World Egg Day 2024 – Sample social media posts

For World Egg Day 2024, the IEC has created a selection of sample social media posts with matching graphics to help you get started with your celebrations.

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

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|  | Happy World Egg Day 2024! This year’s theme, #UnitedByEggs not only celebrates the nutritional benefits of #eggs but also the positive impact they have on uniting people across the world! 🥚🌏🎉  #WorldEggDay #EggNutrition #EggsForUnity |
|  | This year’s #WorldEggDay theme is #UnitedByEggs which celebrates how the incredible #egg can connect and unify people from all corners of the globe. 🥚🌍  #Eggs can unite people in many exciting ways, from family home-cooked meals to giving back to your local community. 🫂✨  Join us as we celebrate the power that eggs have when it comes to connecting people worldwide. 🥳🍳  #EggsForUnity #ChooseEggs #WorldEggDay |
|  | It’s #WorldEggDay! 🌍🥚🎉  Join us as we celebrate the unity that #eggs foster; while also recognising the incredible impact they have on communities around the world. 🥳🍳❤️  #UnitedByEggs #EggsForUnity |
|  | Did you know that #eggs contribute to the development and function of the body and the brain? 🧠💪  #Eggs are full of incredible nutrients including vitamin D which aids bone health and choline which assists with metabolism, liver function and brain development! 🙌✨  #WorldEggDay #EggNutrition #UnitedByEggs #EggsForUnity |
|  | Join us in celebrating #WorldEggDay and promoting the incredible benefits of #eggs! 🥚✨  #WorldEggDay #EggNutrition #UnitedByEggs #EggsForUnity |
|  | #Eggs are widely available across the globe, making them accessible anytime, anywhere.🌍❤️  Whether they are used as an ingredient or the main dish, eggs are a staple in cuisines around the world, showcasing humanity’s shared pursuit of nutrition. 🍳✨  #UnitedByEggs #EggsForUnity #WorldEggDay |
|  | Did you know that choosing eggs contributes to a healthier planet for us all? 🌎👩‍⚕️💚  The production of eggs emits few greenhouse gas emissions and requires little land and water. Choose eggs as part of a diet that is healthy for both people and planet! 🥚♻️  #UnitedByEggs #EggsForUnity #WorldEggDay |
|  | By supporting local egg farmers, you help boost local economies and food security, promoting a sense of collective well-being within communities. 👨‍🌾🙌  Local egg farming also contributes to sustainable agricultural practices, helping to preserve the environment for future generations. Eggs are not just a staple in our diets; they are a symbol of unity! 🌎❤️  #UnitedByEggs #EggsForUnity #WorldEggDay |
|  | Eggs can play a significant role in bringing people together through shared culinary traditions. 🌍💚  Not only do they feature in a range of dishes and cuisines across continents, but they are also symbolic for a variety of cultural and religious festivals. 🍳🎉  #UnitedByEggs #EggsForUnity #WorldEggDay |
|  | Eggs are a healthy and inexpensive food that assist you in every stage of life! 🥚✨  From improving concentration levels in children to aiding the prevention of certain eye diseases in adults, the benefit of eggs can be experienced by all! 💪🍳  #UnitedByEggs #EggsForUnity #WorldEggDay |
|  | Nothing brings people together like the excitement of a home-cooked meal. 🍽️❤️  Due to their outstanding versatility, eggs can be enjoyed as an ingredient or as the centre of a dish. 🍳 ✨  This #WorldEggDay, celebrate with friends and family by creating an excellent egg-filled recipe. 👨‍🍳 🙌  #UnitedByEggs #EggsForUnity |