



FOR IMMEDIATE RELEASE:

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**CHAMPION BREAKFAST FOR TWO RECIPES HIGHLIGHT
OHIO'S EGG, DAIRY INDUSTRIES**

New brochure features recipes based on Ohio State Fair culinary contest

COLUMBUS – The Ohio Poultry Association (OPA), along with the American Dairy Association Mideast (ADA Mideast), announces the release of a new recipe brochure: *Breakfast for 2*. These award-winning recipes not only provide great new breakfast dishes for Ohio cooks to prepare, but they also support two of Ohio's most important agricultural sectors – dairy and poultry.

“We are thrilled to highlight the use of Ohio eggs and dairy products in this exceptional recipe brochure,” said OPA Executive Vice President Jim Chakeres. “The eggs and dairy products found in these dishes provide many vitamins and nutrients and are quick and easy-to-prepare for families on the go.”

The brochure features eight award-winning and family favorite breakfast recipes based on the 2008 Ohio State Fair *Breakfast for Two* contest, including Breakfast Burrito, Scrambled Egg & Mozzarella Breakfast Pizza and Rice and Mushroom Frittata. Each featured recipe contains at least one Ohio egg, which provides 13 essential nutrients with only about 75 calories. Research shows that including three daily servings of milk, cheese or yogurt every day helps meet the daily needs of calcium and other nutrients which may help reduce the risk of diseases such as osteoporosis and hypertension.

“While it is well established that dairy and egg products offer significant nutritional benefits, they also are a tasty staple for one of the most important meals of the day – breakfast,” said ADA Mideast President and CEO Scott Higgins. “In fact, it has been proven that children who eat breakfast perform better academically, are less likely to become overweight, are absent and tardy less often and have fewer discipline problems.”

The “Breakfast for Two” competition will be returning to the 2009 Ohio State Fair for the second year. The contest will kick off at 9 a.m. on August 1 with a celebrity chef cooking challenge featuring NewsCenter's Johnny DiLoretto. After the celebrity chef competition, a second class will be open to anyone from 10 to 101 years of age. Exhibitors will prepare a breakfast dish for two using only six ingredients. Each recipe must contain four eggs and at least one of the following dairy products: three ounces shredded cheese, one cup milk or eight ounces yogurt. To enter the competition, please visit www.OhioStateFair.com and click on “competitions.” Entries must be submitted by June 20.

Ohio is the number-two egg-producing state in the nation, behind Iowa. The state produces more than seven billion eggs each year. Ohio's dairy farms produce nearly five billion pounds of milk each year, ranking Ohio 11th nationally in the amount of milk produced and first in Swiss cheese production.

For more information about Ohio's poultry or dairy industries, or to download a copy of the brochure, please visit www.ohiopoultry.org or www.drink-milk.com.

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