



UNIVERSITY OF ILLINOIS
EXTENSION

Extending Knowledge Changing Lives

EGGS

From Farm to Fork

Nutrition & Wellness Program



EGGS

From Farm to Fork!

May 03, 2017
5:00—6:00 p.m.

Richard A. Mautino
Memorial Library
215 E. Cleveland Street
Spring Valley

**To register, please call University of Illinois Extension
at 815-224-0889 by May 02, 2017**

University of Illinois Extension provides equal opportunities in programs and employment. The Mission of University of Illinois Extension is to provide practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future.”

Extension provides unbiased, research-based information and education to improve your nutrition and lifestyle practices. If you need a reasonable accommodation to participate, have questions or need more information please call 815-224-0889.

Extension offices are located in Princeton, Ottawa, and Henry and Oglesby.
Serving Bureau, LaSalle, Marshall & Putnam Counties

Purchasing eggs is not so easy anymore; it takes some skill to figure out which eggs to buy!

Eggs can be purchased from your local grocer, farmer’s market, roadside stands or straight from the farm. The consumer can also choose organic, free range, pasteurized or lower cholesterol! So many choices!

Learn about eggs and how to make the best choice for your health. Join University of Illinois Extension Nutrition and Wellness Educator, Susan Glassman for this informative class.

In class, enjoy a recipe sample and take home some new recipes to try egg dishes at home.