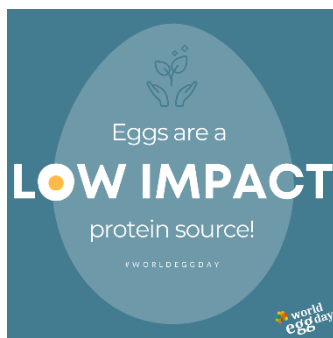


World Egg Day - Sample social media posts

To help you celebrate World Egg Day, the IEC has developed a range of sample social media posts with matching graphics.

	<p>Eggs are packed with essential nutrients for every stage of life, from infancy to old-age! 👁️🧠👉👴</p> <p>They also have several unique health benefits – like improving growth and development, supporting brain health, maintaining vision, and much more 🍳🧠👁️👴</p> <p>#WorldEggDay #EggsForAll #WED25</p>
	<p>Did you know? 🧐 #Eggs not only contain 6g #protein, they also contain 13 essential nutrients and provide valuable nutrition to people of all ages! 🍳👁️🧠👨👩👧👦</p> <p>How will you enjoy your eggs this #WorldEggDay? 🍳👁️🧠</p> <p>#EggsForAll #WED25</p>
	<p>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! 🌍👁️🧠👨👩👧👦</p> <p>Choose a sustainable, affordable and super tasty option this #WorldEggDay! 🍳👁️🧠 How have eggs supported you this year?</p> <p>#EggsForAll #WED25</p>



Good for the planet and your health! 🌍🥚🔍
 Not only are eggs full of essential nutrients for every stage of life, they're also classified as a low impact protein source by the World Resource Institute, making them a sustainable food choice! 💚🌍🥚

#WorldEggDay #EggsForAll #WED25



Did you know? Consuming eggs benefits people at every age and stage of life - from improved foetal brain development, through teenage growth, all the way to old-age!



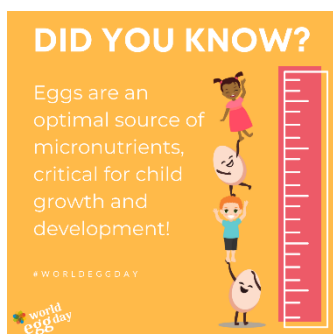
Plus, eggs support lots of different lifestyles – strengthening the body and brain! 🍗🧠🥚

#WorldEggDay #EggsForAll #WED25



It's World Egg Day tomorrow! Don't forget to share your celebrations by using the hashtags

#WorldEggDay and #EggsForAll 🔍🥚🍗🧠



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 #EggsForAll #WED25

	<p>Eggs are packed with choline - an often under-consumed nutrient which supports brain health at all stages of life, particularly in the first 1,000 days! 🧠👶🥚👁️</p> <p>This makes eggs an ideal addition to the diets of pregnant and lactating women, to help them meet their increased nutritional requirements 🍼👩</p> <p>#WorldEggDay #EggsForAll #WED25</p>
	<p>Eggs contain lots of essential nutrients particularly valuable to older adults, such as iron, selenium and vitamin D 🦴👁️🧠👩</p> <p>They're also soft in texture and easily digestible, making them an ideal choice for the frail elderly 🧓</p> <p>#WorldEggDay #EggsForAll #WED25</p>
	<p>Happy World Egg Day! 🥚👁️🍷👩</p> <p>Celebrations are taking place around the world today to honour the #nutritional power of the #egg. Join in by sharing your celebrations using the hashtag #WorldEggDay</p>

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