



## Building Strong Families

Life resources for health, wellness, finances, and positive relationships.

**Kansas is home to many chickens raised on farms of all different sizes. Some farms raise chickens for meat production while others are raised solely for their eggs.**

**Eggs are a great source of protein and Vitamin D, among other nutrients, and are a great choice to add to our diets. Let's learn more about egg production and how they arrive at your grocery store!**

# 1



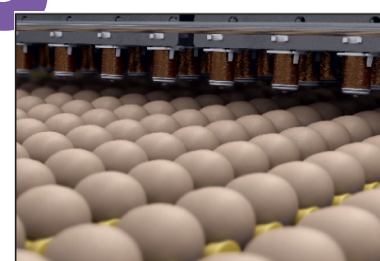
Eggs are laid by hens (female chickens). Hens begin laying eggs when they are 4-6 months old. A good laying hen will produce 6-7 eggs per week for the first 1-2 years of her life.

# 2



Eggs are collected everyday and then washed with a warm water and soap solution to sanitize the egg and remove any dirt.

# 3



Eggs are then checked for cracks. If a crack is detected, it's removed from the production line.

# 4



Eggs are sized and graded using the United States Department of Agriculture Grading System.

# 5



Finally, eggs are packaged and shipped to local grocery stores. It takes between 48 to 72 hours from when an egg is laid to the time it leaves for the consumer.

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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service.**

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## Did You Know?

Eggs are graded into three classifications according to the United States Department of Agriculture (USDA) grading system – AA, A, and B. The grade of an egg is determined by the interior and exterior quality of the egg. Eggs are inspected for quality using special lights. This process is called candling

- Grade AA eggs have thick, firm whites and the yolks are free from any defects. Their shells are clean, smooth, and oval in shape.
- Grade A eggs have a slightly lower interior quality.
- Grade B eggs may have slight stains and be irregular in shape. Grade B eggs are not sold in supermarkets, but are used in powdered or liquid egg products. There is no nutritional difference between the different grades.



- Egg size is determined by the average weight per dozen. Jumbo eggs are 30 oz. per dozen, extra large are 27 oz., large are 24 oz., medium are 21 oz., small eggs are 18 oz. per dozen.



Information provided by the National Center for Agricultural Literacy



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