

# THE EGG SAMINER

A Publication of The Georgia Egg Commission

Robert N. Howell, Editor

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## Glisson and Elliott Honored as Golden Eggs

The Georgia Egg Commission has presented its annual Golden Egg Award to two deserving friends of the industry.

Dr. John Glisson of the University of Georgia's Department of Avian Medicine was honored for the way in which he solves problems for the producer with practical solutions. Dr. Glisson, above at left, was presented with the Commission's Golden Egg by board member David Lathem.

In making the presentation, Lathem said: "Dr. Glisson is a real asset to Georgia's egg industry. In today's busy world, it's hard to find someone who is not only very good in his field, but places a lot of emphasis on practicality. We are also impressed that he cares enough about his students to bring them along, when possi-

ble, to gain crucial, on-the-job experience."

The Commission also recognized a second Golden Egg winner for 2002, by honoring Mrs. Judy Elliott, above at left. Mrs. Elliott is the hostess of *Lifestyles for Women*, a daily television program on WDDN-TV in Dalton, Georgia.

The Commission's media and nutrition director, Holly Gillis, is featured on the station at least once a month; during her July appearance, she presented Mrs. Elliott with her award on the air. Holly thanked Mrs. Elliott for having given the Commission the opportunity to demonstrate new recipes, to provide egg cooking tips, and to discuss the latest nutritional information with viewers throughout the Northwest Georgia area.

## U.S. Poultry Funds Educational CD

Thanks to the availability of computers and DVD players, the Georgia Egg Commission is planning to produce an educational program on CD for students in grades 6-12 throughout the state.

Funding for the comprehensive project will be provided by a grant from the U.S. Poultry and Egg Association, with production by Paradigm Media of Kelseyville, CA.

The content will be written by the Georgia Egg Commission staff and will offer several programs, such as: *From the Hen House to Your House* (a video presentation tracing the steps needed to process, package, and deliver eggs to the consumer); information on further processed eggs; pasteurization; safe handling tips; industry facts; fun, interactive games; nutritional information; and recipes with

"how-to" preparation instructions.

Although the production is still in the initial planning stages, it is thought that each section will include lesson plans, camera-ready worksheets, pre- and post-tests and other teacher materials.

A pop-up, animated egg character will be used extensively throughout the program to provide guidance, feedback, and entertainment at the appropriate moments. In addition, the character will have the built-in capacity to speak through a word balloon and audio files that may be highlighted with music. Plans also call for the content to be presented in both English and Spanish.

The CD, planned for completion by mid-2003, will be made available to other egg organizations for personalization and use within their state.



**October 11, 2002**

The International Egg Commission (IEC) has established the second Friday in October as World Egg Day. This year, October 11 will be the day egg associations, egg companies, and allied egg industries throughout the world celebrate the natural nutrition, versatility, convenience, and economy of eggs and egg products. Join the celebration of World Egg Day by breaking out the eggs—great in any language!



## Helmer Returns For Lucky 13th Fair



It's a "baker's dozen for the American Egg Board's Howard Helmer, as he returns to the Georgia National Fair for his 13<sup>th</sup> year! While Howard may not be a baker, he is the World's Fastest Omelet Maker, as proclaimed by the *Guinness Book of Records!*

For his lucky 13th appearance, Howard will be offering a dozen-and-one ideas for preparing eggs, and thanks to the egg's versatility, his ideas can be used at any meal of the day! How many ways can you think of to use eggs?

Join Howard Friday, October 4, at 2:00 PM and 4:00 PM and again on Saturday, October 5, at 2:00 PM as he features "A Dozen and One Ways to Use Eggs."

Also on Saturday, Howard will be hosting the annual "I'm a Good Egg from Georgia" Breakfast Contest, co-sponsored by the Georgia National Fair and the Georgia Egg Commission. The first place winner receives \$500; the second place winning recipe receives \$100; and the third place prize will be \$60. All three win Fair medallions.

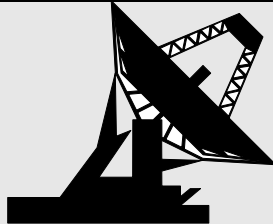
If you would like a copy of the 2001 winning breakfast recipes, just contact the Commission office.



