Egg Cookery Resources
Family & Consumer Science Teachers

The Poultry & Egg Division of the Nebraska Department of Agriculture has the following educational materials, recipe brochures and recipe cards available for egg cookery teachers at no cost. Complete this form and send to the address below. ***Please indicate how many of these items you would like*** for your teaching needs.

These resources are for Nebraska teachers only.

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_____ **Howard Helmer Presents His *Easiest* Egg Recipes DVD** (limit one per teacher)
A 26:40 video of Howard Helmer (the "Egg Man") as he demonstrates basic egg recipes including the 40-second omelet, quiche, frittatas, torttatas, easy soufflé, and deviled eggs with legs.

_____ **Eggs 101 DVD** (limit one per teacher)
A 29:00 comprehensive, award-winning egg production education DVD to educate young consumers about the good animal care practices of the egg industry; educators' PDF on this disc provides reviews and exercises to correspond with each chapter.

(limit one per teacher)

_____ **From the Inside Out! Poster**
11¾" x 15" Wall poster shows all that is incredible about the egg from yolk to shell.
Being Revised-Subject to Availability

_____ **Egg Nutrition Center My Pyramid Poster**
8½" x 11" (English on one side/Spanish on flip side)
Being Revised-Subject to Availability

_____ **Eggcyclopedia** (4th Edition)

_____ **Egg Handling & Care Guide** (3rd Edition)

_____ **It's All in an Egg Poster**

(Class Distribution – please indicate how many)

Egg Recipe Cards:

_____ Coffee Cup Scramble
_____ Muffin Frittatas
_____ Cheese'N Honey Toast
_____ Basic Hard-Cooked Eggs
_____ Basic Deviled Eggs
_____ Classic Egg Salad

(Class Distribution – please indicate how many)

_____ **Back to Basics – Egg Cooking 101 *(English)***

_____ **Back to Basics – Egg Cooking 101 *(Spanish)***

_____ **Eggs, Facts & Fiction *(English)***

_____ **Eggs, Facts & Fiction *(Spanish)***

_____ **Eggs-actly Right for Your Health *(English)***

_____ **Eggs-actly Right for Your Health *(Spanish)***

_____ **Timeless Egg Classics *(English)***

_____ **Timeless Egg Classics *(Spanish)***

_____ **Howard Helmer Presents Get Crackin' in the Kitchen**

_____ **Kick It Up With Eggs**

_____ **Simply Omelets**

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Teacher: _____ School: _____
(please print or type)

School Mailing Address: _____

City/State/Zip: _____

School Phone (include area code): _____ Home Phone: _____

_____ _____ _____
Signature of Teacher E-mail address Date

Contact:
Nebraska Department of Agriculture • Poultry & Egg Division
PO Box 830721
Lincoln, Nebraska 68583-0721
402-472-2051 • (fax) 402-472-4607 *(This form may be reproduced.)*
www.nebraskapoultry.org *(This form and additional information is available on the web site.)*