Live* (Ottawa) and Rogers *Daytime* (Ottawa) to help make work/school mornings a breeze with eggs and TABASCO®. The two recipes can easily be made ahead of time and reheated!

With seven different TABASCO® sauces available, you can enjoy a different flavour of eggs every day of the week.

Tonya was interviewed by the host of Tonic Toronto, a 60 minute health and wellness radio show that airs on Zoom radio Saturday mornings, to also encourage listeners to enjoy TABASCO® and eggs for fast and healthy weekday meals. Tonya is also scheduled to visit Rogers TV (Kitchener) on September 30.

IN THIS ISSUE

- Comments from the Coop, Brian Miller, Zone 5 Director
- EFO Introduces new spice card
- Volunteers Needed for the Royal Agricultural Winter Fair

UPCOMING CONTRIBUTIONS BY:

October:
Scott Brookshaw, Zone 7 Director
November:
George Pilgrim, Zone 8 Director

UPCOMING BOARD OF DIRECTOR'S MEETINGS:

October 2 & 3
November 4 & 5

COMMENTS FROM THE COOP

ELECTIONS ARE A GREAT TIME TO SPEAK UP

by Brian Miller, Zone 5 Director

Egg and pullet farmers understand the value and need to always be working to share our story with the public. With the 2019 federal election in full swing across Canada, this becomes an even more important job if you have or can make connections with candidates in your local ridings.

Outside of Ontario's largest 6 or 7 major cities, some egg farmers in each riding can probably find some affiliation with almost every candidate; use these connections to reach out to tell them about egg farming and the contribution we make in our communities and as local businesses. During this election, we can all be looking for networking opportunities by attending events with local candidates to speak up for our sector.

You would have recently received a message from Egg Farmers of Ontario (EFO) about how to discuss our issues with candidates, but the information is important and worth repeating.

Although recent trade deals are pending approval by the U.S., the conclusion of the trade negotiations during the past year means fair farm pricing achieved under Canada's successful supply management systems for poultry and dairy sectors will not likely be a major campaign issue.

While saying that, egg and pullet

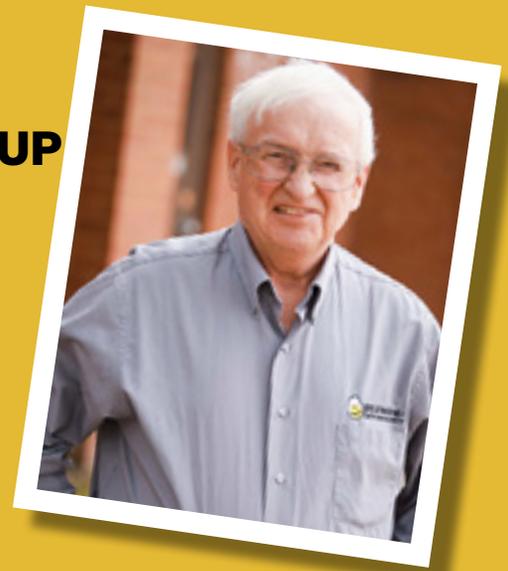
farmers should still take the opportunity to remind candidates that supply management is a Canadian success story. It is important to rural communities, the Canadian economy and the survival of the family farm in our communities. Canadians support our system of supply management and they believe that it is important to ensure it remains intact.

If you get the chance to speak to candidates during the campaign, here are the top-line messages you can share:

Our main ask for candidates is simply that egg and pullet farmers need all parties to maintain their commitments to defend our successful egg marketing system.

Ontario egg and pullet farmers appreciate the ongoing commitment of all of the major national parties to our marketing system and the fair farm pricing it provides for eggs. The system works for consumers, retailers, government and farmers to provide consumers with a constant supply of high-quality eggs at affordable prices with no subsidies. Farmers need federal candidates to keep that commitment and continue to defend our system.

Supply management promotes the steady production of high-quality eggs. It's a viable system that encourages consumption of local products. It allows



egg farmers to earn a living from farming, not from taxpayer dollars.

This is a sustainable food marketing system that matches production of eggs on the farm to consumer demand. It ensures stability of supply from the farm, to the processing sector, to the consumer and ensures that enough eggs will be available to meet Canadians' needs.

I know that farmers are busy and not all of us feel comfortable in political settings, but please look for opportunities to tell our story during October. We are in this for the long haul and we can all make a difference.

WITH THIS ISSUE

- AI Fall Advisory
- OAHN Poultry Producer Report
- RAWF Food & Nutrition Forum Poster

EVERYBODY LOVES RAMEN



Fall is in the air, so to heat things up, Egg Farmers of Ontario (EFO) has released its latest spice card – *The Corput Family Spicy Beef Ramen*.

With just the right amount of heat in the seasoning, EFO's take on ramen is not only delicious; but also makes for a vibrant card that is sure to become a hit at fairs and events. As with past cards, the spice package is included on the front of the card and the recipe is on the back.

In addition to the 48,500 cards created for Ontario in both English and French, 26,500 cards were printed and distributed to five provincial egg boards. In addition, 2,500 cards were created in partnership with Ontario Beef in order to co-brand their outreach efforts.

If you would like to order cards for an upcoming event, please contact Stephanie Sabo at ssabo@getcracking.ca.