## Think Fast... Think Eggs!

Radio advertising for Georgia eggs returned to the airways on Saturday, August 31<sup>st</sup>, with the Commission's sponsorship of the University of Georgia's Tailgate Show! The program, which airs prior to each of this season's twelve football games, is hosted by Loran Smith and features interviews with the players, the coaches, and UGA fans.

This year's radio campaign for the Commission features the "talent" of Commission employees Holly Gillis, Jewell Hutto and Robert Howell. Holly and Jewell are pictured above with Bill Byrd of Byrd Productions, recording one of the commercials. The spots highlight the American Egg Board's new advertising theme: "Think Fast: Think Eggs!"



## The Nutrition Station

By Holly Gillis RD, LD

### TEN TACTICS FOR TOTAL WELLNESS

Many health problems are linked to obesity and adult weight gain, among them: high blood cholesterol levels; heart disease; stroke; high blood pressure; diabetes; some forms of cancer; arthritis; breathing problems; and other illnesses. Because maintaining a healthy lifestyle is so important, I would like to share ten tactics for total wellness.

1. Make health a priority. Try not to focus on size; instead, set a goal for an ideal weight best for your health and lifestyle.
2. Forget about dieting! Dieting alone is often a short-term tactic without long-term results. Make lifelong behavioral changes for healthy weight management. Eat a healthy diet, exercise regularly, and learn to accept your ideal weight.
3. Personalize an approach. Experts found that 2 out of 3 people who were successful at weight control personalized their efforts. So design a plan that will fit into your lifestyle.

4. Set specific goals. Think about what you will do to achieve or maintain your healthy weight. Keep it simple!
5. Make goals realistic. Goals should always be attainable and short-term.
6. Think long-term and act gradually. Instead of the popular "quick-fix" diets, gradually make realistic changes in your lifestyle. The recommended weight loss is only 1/2 to 1 pound per week; any more could be dangerous.
7. Never say never! Don't fool yourself with unrealistic self-talk. Be nice to yourself; practice sensible moderation.
8. Nobody is perfect. Don't feel guilty for minor slip-ups.
9. Make a lifestyle change and commitment. Try to make physical activity and healthy eating an everyday habit.
10. Expect Success! Positive thinking and an enthusiastic approach to weight management can set you up for total wellness. Be kind to your body and strive for a healthy lifestyle for success!



## 25th Anniversary



You're invited to join the Georgia Egg Commission October 15-17, as we help the Sunbelt Agricultural Exposition celebrate its 25th Anniversary! The Commission is proud to be one of 30 "charter exhibitors" having exhibited at the Expo since its beginning in 1978!

The show, located at Spence Field in Moultrie, GA, annually attracts more than 200,000 visitors from all over the world! We hope you'll be one of them this year, and that you'll stop by our booth in the Family Living Building.

## The Search Is On!

The Georgia Egg Commission is searching for an artist from Georgia who will have the honor of placing his or her decorated egg in the 2003 White House Easter Egg Display. This event, coordinated by the American Egg Board, brings decorated eggs from each state, as well as Washington D.C., to the White House for the public to view during the 2003 Easter season.

Criteria are as follows: the egg must be decorated to represent some special feature or features of the state of Georgia; only a Large size chicken egg may be used (contents removed); the small end of the egg should be facing up; and the egg must be freestanding, without a base or stand.

All entries must be postmarked no later than October 4, 2002. The chosen artist will be contacted and the decorated egg must be completed no later than November 25, 2002. The Commission invites any Georgia artist, amateur or professional, to submit an idea for the egg. This idea should be sketched on a white piece of paper (no actual eggs, please) to scale and mailed along with the artist's name, address and phone number to the Commission office.

**GEORGIA EGG  
ASSOCIATION  
42ND ANNUAL MEETING  
June 25-27, 2003**

King & Prince Hotel  
St. Simons Island, GA

## Whitfield School Foodservice Loves Omelets

"It was probably our best in-service meeting ever!" Those were the words of a Whitfield County school food service manager after she attended the Georgia Egg Commission's omelet breakfast! Some of the 180 managers who attended are shown above receiving instructions from Georgia Egg Commission Executive Director Robert Howell.

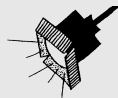
Following the breakfast, Commission media and nutrition director, Holly Gillis, MD, RD, LD, spoke to the group on the nutritional value of eggs and concluded with

a question-and-answer session on food safety and the proper handling and storage of eggs.

