**World Egg Day 2021: Celebrating the many benefits of eggs for all**

* World Egg Day will be celebrated across the globe on Friday 8 October 2021.
* The annual event honours the highly nutritious and brilliantly versatile egg, highlighting the vast range of unique benefits it brings to people of all ages.
* To mark the 25th anniversary of World Egg Day, [ADD YOUR ORGANISATION NAME HERE] will [SUMMARISE HOW YOU WILL CELEBRATE].

On Friday 8 October, egg fans worldwide will celebrate the power of the egg and all its nutritional and environmental benefits.

The global event, celebrated on the second Friday of October every year, welcomes everyone to honour the unique contribution eggs make to supporting people around the world.

Owing to their broad range of nutrients, eggs are a healthy, nutritious and affordable part of the diet for people at all stages of life, including growing teenagers, pregnant and lactating women, the elderly, and infants, particularly those in nutritionally vulnerable areas.

The health benefits of eggs are vast. They contain 13 essential nutrients, including choline, which supports foetal brain development; vitamin B12 and iron for child growth and overall brain function; and iodine, which aids the healthy functioning of the nervous system and maintains healthy skin.

This unique range of qualities means that eggs are an ideal choice for all different kinds of lifestyle as well as age, from athletes to academics.

Along with their nutritional value, eggs are the most environmentally sustainable and affordable animal-source protein available, helping support families around the world as well as the planet itself.

This year will be World Egg Day’s 25th anniversary and to mark the occasion, [ADD YOUR ORGANISATION NAME HERE] will [EXPLAIN HOW YOU WILL CELEBRATE].

Join in the celebrations wherever you are by sharing your favourite egg dish using #WorldEggDay on social media.

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