



**Bedford**<sup>TM</sup>

*Media Release*

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## **Spotlight on the humble egg**

Once considered a no-go for dieters, eggs have made a healthy comeback in recent years – giving Bedford Farm in Port Lincoln more than one reason to celebrate this Friday (14 October) for World Egg Day.

Now considered a ‘superfood’, the re-emergence of eggs as an important diet staple is good news for Bedford, which has almost doubled its production of eggs in the last two years at its Port Lincoln Farm.

A study released in 2010\* shows that eggs are a rich source of protein and one of the most nutrient-dense foods. It found that eating eggs can help a person feel fuller for longer, assisting with weight management and maintaining energy levels during exercise.

Eggs also deliver vital nutrients to malnourished people in many developing countries and contain an antioxidant that may prevent age-related macular degeneration.

As one of only two RSPCA accredited egg producers in South Australia and the first to also be certified by the World Egg Corporation, Bedford Farm now employs 36 people with disability (6 to 8 working each day) and supplies more than 3000 eggs daily to retail outlets, hotels and restaurants across the Eyre Peninsula.

Its eggs are also labelled with the Heart Foundation’s ‘tick’ of approval.

Bedford’s local manager Rod Sandercock said annual World Egg Day was always about celebrating the important role eggs play in our diet and lifestyle – but for Bedford Farm it was also a significant reminder of the employment opportunities they bring to many people with disability.

“We’ve been the only provider of disability services on the Eyre Peninsula for more than 30 years and we need to continue to be successful to be able to provide opportunities for our employees and others that want to join our workforce,” Rod said.

“The RSPCA inspector considers our farm to be a perfect example to others based on our continuous development, care for chickens and general cleanliness.

“All the funds we raise through egg sales go towards ensuring Bedford Farm can continue to grow.

“World Egg Day is a great chance to raise awareness about the positive outcomes that the product creates for our employees and promote healthier food choices in the community.”

Bedford Farm supplies eggs to all the local delis including Port Lincoln Gourmet Meats and most hotels and restaurants such as Cafe Del Giorno and the new Port Lincoln Hotel.

“This time of year when the weather is improving breakfasts are very popular - so are our fresh, local eggs,” Rod said.



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\*Dr Carrie Ruxton, (27 April, 2010), "Nutritional properties and health benefits of eggs":  
<https://www.internationalegg.com/corporate/downloads/details.asp?id=448>

**Bedford background:** Visit [www.bedfordgroup.com.au/news\\_and\\_info](http://www.bedfordgroup.com.au/news_and_info)

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