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GET CRACKING COBBER AND BOIL A ‘GOOGY’ FOR THE NATION

Australians are urged to ‘get cracking’ and boil-up a ‘googy’ to mark World Egg Day.

Egg Farmers of Australia CEO Melinda Hashimoto said ‘googy-egg’ was a strange, but uniquely Aussie term.

“The English and Scottish have a similar word ‘goggie’ as a child’s term for egg. But Aussie kids hijacked the word to make it their own ‘googy-egg’,” Mrs Hashimoto said.

“Aussie egg farmers are encouraging every ‘cobber’ in the country to ‘get cracking’ and boil-up a ‘googy-egg’ on World Egg Day (Friday, October 14).”

Australia’s commercial farmers produce 6.3 billion eggs a year to satisfy the nation’s growing appetite for ‘googy-eggs’ - most of which come from family-run farms.

This year’s World Egg Day theme is *‘Eggs for a better life’*.

“It’s a day to both salute our hard-working Aussie egg farmers and the incredible power of eggs that support, not just human health, but the health of our planet,” Mrs Hashimoto said.

“Many people may not realise that eggs have a very low carbon footprint and are one of the most environmentally sustainable, and affordable, proteins you can eat.

“Our Aussie egg farmers are already leading the way in implementing many new technologies that will further reduce their carbon footprint and benefit the planet.”

This year Queensland took over the crown as Australia’s largest egg producing state (with 35% of the nation’s commercial laying flock) followed by NSW/ACT 30% and Victoria at 19%.

“Healthwise, eggs contain six grams of protein and 13 essential nutrients: including vitamin A, vitamin B-12, and selenium which help to keep your immune system healthy,” Mrs Hashimoto said.

- **Media Contact:** Melinda Hashimoto 0434 999 600 (CEO Egg Farmers of Australia)
- **Photo:** Egg Farmers of Australia CEO Melinda Hashimoto, chef Aryan Gupta, & Egg Farmers Engagement Officer Kylie Jackson. **Plus:** World Egg Day logo

