



World Egg Day

World Egg Day is celebrated every year on the second Friday in October. World Egg Day is a unique opportunity to help raise awareness of the benefits of eggs and is celebrated in countries all around the world.

World Egg Day was established at the IEC (International Egg Commission) Vienna 1996 conference when it was decided to celebrate World Egg Day on the second Friday in October each year.

For centuries, eggs have played a major role in feeding families around the globe. They are an unbeatable package when it comes to versatility and top-quality protein at a very affordable price. And they are also an excellent source of choline, essential in memory and brain development.

Eggs are one of nature's highest quality sources of protein, and indeed contain many of the key ingredients for life. The proteins contained within eggs are highly important in the development of the brain and muscles, have a key role to play in disease prevention and contribute to well being in latter life, particularly in relation to eyesight (avoiding macular degeneration).

World Egg Day 2015
9 October 2015