Each of the attendees was given supporting educational materials, including the American Egg Board's new school merchandising guide: *Chalk Up Greater Participation with Grab and Go Sensations!*

AEB is trying to find out what kids really like to eat and what's the most-requested cafeteria food. Some focus groups are also being considered in an effort to get answers to these questions.

### EGGS



## IN THE SPOTLIGHT

### Fumbling for New Ideas

*By Jewell A. Hutto, Program Director*

Fumbling around for new ideas in the kitchen? Getting tired of the same old recipes? If so, "Break out the Eggs" and get creative. Eggs have a knack for delivering results with any meal. Just think of them as your creative head-start for a nutritious, wholesome and tasty dish.

With Fall blowing in, eggs will definitely add some color to breakfast, lunch or dinner. When combining eggs, meats and vegetables, you can make great omelets, frittatas, and a number of delicious scrambled dishes.

And of course, Fall means football. Wow! What a time to pick a winner to cook with! Tail-gate parties without eggs would be like a football game without players.

Dips, pasta salad, egg salad, and deviled eggs are just some of the dishes that would score the touch-down of the day.

Cooking can be a lot of fun. Don't be afraid to combine foods. The best thing about eggs is that there are so many ways to use them. Cakes, cookies, pies, casseroles, dressings, appetizers, and, of course, main dishes.

Not only are eggs easy to use, their cooking properties are so varied that they have been called "the cement that holds the castle of cuisine together." So when you're under pressure to prepare your family's next meal, "step back and punt!" Using eggs will gain more yardage than any other food, and you'll be the winner!



EGGS: FALL'S SMORGASBORD

Fall's a neat time... great for a football game... perfect for a weekend with the family... and awesome for watching the beauty of falling leaves! It's also a time to enjoy the season's great food, as there's always a plentiful amount! With that in mind, we've selected *Eggs: Fall's Smorgasbord* as our promotional theme; after all, eggs are always available and can be combined with so many foods!

I've developed two new recipes featuring eggs and a smorgasbord of ingredients. *Cornbread Potluck* follows. The second recipe is *Sweet Fall Omelet*. It's the acorn squash, maple syrup, dates and other wonderful flavors mixed with the eggs that make this a really delicious omelet, perfect at any time of the day... or night!

For a free copy of the recipes, just call us.

**Cornbread Potluck**

Serves 6

*With thoughts of fall, start by enjoying a tasty dish that has everything!*

- 3 medium yellow squash, thinly sliced (3 cups)
- 1 medium zucchini squash, thinly sliced (1 cup)
- 1 cup onion, chopped
- 1 cup mushrooms, chopped
- ½ cup orange bell pepper, chopped
- ½ teaspoon garlic salt
- ¼ teaspoon table salt
- ½ teaspoon black pepper
- 1 teaspoon margarine

- CORNBREAD**
- 1 stick butter
  - 1½ cups self-rising cornmeal
  - 1 cup buttermilk
  - 2 eggs, beaten
  - ½ cup water
  - 8 ounces smoked ham, finely chopped,

In a 11½x7½x2½ glass baking dish, add butter. Place baking dish into oven and let butter melt until very hot and bubbly. While butter is melting, combine cornmeal, buttermilk, eggs and water. Mix until blended and pour into hot butter. Add squash mixture evenly into cornbread mixture. Bake for 1 hour or until done.

Preheat oven to 400° F. In a large bowl, combine squash, onion, mushrooms, bell pepper, garlic salt, salt, and black pepper. Toss until seasonings are blended. In a hot skillet, add margarine and sauté squash mixture until slightly tender. Set aside.

*Nutritional Analysis per serving: calories 190, protein 13 g, carbohydrates 10 g, fat 12 g (7 g saturated), cholesterol 102 mg, sodium 1020 mg, calcium 67 mg.*

**THE EGGSAMINER**

"The Eggsaminer" is published by the Georgia Egg Commission as part of its informational services to Georgia egg producers and consumers. The Georgia Egg Commission has a three-fold purpose: Promotion, Education, and Research.

Funding is through a producer-paid assessment of 5¼¢ per thirty-dozen case of eggs. Office facilities are located in Forest Park, Georgia, on the Atlanta State Farmers' Market.

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