2019 PRODUCTION STATISTICS

(in boxes of 15 dozen)

Ontario Production (week ending #28)

2019 – 9,992,619
2018 – 9,682,032

Ontario IP (week ending #28)

2019 – 2,108,149
2018 – 2,116,197

Ontario EFP (week ending #28)

2019 – 638,024
2018 – 638,400

US Shell Egg Imports to Ontario (week ending August 17, 2019 - #33)

2019 – 1,551,710
2018 – 1,662,681

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.

AUTUMN SHINES WITH EFO RECIPES

To celebrate the coming of fall, EFO recipes were featured in two popular Ontario publications.

EdibleToronto showcased EFO's *Egg and Bacon Skillet* recipe and the Corput Family (Zone 10) in their fall issue. The recipe, including photo's were presented in colours to highlight the autumn season (above, left). This popular food magazine is distributed at specialty food stores, farmers' markets and retail venues in Toronto, the GTA, Niagara, Wellington County and cottage country.

Food & Drink magazine, which is distributed in LCBO retail locations, offered up EFO's Breakfast Poutine in a full page, full-colour advertisement (below, left). To view the ad online, visit <http://foodanddrink.ca/fooddrink/magazine/en/Autumn2019/FDAU19.html#page=114>.



CALLING ALL EGG AMBASSADORS!



It might seem early, but Egg Farmers of Ontario (EFO) is already looking for volunteers to help with the Royal Agricultural Winter Fair (RAWF).

EFO's large egg education trailer will be exhibited at the fair, and we need your help! Two shifts run every day from 9:00 a.m to 3:00 p.m. and 3:00 p.m. to 9:00 p.m. and we need active egg and pullet farmers to take part by answering consumer questions and sharing egg farming facts.

The RAWF runs from November 1 to 10. If you are interested in volunteering, please contact Sarah Brien at sbrien@getcracking.ca. For more information of the RAWF, visit www.royalfair.org.


 Our
 Sympathies


EFO would like to extend our condolences to the family of Jeffrey Noppen (Zone 1), who passed away on August 21, 2019. Our thoughts are with his family during this time of sorrow.

EGGS IN THE NEWS

The truth about eating eggs

BBC News
September 17, 2019
by Jessica Brown

Are eggs helpful to our health... or a cause of heart disease? BBC Future examines the evidence. If there was such a thing as a perfect food, eggs would be a contender. They're readily available, easy to cook, affordable and packed with protein.

Eating eggs alongside other food can help our bodies absorb more vitamins, too. For example, one study found that adding an egg to salad can increase how much vitamin E we get from the salad.

But for decades, eating eggs has also been controversial due to their high cholesterol content – which some studies have linked to an increased risk of heart disease. One egg yolk contains around 185 milligrams of cholesterol, which is more than half of the 300mg daily amount of cholesterol that the US dietary guidelines recommended until recently.

Does that mean eggs, rather than an ideal food, might actually be doing us harm?

Researchers haven't definitively linked consumption of cholesterol to an increased risk of cardiovascular

disease. As a result, US dietary guidelines no longer have a cholesterol restriction; nor does the UK. Instead, emphasis is placed on limiting how much saturated fat we consume, which can increase the risk of developing cardiovascular disease. Foods containing trans fats, in particular, increase our LDL levels.

Meanwhile, along with prawns, eggs are the only food high in cholesterol that are low in saturated fat.

In a 2015 review of 40 studies, Johnson and a team of researchers couldn't find any conclusive evidence on the relationship between dietary cholesterol and heart disease.

While these studies have reignited the debate on the impact of cholesterol in eggs on our health, we do know some ways in which eggs could affect our risk of disease.

One way is through a compound in eggs called choline, which may help protect us against Alzheimer's disease. It also protects the liver.

While researchers are a long way from understanding why eggs affect us differently, the vast majority of recent research suggests they pose no risk to our health, and are much more likely to provide health benefits.

FARMER NOTICES

FOR SALE

Diamond egg packer, 70 cases per hour.

If interested, please call Gert Waanders, 519-525-9392.



Diamond egg packer, good working condition - \$12,000.

Steel, solar wall, 6' x 195' - \$500 (remove it yourself).

If interested, please call 519-236-4095.

PRICE CHANGE NOTICE

Effective Sunday, September 8, 2019, the new Market Producer Prices for one dozen Grade A eggs are as follows: *Extra Large \$2.06, *Large \$2.06, *Medium \$1.84, *Small \$1.44 (*denotes change). The above prices are for eggs ungraded and unwashed f.o.b. the producer's farm, shipped and graded in minimum lots of 1,500 dozen. In lots of 300 dozen to 1,499 dozen the minimum prices shall be one cent (1¢) less, and in lots of 1 dozen to 299 dozen the minimum prices shall be ten cents (10¢) less than the above quoted prices.

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	Lorne Benedict	lbenedict@eastlink.ca	519-281-3321
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	George Pilgrim	georgepilgrim@hotmail.com	905-376-6869
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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EFO will be closed on Monday, October 14 to celebrate Thanksgiving.

In case of emergency, please contact Harry Pelissero, EFO General Manager, on his cell phone at 289-237-5554.