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WHAT COAL MINING AND EGG FARMING HAVE IN COMMON?

Coal mining and egg farming may seem worlds apart, but they share a common link.

While mining is the powerhouse of the nation's economy, Aussie egg farmers are helping to supply high quality protein to keep mine workers fed and healthy.

According to Melinda Hashimoto, the CEO of Egg Farmers of Australia, a single coal mining camp of about 1500 people can eat through 10,000 eggs per week and around 72 kg of egg pulp, the product used by catering companies to make scrambled eggs and omelettes.

Australia's commercial farmers produce 6.3 billion eggs a year to satisfy the nation's growing appetite fresh eggs.

Ms Hashimoto said the relationship with egg farmers continues as miners make the journey to or from their accommodation camp site.

"In Central Queensland, driving out to the mine often involves stopping at a servo to pick up a bacon and egg roll. Miners provide the resources for electricity and energy that power Aussie egg farms which in return allows Aussie egg farmers to supply eggs to satisfy their hearty appetite," Ms Hashimoto said

World Egg Day was celebrated on October 13.

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

"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.

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- **Photo:** Egg Farmers of Australia CEO Melinda Hashimoto