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## **AUSSIES ENCOURAGED TO EAT MORE EGGS AS WORLD EGG DAY APPROACHES**

- **Aussie families are encouraged to eat more eggs in lockdown**
- **Eggs are good for the immune system**
- **Eating more eggs will support Aussie egg farmers**

**Aussie families are being urged to eat more eggs to strengthen both their immune system and the nation's egg farming sector.**

Egg Farmers of Australia CEO, Melinda Hashimoto, made the call in the lead up to World Egg Day on Friday October 8.

The day highlights the nutritional value of eggs in the human diet and the role that egg farmers play in feeding the nation.

Mrs Hashimoto said eating more eggs provided a dual health and economic benefit to Australia.

“Healthwise, eggs contain 6 grams of protein and 13 essential nutrients: including vitamin A, vitamin B-12, and selenium which help in keeping your immune system healthy,” she said.

“Eggs are also the most environmentally sustainable and affordable animal proteins.”

Economically, Mrs Hashimoto said by eating more eggs, people would also be helping Aussie egg farmers to stay in business and provide jobs that support other families.

“Just like other Australian industries, our egg farmers have felt the brunt of lockdowns in many states where cafés and restaurants have not been able to open to serve eggs. Likewise, a slowdown in the cruise and airline industries, which are also normally big egg consumers, has had an impact on egg sales.

“For this reason, we’re encouraging people to order an egg dish on World Egg Day and to consider adding more eggs to their diet in general,” Mrs Hashimoto said.

Australia’s commercial farmers produce 19 million eggs daily to satisfy the domestic appetite for eggs - equating to a \$1.8 billion injection into the nation’s economy. Most are from family-run farms.

**ENDS**

**Photo:** *Egg Farmers of Australia CEO Melinda Hashimoto and Administration and Engagement Officer Kylie Jackson mark World Egg Day on October 8. Aussie families are encouraged to eat more eggs during lockdown.*

**Media Contact:** Melinda Hashimoto 0434 999 600 [info@eggfarmersaustralia.org](mailto:info@eggfarmersaustralia.org)