

Egg Cookery Resources

Foods & Catering Teachers

The Poultry & Egg Division of the Nebraska Department of Agriculture has the following educational materials and recipe brochures 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.

_____ **Howard Helmer Presents His *Easiest Egg Recipes Video*** (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. Recipe brochure included.

Other Resources:

Note: Items in first column below, limit one per teacher. Items in second column below, please indicate how many of these items you need. **These resources are for Nebraska teachers only.**

(1 copy only)

(Multiple Copies)

_____ Egg Blue Print Poster

_____ Back to Basics – Egg Cooking 101

_____ Eggyclopedia 5th Edition (Revised)

_____ Eggs, Facts & Fiction

_____ Egg Handling & Care Guide

_____ Eggs-actly Right for Your Health

_____ ENC's MyPyramid Poster
(English & Spanish)

_____ Eggs. Natures Miracle Food

_____ Howard Helmer Presents His *Easiest Egg Recipes*

_____ Omelets

_____ The Microwaveable Egg

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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:

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