



Where Do My Eggs Come From?

OBJECTIVE

Understand the origin of the eggs, the conditions of production and the path until they reach the consumer, promoting more informed and conscious choices.

YOUR MISSION

Choose eggs that you have at home or that you use regularly and investigate their origin.

Step 1 — Look at the packaging

Check the packaging and record:

- Brand: _____
- Country of origin: _____
- Place of production (if indicated): _____

Step 2 — Read the egg code

He observes the **code printed on the egg** and notes:

- Code: _____

The first number indicates the mode of production:

- 0 — Organic production
- 1 — Outdoors
- 2 — On the ground
- 3 — In cages

Step 3 - Reflect on the origin

Answers:

- Do you think these eggs came from **near** or **far**?
- What does the code tell you about the way chickens are raised?



REFLECTION:

Step 4 — Conscious Choice

Tick what applies:

- Local/national production eggs
- European eggs
- Eggs outside Europe

FINAL REFLECTION

It answers the following questions:

1. Why can knowing the origin and production method of eggs be important?

2. Does this information influence your choices? Why?

FOODWISELAB TIP

Whenever possible, opting for **locally sourced** eggs with **more extensive production methods** can contribute to greater animal welfare and more sustainable food systems.