World Egg Day 2025

## The Mighty Egg: Packed with Natural Nutrition

* World Egg Day will be celebrated across the globe on Friday 10 October 2025.
* The annual event honours the modest yet mighty egg, celebrating its natural nutritional power and the vital role it plays in supporting health and wellbeing for people of all ages, all around the world.
* To mark World Egg Day 2025, [ADD YOUR ORGANISATION NAME HERE] will [SUMMARISE HOW YOU WILL CELEBRATE].

On Friday 10 October, egg lovers around the globe will come together once again to honour one of nature’s most modest yet mighty foods, the egg.

World Egg Day, celebrated on the second Friday of October each year, invites people from all backgrounds to appreciate and honour the exceptional contributions eggs make to diets and health worldwide.

This year’s theme, “The Mighty Egg: Packed with Natural Nutrition”, celebrates the egg’s unique ability to deliver essential nutrients in a simple and accessible form.

Naturally packed with 13 essential nutrients, eggs support health at every stage of life, from brain development in early years to muscle maintenance and bone strength as we age. They are minimally processed, widely available, and incredibly versatile, making them a powerful wholefood for many families, cultures and communities across the world.

No matter where you live or how you enjoy them, eggs play an important role in most cultures and diets worldwide. They also contribute to local food systems, providing a nutritious food source that can be produced close to home.

In celebration of this year's World Egg Day, [ORGANISATION NAME] will [DESCRIBE HOW YOUR ORGANISATION WILL PARTICIPATE].

Join in the celebration by telling us how eggs fuel your day! Whether it’s a fun fact, a photo, or a short video, get creative and share how you enjoy the mighty egg using #WorldEggDay and #TheMightyEgg.

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