



# Cackler

The Latest EFO News

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get cracking®  
Egg Farmers of Ontario

January 2023



Above: Valérie on the podium following her win (photo courtesy of Valérie Greniers facebook page).

## Gold medal success

From the top of the hill to the top of the podium!

## VALÉRIE GRENIER WINS GOLD

During a World Cup giant slalom event in Slovenia on January 7, Valérie Grenier (Zone 10) earned her way to a gold medal with a first-place result.

In the December *Cackler*, Valérie was featured in an athletic spotlight for her determination, positive outlook and an exceptional amount of hard work following her leg injury in 2019.

In just a very short time, the skier, who also happens to be part of an egg farming family from St. Isidore, ON, has overcome so much to achieve this result.

EFO is proud to sponsor this determined young athlete who is fueled by eggs.

Congratulations Valérie!

## IN THIS ISSUE

Industry Updates: AAC, CFFO, FCC, LRIC, OFA & PIC

January Nutrition Update

Recipe of the Month:  
[Za'atar Lentil Power Bowl](#)

December Recipe Outreach

### UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- January 31 & February 1
- March 6

### WITH THIS ISSUE:

- [Security from Trespass and Protecting Food Safety Act, 2020 Factsheet](#)
- FBCC News Release December 13

# INDUSTRY updates

## **Agricultural Adaptation Council (AAC)**

The AAC is administering the [Supply Chain Stability and Adaptability Program](#) on behalf of the Ministry of Agriculture, Food and Rural Affairs. There are two streams within this program: *Agri-Food Supply Chain Resiliency Analysis Stream*, with an application deadline of January 26 and *Agri-Food Supply Chain Infrastructure Investment Stream*, application deadline February 9, 2023.

For more information on the program, including eligibility, click [here](#).

## **Christian Farmers Federation of Ontario (CFFO)**

Late in December, CFFO sent out their e-newsletter and shared several updates.

During 2022, CFFO raised \$48,110 in support of the Canadian Foodgrains Bank to work towards ending hunger.

The Fall/Winter edition of [The Steward](#), CFFO's magazine which is full of interesting articles and updates is

Finally, CFFO continues to work towards fertilizer tariff refunds and issued a joint statement with the Atlantic Grains Council, Grain Farmers of Ontario, Grain Growers of Quebec and Ontario Bean Growers to stress to the federal government that reimbursements need to be paid directly to farmers. Click [here](#) to read the full statement.

## **Farm Credit Canada (FCC)**

FCC recently shared the [top 5 FCC knowledge articles from 2022](#). Early in the new year, FCC also shared the [top 10 charts to monitor in 2023](#) to help farm operations make sense of the economic environment.

They also shared a helpful [article](#) to help prepare for the upcoming tax season.

Finally, FCC will be hosting an online session January 24 on the 2023 Economic Outlook. Click [here](#) for more information or to register.

## **Livestock Research Innovation Corporation (LRIC)**

In their December newsletter, LRIC shared the following:

- University of Guelph research on [protecting farms against cyber attacks](#)

- Upcoming webinar [Data, Simple answer but what's the question?](#) which discusses data use within the livestock sector

## **Ontario Federation of Agriculture (OFA)**

In the latest updates from OFA, they shared an [article](#) on how OFA's Revive Fund is making a difference in rural communities, along with a helpful [article](#) on how year-end means taking stock of farm financials – and preparing for tax time.

In staffing news, OFA shared the announcement of Janine Lunn accepting the position of Manager, Member Services Eastern & Northern Ontario on a full-time basis.

They also shared the reminder to renew your Farm Business Registration for 2023 [online](#).

To register for upcoming mental health literacy workshops through the *In the Know* program, or to view information about the program, visit <https://agriculturewellnessontario.ca/in-the-know/#workshop>.

OFA will be hosting a financial literacy and succession planning "road show" with in-person sessions taking place across Ontario throughout February. Click [here](#) to view the list of dates by location.

The Ontario Ministry of Agriculture, Food and Rural Affairs has developed a factsheet on the *Security from Trespass and Protecting Food Safety Act* and they are hosting two webinars (January 30/February 3) with information on the contents of the factsheet. To register, email [SecurityFromTrespass.OMAFRA@ontario.ca](mailto:SecurityFromTrespass.OMAFRA@ontario.ca)

The University of Guelph is conducting a survey to gather information on rental rates and farmland values in Ontario. For more information or to complete the survey, click [here](#).

To view upcoming agricultural events across Ontario, visit <https://ofa.on.ca/events/>.

## **Poultry Industry Council (PIC)**

Registration is open for the upcoming *Science in the Pub* session on January 23 with the topic of Revelations in Bedding. Click [here](#) for more information or to register.

