Where do eggs come from? Chickens, of course. But here’s how they get from the farm to your breakfast table!

**Laying and Collecting**
Female chickens called hens lay eggs. Egg farmers, who take special care of their hens and feed them a balanced diet, collect the fresh eggs with machines called gathering belts.

**Washing**
Why wash an egg? To make sure it’s clean, of course! Egg washing removes germs and dirt, just like washing your hands.

**Sorting and Packing**
Right before the eggs are put into cartons large side up, they are organized according to size.

**Candling and Grading**
Eggs don’t go to school, but they still get grades. Every egg is checked carefully—inside and out.

**Shipping**
Eggs travel in refrigerated trucks. Most eggs reach the supermarket just one day after being laid!

**Enjoying**
Eggs provide the high-quality protein needed at breakfast to give you the energy to be incredible all day!