

MAY 20th 2011

Philadelphia's Great Egg Day in MAY!

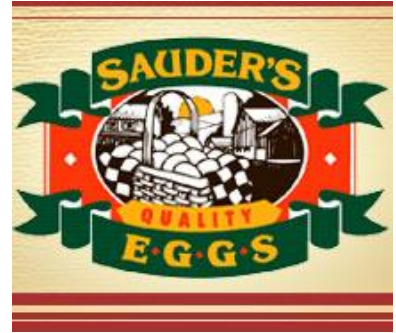
Fight Hunger with Protein & Celebrate National Egg Month!



State Rep. Tony Payton, Jr.



THANKS TO OUR SPONSORS!



incredible!

American Egg Board
aeb.org

DO Good, FEEL Good, EAT Good on May 20th

*Over 20,000 dozen eggs will be delivered to SHARE and Philabundance for distribution!
First 400 people receive hot scrambled eggs for breakfast*

Space is limited for the Main Event.

RSVP today by calling

***Jorge Santana at 215-744-7901 or by email to
santana.jorge.a@gmail.com***



Main Event:

Great Egg Giveaway at **SHARE**
2901 West Hunting Park Avenue, Phila., PA
Breakfast to be served at 8am



Second Event:

Drive Hunger from Philadelphia
Egg Donation to **Philabundance** at 11:00am
3616 South Galloway Street, Philadelphia, PA

RESOURCES

Philabundance Food Help Line

800.319.FOOD (3663)

<http://www.philabundance.org/>

SHARE Food Program

215.223.2220

Toll Free: 800.595.3663

<http://www.sharefoodprogram.org/>

FACTS AND FIGURES ABOUT EGGS

DID YOU KNOW?

Eggs help make your kids (and you) brainy

Eggs give you energy

Eggs can help you lose weight

Eggs make you feel fuller for longer

The color of an egg is determined by the color of the chicken's earlobe - white eggs come from a white earlobe chicken - brown eggs come from a red earlobe chicken

Eggs can help you deliver healthy babies

What is an omelette?

According Alan Davidson's *Oxford Companion to Food* [Oxford University Press:Oxford] 1999 (p. 550, 553), the word omelette" is of French origin and came into use during the mid-16th century. Somewhat similar egg dishes were known to and ancient medieval cooks. Mr. Davidson traces the origins of the omelette to ancient Persia. We know the Ancient Romans often combined eggs and dairy products into patinae, custards and a variety of other sweet and savory dishes. C. Anne Wilson comments: "The precursor to the omlette in Britain was known as a herbolace and in the late fourteenth century was a mixture of eggs and shredded herbs, baked in a buttered dish. A contemporary French recipe under the same name is much more detailed, and gives instructions for heating oil, butter or fat thoroughly in a frying pan before pouring in eight well-beaten eggs (of medieval size) mixed with brayed herbs and ginger. The French version was finished off with grated cheese on top, and appears to have been quite close to the modern concept of an omelette."

---*Food and Drink in Britain From the Stone Age to the 19th Century* [Academy Chicago Press:Chicago] 1991 (p. 142).