Registration is now also open for PIC's February producer updates including two in-person and one virtual event. Click [here](#) for dates and to register.

PIC also reminded new and existing members that 2023 membership and sponsorship opportunities are now available for [registration](#).

The National Poultry Show will be held February 8-9 at the Western Fair Agriplex. Click [here](#) for more information or to plan your visit.

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## **Attention Zone 10 farmers: *En toute connaissance* mental health workshop**

An upcoming four-hour mental health workshop, *En toute connaissance*, which was created specifically for the farming community, will be held on January 26 in Fournier, Ontario. This session will be held entirely in French.

The session provides information on a variety of topics, including stress, depression, anxiety, substance abuse and is of great benefit to the agricultural community. It also includes ways to start the conversation about mental health.

This session is free and lunch is provided. Not only will your participation be helpful to you as a member of your community, it will also provide support to the project.

Location: Fournier Community Center, 3210 County Road 9

Date: January 26, 2023

Time: 10 a.m. to 2 p.m. EST

For full information or to register, click [here](#).

# EAT MORE TO LOSE WEIGHT

Registered Dietitian Michelle Jaelin visited CHCH *Morning Live* on January 12 to share why it's important to change your food mindset. Michelle discussed how often people, especially at this time of year, starve their bodies, when just changing the foods you eat is a better choice.

The segment, which was sponsored in part by EFO, shared healthy and nutritious ways to stay full, without depriving yourself of nutrients.

Michelle demonstrated healthy meal ideas that included eggs partnered with other ingredients, such as fruit or grains, and how the combination works to optimize nutrition while keeping you full of energy.

To view the segment, visit <https://www.chch.com/change-your-food-mindset-and-eat-more-to-lose-weight/>.



Above: Michelle Jaelin discusses healthy eating with CHCH *Morning Live* host Annette Hamm.

## RSS FEED: DON'T MISS OUT ON IMPORTANT UPDATES

A feature of the farmer website, [www.getcracking.ca/members](http://www.getcracking.ca/members), offers a Rich Site Summary (RSS). This is a format for delivering regularly changing web content.

Egg and pullet farmers who subscribe to this feed will receive any updates to the website via email on a weekly basis. Please visit [www.getcracking.ca/members/member-farmer-news](http://www.getcracking.ca/members/member-farmer-news) to sign up.

## ON-FARM CLIMATE ACTION FUND IS ACCEPTING APPLICATIONS

The intake for the *On-Farm Climate Action Fund* (OFCAF) is open and accepting applications.

OFCAF provides cost-share funding for Ontario farmers to implement new practices under in-field nitrogen management, cover cropping and rotational grazing systems.

For more information on the program, visit [Ontario On-Farm Climate Action Fund – Ontario Soil Crop](#) where you will also find a link to the [Program Guide](#) for eligibility.

Visit [OSCIAPortal.org](http://OSCIAPortal.org) to submit an application online. Note – you will need to create a user account and complete an enrolment for your farm before submitting an application.

If you have any questions about OFCAF, please contact one of the following:

- [Ontario Soil Crop](#)
- [OFCAF](#)
- Access support for the online portal [here](#).

## REMINDER: PULLET REPORTING

On January 1, 2022, EFO announced that pullet farmers were no longer required to complete Form No. GR-PGI 3.10 Pullet Grower Day – Old Report.

In its place, pullet farmers were asked to confirm their orders on EFOOnline, a minimum of 7 weeks prior to placement in the pullet barn, and confirm receipt of Day Old Chick upon delivery.

EFO's efforts to review the EFOOnline system has made it necessary again for pullet farmers to complete the aforementioned form.

The Board has made a decision to reinstate this requirement effective immediately, however no penalties will be imposed until January 1, 2023.

We appreciate your patience and continued support. Please do not hesitate to reach out to the Board office if you have any questions or concerns.

## POLICIES AND PROCEDURES NOTICE

Reminder: New policies and procedures will be updated and posted on EFO's farmer website at [www.getcracking.ca/members/operations-quota](http://www.getcracking.ca/members/operations-quota) as they come into effect.

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 to ensure you have the most recent information.

