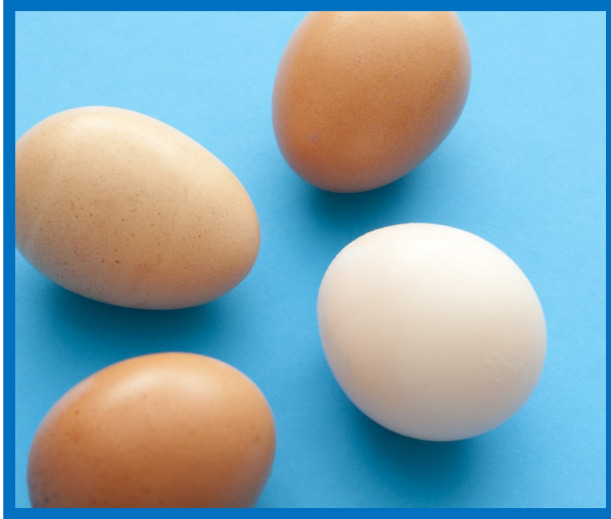




**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## Nutrition & Wellness Program



**April 30**  
**10:30—11:30 AM**  
**A zoom online class**

**Please register online**  
**by April 23, 2021 at:**  
**<https://go.illinois.edu/eggs>**

University of Illinois Extension provides equal opportunities in programs and employment. The Mission of University of Illinois Extension is to provide practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future."

Extension provides unbiased, research-based information and education to improve your nutrition and lifestyle practices. If you need a reasonable accommodation to participate, have questions or need more information please call 815-224-0889.

Extension offices are located in Princeton, Ottawa, and Henry and Oglesby.  
Serving Bureau, LaSalle, Marshall & Putnam Counties

## **EGGS** **From Farm to Fork!**

Purchasing eggs is not so easy anymore; it takes some skill to figure out which eggs to buy!

Eggs can be purchased from:

- Your local grocer
- Farmer's markets
- Roadside stands
- Farm delivered

There are many choices:

- Organic
- Free range
- Pasteurized
- Low cholesterol

Join University of Illinois Extension Nutrition and Wellness Educator, Susan Glassman from the Extension Education Center & Community Teaching Kitchen via zoom and learn about eggs and how to make the best choice for your health.

**After class:**

**Watch**

- A Live Cooking Demonstration

**Gather**

- Recipes