World Egg Day 2023 – Sample social media posts

To help you celebrate World Egg Day the IEC has developed a range of sample social media posts with matching graphics.

Your downloaded Social Media Toolkit will also include all graphics for Instagram, Facebook and Twitter.

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| A person holding a basket of eggs  Description automatically generated | 🌍🥚 Celebrating World Egg Day! 🥚🌍  Join us in recognising the incredible power of #eggs for human and planetary health 🙌💚  From providing essential vitamins and minerals for our bodies to supporting nutrient-vulnerable communities, eggs and their production can play a key role in positive change🌱🥚  Let's crack open the conversation and spread awareness about the incredible value eggs can bring to our lives🌟🗣️  Remember, it's not just an egg—it's a catalyst for a healthier, more sustainable future! 🌍🥚💚  #WorldEggDay #FuellingOurFutures #NotJustAnEgg #EggNutrition #EggsForAHealthyFuture |
|  | It’s World Egg Day!🌍🍳🎉  Affordable, versatile and packed full of nutrition, the mighty egg is hard to beat!🥚💪  Join us as we celebrate #eggs, champions of a healthy future for all with their abundant nutritional power and low environmental impact🌱✨  Make sure to share your own celebrations by using the hashtags #WorldEggDay and #EggsForAHealthyFuture 🥳🥚  #FuellingOurFutures #EggNutrition |
|  | This year’s #WorldEggDay theme is ‘Eggs for a healthy future’, promoting the incredible role #eggs can play in nourishing the population today, tomorrow and beyond🥚✨  Celebrations are taking place worldwide to honour the nutritional power of the egg and all the ways it can contribute towards a #HealthyFuture!☀️🥳🍳  #FuellingOurFutures #EggsForAHealthyFuture #EggNutrition #ChooseEggs |
|  | Happy World Egg Day! 🥳🥚This year we are cracking open the goodness of #EggsForAHealthyFuture!🥚🎉  Packed with protein, vitamins and micronutrients, #eggs are nature’s very own nutritional powerhouses🌱⚡  Let’s toast to the incredible benefits they bring to our plates and raise our forks to a healthy future!🍽️ 🎉  Remember to share your celebrations by using the hashtags #WorldEggDay and #EggsForAHealthyFuture  #FuellingOurFutures #EggNutrition #NutritionalPowerhouse |
|  | Did you know one large #egg provides 6 grams of powerful protein? 💪🥚  Protein plays a vital role in building muscle, boosting the immune system, strengthening our bones and much more! 🌟✨  This #WorldEggDay, let’s fuel our bodies and our futures with the nutritional power of eggs! 🍳💥  #FuellingOurFutures #ProteinPowerhouse #EggsForAHealthyFuture #EggNutrition |
|  | Unlocking the power of one of nature's best sources of high-quality protein! 🌟🥚  #Eggs provide us with the highest quality protein that is naturally available and are officially recognised as a low impact protein source. 🌱💪 Scientists have even used eggs as a benchmark for protein quality! 👩‍🔬🥚📏  Join us in embracing the nutritional benefits of eggs for a healthier future! ✨  #WorldEggDay #FuellingOurFutures #EggsForAHealthyFuture #EggNutrition |
|  | Did you know…? 🤔 #Eggs contain all 9 essential amino acids making them a ‘complete’ protein! 🙌🥚  But wait, there’s more! The protein in eggs is also highly digestible - the body can absorb 95% of it!🤯 This means top-quality nutritional benefits so you can get the most out of every bite! 🍳🥰  #WorldEggDay #FuellingOurFutures #EggsForAHealthyFuture #EggNutrition #EggProtein |
|  | During pregnancy and breastfeeding, mothers need more choline than normal🤰✨ However, many do not consume the recommended daily amount – this is where #eggs can help! 💪  Eggs are one of the few food sources containing #choline, an important nutrient that helps baby's brains and spinal cords develop properly🥚🍳  Fuel your future by adding eggs to your diet this #WorldEggDay, and beyond! 🥰🌟  #WorldEggDay #FuellingOurFutures #EggsForAHealthyFuture #EggNutrition |
|  | Did you know that over half of infants and young children worldwide are deficient in essential micronutrients like iron, vitamin A, or zinc? 🍼✨  The good news is that #eggs contain all of these vital nutrients! 🥚💪  Including eggs in children’s diets can help bridge these nutritional gaps and promote healthy growth 🌈👶  #WorldEggDay #FuellingOurFutures #EggsForAHealthyFuture #EggNutrition |
|  | This #WorldEggDay we are shell-ebrating the power of #eggs to combat common nutrient deficiencies🥚💪  Vitamin D deficiency affects approximately 1 in 8 people worldwide. Thankfully, eggs are one of the few natural food sources of this vital vitamin!🥚✨  Just 2 eggs contain a remarkable 82% of the recommended dietary intake for adults 🍳🌱  Add more eggs to your diet and unlock a rich source of essential vitamins for your body!🥚💪  #WorldEggDay #FuellingOurFutures #EggsForAHealthyFuture #EggNutrition |
|  | Embrace the power of #eggs this #WorldEggDay to promote strength and cognitive well-being during old age👨‍🦳👩‍🦳  Incorporating eggs into the diets of elderly adults can help to combat the effects of sarcopenia, fractures, frailty, dementia and Alzheimer’s disease🥚💪  Nourishing mind and body, eggs offer a valuable source of support and protection for healthy golden years 🌼✨  #FuellingOurFutures #EggsForAHealthyFuture #EggNutrition #EggsForHealthyAgeing |
|  | Eggs are a healthy and nutritious part of the diet for people at all stages of life! 🥚✨  From growing teenagers to pregnant and lactating women, the elderly to infants, everyone can benefit from eggs! 🌱💪  Bursting with essential nutrients and budget-friendly, eggs have the potential to assume a vital nourishment role, particularly in nutritionally vulnerable areas 🌍🍳  #WorldEggDay #FuellingOurFutures #EggsForAHealthyFuture #EggNutrition |
|  | 📢What CAN’T you do with eggs? 💭🥚  Eggs can be used as an ingredient or the main event for breakfast, lunch, snacks or dinner🕙🍳  As the centre of a dish, they can be hardboiled, scrambled, poached or fried – the list goes on! As an ingredient they can thicken, glaze, bind, garnish and much more!✨🥚  That means you can enjoy the nutritional benefits of eggs, however you want them and whenever you want them! 🤯🥚  #WorldEggDay #FuellingOurFutures #EggsForAHealthyFuture #EggNutrition |