## PRODUCTION STATISTICS

(in boxes of 15 dozen)

### Ontario Production (week ending #44)

2022 – 16,969,579  
2021 – 16,874,310

### Ontario IP (week ending #44)

2022 – 3,439,128  
2021 – 3,622,130

### Ontario EFP (week ending #44)

2022 – 829,683  
2021 – 493,086

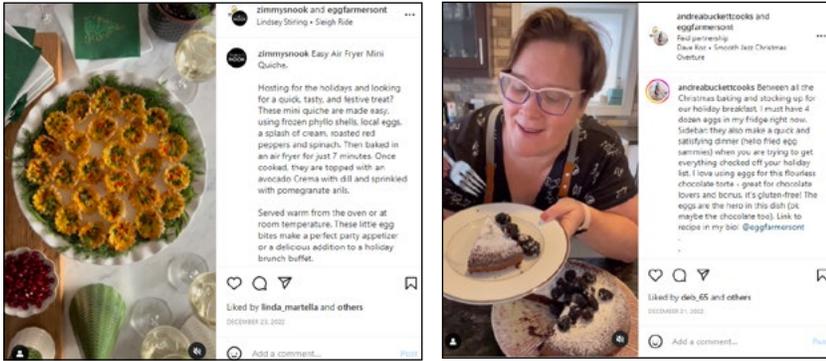
### US Shell Egg Imports to Ontario (week ending November 19, 2022 - #47)

2022 – 982,722  
2021 – 962,180

follow us online!



# HOLIDAY INFLUENCER CAMPAIGN



Above (left): Post by @zimmynook featuring Easy Air Fryer Mini Quiche; and (right): @andreabuckettcooks enjoys her delicious Rich Chocolate and Blackberry Torte created for EFO.

Leading up to the holidays in December, EFO brought together key influencers to share egg recipes with Ontario consumers.

The campaign theme was “Hosting for the Holidays” and was developed to celebrate the fact that family and friends could safely share time together after two long years of COVID-19 restrictions.

Eight influencers with a variety of backgrounds were selected and included Ontario chefs, family-oriented influencers and even Registered Dietitian Michelle Jaelin.

Delicious recipes were shared by the group from December 18 to 23 and included Eggnog Crème Brulee French Toast, Eggs Bennie with Christmas Stuffing, Easy Air Fryer Mini Quiche and Holiday Panettone.

Total campaign reach was 99,551, with 103,896 views and an engagement rate of 5,784.

The content was also featured in a blog post - [6 recipes to bring to your holiday party](#) - on [getcracking.ca](#).

## FARMER UPDATES

### For Sale

Used free-run Jansen Poultry Equipment (5 years old). Nests: 574' including 3 drive units, slats: 2,350 sq' - Flex egg Conveyor: 102' including 190 degree corner and 1 drive unit.

Please Contact- 519-786-8107

250 feet of 20-inch farmer conveyor with one drive unit.

Please contact 613-863-3310

### Price Change Notice

Effective Sunday, January 29, 2023, the Market Producer Prices for one dozen Grade A eggs are as follows: \*Extra Large \$2.49, \*Large \$2.49, \*Medium \$2.19, \*Small \$1.81 (\*denotes change).

Effective Sunday, January 29, 2023, the Producer prices for one dozen Grade A eggs from Enriched Housing at 116.25 square inches are as follows: \*Extra Large \$2.57, \*Large \$2.57, \*Medium \$2.26, \*Small \$1.87 (\*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.

### Levy and Licence Fee Change Notice

Effective Sunday, January 29, 2023, the total Producer Levy & Licence Fee will be changed to twenty-nine point nine five cents [29.95 cents] per dozen plus HST. The remittance is as follows: total deduction from producer is 29.95 cents plus grading station voluntary research fee of .02 cents (per dozen, plus HST). In Zone 9N, the levy will be twenty-eight point nine five cents [28.95 cents] per dozen plus HST. Please check your calculations to ensure that the correct amount of levy is remitted to Egg Farmers of Ontario's Board Office.

### Business Plan Achievements Available Online

Egg Farmers of Ontario's 2022 Achievements report is now available on the [website](#), under the EFO Business Planning Heading. EFO is currently developing a new three-year strategic plan. As a result, we will be continuing with the current business plan until a new strategic plan is finalized.

## Annual Meeting Registration

Egg Farmers of Ontario's (EFO's) 58th Annual Meeting will be held March 9 & 10 at the Niagara Fallsview Casino Resort. Invitations have recently been sent out.

If you require accommodations at the Niagara Fallsview Casino Resort, please call 1-888-325-5788 before February 6, 2023 and request the Egg Farmers of Ontario block of rooms.

**Please note, the registration deadline is February 24, 2023.**

For further information, please contact EFO's office.

