World Egg Day - 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.

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|  | This year’s World Egg Day theme ‘Eggs for a better life’ celebrates the incredible egg’s power to support not just human health outcomes, but planetary health and people’s livelihoods too! 📢🥚🌏🎉  This #WorldEggDay, discover all the incredible reasons to #ChooseEggs! 🍳🍽🙌  #EggsForABetterLife #BetterWithEggs #Eggs #EggNutrition |
|  | Eggs are packed with essential nutrients for every stage of life, from infancy to old-age! 🍳👶👉🧓  They also have several unique health benefits – like improving growth and development, supporting brain health, maintaining vision, and much more 💪🧠👁🥚  #WorldEggDay #EggsForABetterLife #BetterWithEggs #Eggs #EggNutrition |
|  | Did you know...? 🤔 It’s not just the QUANTITY of protein in your food that matters, but the QUALITY too! 💪🤯  Eggs provide the highest quality protein naturally available, meaning your body can reap more benefits for every bite you take 🥚🍽🙌  Choose a nutritional, affordable and super tasty option this #WorldEggDay! 🥳🥚🍳  #EggsForABetterLife #BetterWithEggs #Eggs #EggNutrition |
|  | Egg farmers all around the world are implementing new solutions to help feed the growing population while also protecting the planet! 🐔🥚🌏♻️  As a low-impact protein source, eggs have a powerful role to play in the food systems of the future 🙌🍳🤯  #WorldEggDay #EggsForABetterLife #BetterWithEggs #Eggs #EggNutrition |
|  | It’s World Egg Day! 🥚🍳🎉🥳 Eggs actively contribute to a better life for all – with unique nutritional power as well as a low environmental impact 📢🌏  Not to mention, they are affordable, versatile and super tasty too! 🙌🍳🤯  Don’t forget to share your celebrations by using the hashtags #WorldEggDay and #EggsForABetterLife 🥚🎉🥳  #BetterWithEggs #Eggs #EggNutrition |
|  | The global egg industry is a significant source of income for rural populations around the world 🥚🌎  It creates resilient and sustainable food systems that are equitable, secure, and ensure high-quality nutrition for all 🍳🐓🙌  Celebrate incredible eggs this #WorldEggDay! 🥚🍳🎉🥳  #EggsForABetterLife #BetterWithEggs #Eggs #EggNutrition |
|  | Eggs are one of the most nutrient dense foods available to humankind, with benefits at every stage of life - meaning they are perfect to help feed the growing world population! 🌎🥚🍳👨‍👩‍👧‍👦  Choose a sustainable, affordable and super tasty option this #WorldEggDay! 🥳🥚🍳 How have eggs supported you this year?  #EggsForABetterLife #BetterWithEggs #Eggs #EggNutrition |
|  | Did you know? 🤔 #Eggs are not only a great source of #protein, they also contain 13 essential nutrients and provide valuable nutrition to people of all ages! 💪🥚🍳👨‍👩‍👧‍👦  How will you enjoy your eggs this #WorldEggDay? 🥳🥚🍳  #EggsForABetterLife #BetterWithEggs #EggNutrition |
|  | Happy World Egg Day! 🥚🍳🎉🥳  Celebrations are taking place around the world today to honour the #nutritional power of the #egg and all the ways it contributes to a #BetterLife! 📢🥚🌏  Join in by sharing your celebrations using the hashtag #WorldEggDay  #EggsForABetterLife #BetterWithEggs #Eggs #EggNutrition |
|  | Eggs nourish children all over the world and are particularly beneficial for those in low-resource settings 🍳🥚👧👦  They’re full of easily digestible nutrients that help children grow and develop, like vitamin D for bone and muscle structure 🦷🦴☀️  #WorldEggDay #EggsForABetterLife #BetterWithEggs #Eggs #EggNutrition |

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