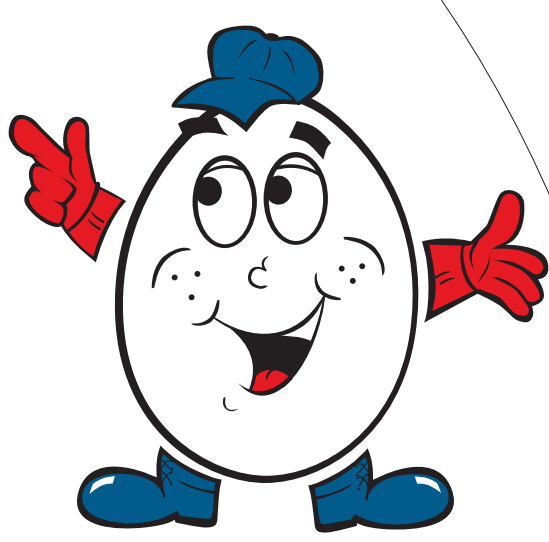
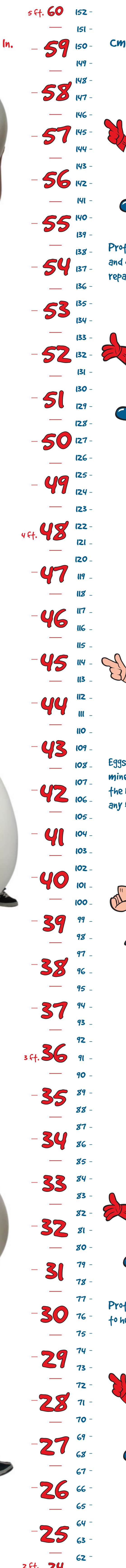


GROW With Eggs

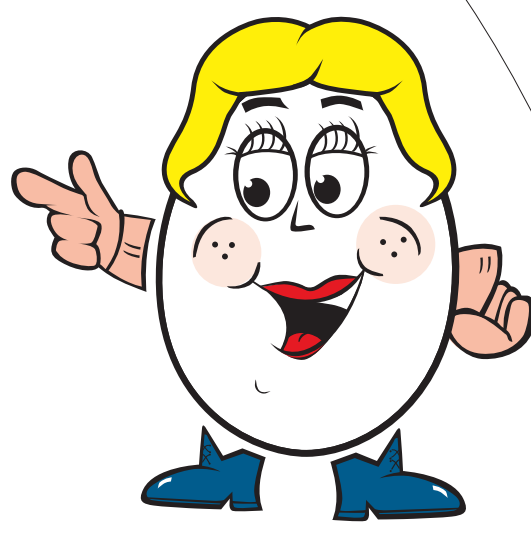
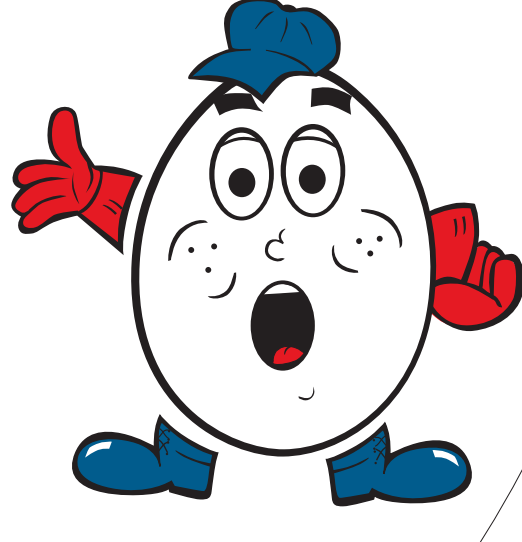


Manitoba Egg Producers

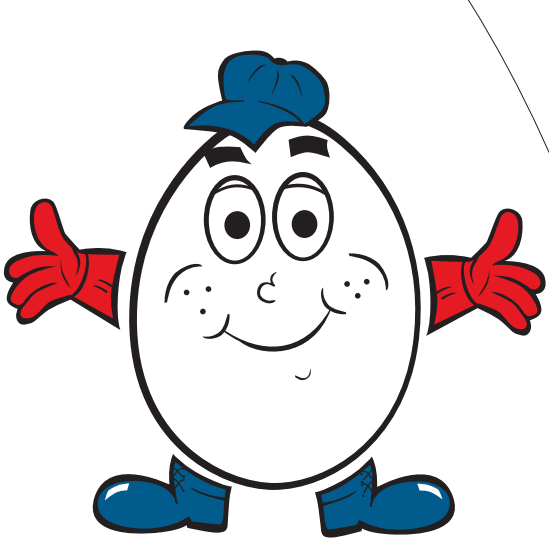
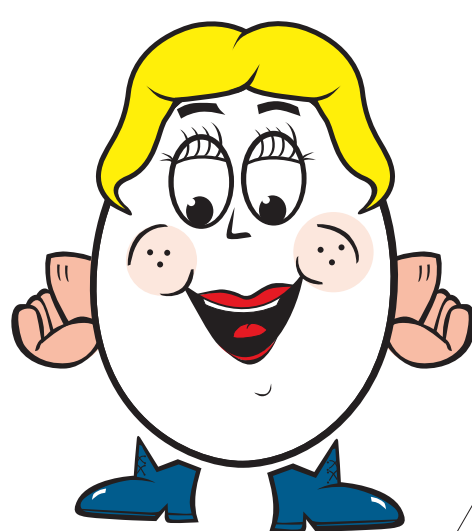
www.mbegg.mb.ca



Protein is important for growth and development. It builds and repairs body tissue.



Eggs contain many vitamins and minerals. The protein in eggs is the highest quality protein of any food.



Protein gives you lasting energy to help get through the day.