# ZA'ATAR LENTIL POWER BOWL



Servings: 4  
Prep Time: 35 minutes  
Cook Time: 5 minutes

## INGREDIENTS

### Lemon Za'atar Yogurt Dressing:

½ cup (125 ml) plain yogurt  
1 tsp (5 ml) lemon zest  
⅓ cup (75 ml) fresh lemon juice  
2 tbsp (30 ml) olive oil  
1 tbsp (15 ml) honey  
1 clove garlic, minced or grated  
1 tsp (5 ml) toasted sesame seeds  
½ tsp (2 ml) thyme  
½ tsp (2 ml) **each** salt and pepper  
¼ tsp (1 ml) **each** cumin and coriander  
¼ tsp (1 ml) sumac

### Bowls

4 cups (1 L) rinsed and drained canned lentils  
2 cups (500 ml) packed baby kale  
1 cup (250 ml) **each** chopped green and

yellow beans, blanched and cooled  
1 cup (250 ml) chopped cucumber  
8 cocktail tomatoes, cut into wedges  
6 radishes, quartered and thinly sliced  
½ small red onion, thinly sliced  
2 tbsp (30 ml) olive oil  
4 eggs  
1 tbsp (15 ml) toasted sesame seeds  
½ tsp (5 ml) pepper

## DIRECTIONS

**Lemon Za'atar Yogurt Dressing:** In a small bowl, whisk together yogurt, lemon zest, lemon juice, oil, honey, garlic, sesame seeds, thyme, salt, pepper, cumin, coriander and sumac. Set aside.

**Bowls:** Arrange lentils, kale, green beans, yellow beans, cucumber, tomatoes, radishes and red onion among 4 bowls.

Heat oil in a large non-stick skillet over medium heat. Fry eggs, covering if necessary until bottoms are crispy and whites are set; about 4 minutes. Sprinkle in toasted sesame in the last 30 seconds around eggs and spooning onto egg whites for an extra crunch. Remove eggs topped with sesame seeds from pan, allowing excess oil to drain before adding eggs to bowls.

Season bowls with pepper to taste and serve with Lemon Za'atar Yogurt Dressing.

## EGGS IN THE NEWS

### LRIC releases resources to help get research into practice

Ontario Farmer  
January 10, 2023

A new library of podcasts, videos and webinars designed to help the livestock industry get research and innovation information directly to the farm is now available.

Released by Livestock Research Innovation Corporation (LRIC) with the help of Poultry Industry Council and faculty members from the University of Guelph, the resources were developed for and with farmers to make it easier to get research into practice.

“We know it’s important for farmers to have access to timely and credible information that will help them make the best possible decisions in how to manage their farms and raise their livestock,” says LRIC CEO Mike McMorris.

A series of more than 20 producer perspective videos showcases farmers from a variety of livestock sectors, the challenges they face in their businesses, where they get innovation ideas, how they think researchers can best support driving adoption of innovation on the farm, and what advice they have for early career researchers about working with farmers and the agriculture sector.

LRIC’s Horizon Series of webinars delves into the big topics facing agriculture, ranging from regenerative agriculture and genomics to social license and livestock and soil health.

Each webinar, approximately 20 minutes long, features a known expert in that field and is accompanied by a white paper that provides additional credible information. To date, 12 topics have been covered; all webinars, white papers and a one-minute “On the Fly” summary are available on the LRIC website.

This research project was funded through the Ontario Agri-Food Innovation Alliance, a collaboration between the Ontario Ministry of Agriculture, Food and Rural Affairs and the University of Guelph.

# OUTREACH *update*

## EFO RECIPE OUTREACH FEATURES SOMETHING FOR EVERY OCCASION

The Christmas season is a great time to share recipes with Ontario consumers and EFO had a variety of content in Ontario publications in December.

A photo collage of popular EFO recipes for entertaining was featured in *Canada's Food & Drink* and *Foodism* magazines in December. The call for action invited consumers to celebrate the holidays with fresh Ontario eggs.

To tempt those with a sweet tooth, EFO's *Chocolate Orange Roll* recipe was showcased in *City Parent* and LCBO's *Food & Drink* magazines. The recipe image got readers in a festive mood with the adornment of sugared cranberries and twinkle lights.

Finally, an advertorial in the *Global Heroes* section insert of *The Globe & Mail*, *Toronto Star* and *The National Post*

invited consumers to make their holiday entertaining better with eggs. The ad featured EFO's *Classic Egg Nog* and *Monte Cristo One-Pan Bake* recipes.

Combined print reached over 4.2 million impressions.



Above: EFO's *Chocolate Orange Roll* ad in LCBO's *Food & Drink* holiday issue.

Left: A collage of recipes as featured in the holiday issue of *Foodism* magazine.

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## EGG FARMERS OF ONTARIO MISSION STATEMENT

Egg Farmers of Ontario is a farmer-run organization that manages the supply and orderly marketing of eggs so consumers can enjoy fresh, local, safe, high-quality protein produced under fair farm pricing.

January thoughts...

"Count your age by friends,  
not years. Count your life by  
smiles, not tears."

- John Lennon