**World Egg Day 2023: Eggs for a healthy future**

* World Egg Day will be celebrated across the globe on Friday 13 October 2023.
* The annual event honours the highly nutritious and brilliantly versatile egg, highlighting the vast range of unique benefits it brings to human and planetary health, contributing to a better life for all.
* To mark World Egg Day 2023, [ADD YOUR ORGANISATION NAME HERE] will [SUMMARISE HOW YOU WILL CELEBRATE].

On Friday 13 October, egg enthusiasts worldwide will come together to recognise the remarkable nutritional, environmental and societal benefits of eggs.

World Egg Day is observed on the second Friday of October every year and invites individuals from all walks of life to appreciate and celebrate the exceptional contribution eggs make in supporting people globally.

Renowned for their protein and nutrient density, eggs stand among the most nourishing foods on the planet. One large egg contains 13 essential vitamins along with 6g of protein, making it a valuable and cost-effective dietary addition suitable for individuals of all ages, worldwide.

Importantly, eggs can combat common nutrient deficiencies that often go unaddressed but are crucial for maintaining optimal human health and performance. Eggs contain an array of essential nutrients, including choline, which aids in brain development and function; vitamin A, promoting eye health, resilient skin and a robust immune system, and vitamin D, playing a pivotal role in bone health. Furthermore, eggs are packed with high-quality protein, essential for the strength and repair of muscles and tissues.

Beyond their nutritional powers, eggs proudly rank as one of the most environmentally sustainable and affordable animal-source proteins. By supporting families worldwide and fostering the well-being of our planet, eggs exemplify a solution that benefits both people and the planet.

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

Join the celebrations from anywhere across the globe by sharing your favourite egg dish on social media using the hashtag #WorldEggDay.

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