World Egg Day 2025 – Sample social media posts

For World Egg Day 2025, WEO 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 #WorldEggDay! 🥚🌍🎉  Today we celebrate #TheMightyEgg. It is packed with #NaturalNutrition, delivering a huge variety of health benefits to everybody, everywhere! 👨‍👩‍👧‍👦🍳  #Eggs #WorldEggDay2025 #ModestButMighty | |
|  | Happy #WorldEggDay! Today, we are celebrating the mighty egg! A small ingredient with a big impact. Humble, packed with natural nutrition and loved all around the world. 🥚🐔🎉  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #NaturalNutrition | |
|  | 🥚 On #WorldEggDay this year, we are celebrating with the theme ‘The Mighty Egg: Packed with Natural Nutrition’💪🌿  From early development to healthy ageing, #eggs deliver essential nutrition at every stage of life in one simple, powerful package.  One modest ingredient with mighty benefits for everybody, everywhere!  Join us as we celebrate the nutritional power of eggs in promoting better health worldwide. **⭐🥚**  #TheMightyEgg #WorldEggDay2025 #NaturallyNourishing #ModestButMighty | |
|  | #Eggs may be modest, but they are mighty when it comes to nutrition. With 13 essential nutrients in one simple ingredient, they offer natural nourishment to help fuel healthy living around the world.  This #WorldEggDay, join us in celebrating the mighty egg, a small food with a big impact. 🌍✨  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #NaturallyNourishing #EssentialNutrients #EggNutrition | |
|  | #Eggs are naturally simple and minimally processed, offering a nutrient-rich, complete protein source. Nourishment for your whole body with one ingredient. 🥚  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #NaturallyNourishing #WorldEggDay #MinimalProcessing | |
|  | | From early development to healthy ageing #eggs support both physical and cognitive health at every life stage. A naturally nourishing choice for every chapter of life. 👨‍👩‍👧‍👦🥚  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #FamilyHealth #NaturallyNourishing #WorldEggDay |
|  | | One ingredient, endless ways to enjoy #eggs. From breakfast to dinner, and every corner of the globe. 🌍🍳  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #OneIngredient #NaturallyNourishing #WorldEggDay |
|  | | #Eggs are accessible across the map! No matter where you are in the world, eggs offer simple, versatile nutrition and can be produced almost anywhere, helping to strengthen local food systems and improve access to nourishing food in communities all around the globe. 🌍🥚  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #FoodSystems #NaturallyNourishing #WorldEggDay |
|  | | Fuel your strength with #eggs! Packed with high-quality protein, eggs support body health by helping to build, maintain and repair your muscles. 💪🥚  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #MuscleHealth #NaturallyNourishing #WorldEggDay |
|  | | #Eggs are a natural source of #choline, a nutrient that supports brain development and function.  Just one egg provides a quarter of an adult’s recommended daily intake! 🧠🥚  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #NaturallyNourishing #WorldEggDay #BrainHealth |
|  | | **#Eggs support healthy beginnings!** Among many other crucial micronutrients, eggs contain #folate, a key nutrient that supports healthy growth during pregnancy and helps to give little ones the best start in life. 👶🥚  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #NaturallyNourishing #MaternalHealth #First1000Days #WorldEggDay |
|  | | 👀 #Eggs help keep your eyes healthy! Thanks to nutrients like #lutein and #zeaxanthin, eggs support good vision and help protect your eyes as you age.  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #EyeHealth #NaturallyNourishing #WorldEggDay |
|  | | Did you know…? 🤔 Eggs help build strong bones and teeth! 🦴 Packed with #VitaminD and #phosphorus, eggs support skeletal health at every stage of life. 🦷  #TheMightyEgg #WorldEggDay2025 #ModestButMighty #SkelatalHealth #NaturallyNourishing #StrongeBones #WorldEggDay |