World Egg Day 2026 (9 October)

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News

World Egg Day falls on the second Friday of October – 9 Oct in 2026. Begun in Vienna in 1996, it marks its 30th year. 2026 theme: 'Protein that Powers and Protects'.

Key facts

Date	2nd Friday of October (2026: 9 Oct)
Origin	1996, Vienna – International Egg Commission (IEC); 2026 is the 30th year
Theme	Protein that Powers and Protects
Nutrition	Complete protein with all 9 essential amino acids; choline, vitamins D and B12, selenium

Background

- India: second in world egg output (China first). Among States, Andhra Pradesh leads, followed by Tamil Nadu and Telangana.
- The 'Silver Revolution' refers to the rise in egg/poultry output. The National Egg Coordination Committee (NECC, 1982) was founded by Dr B.V. Rao; known for the slogan 'Sunday ho ya Monday, roz khao ande'.
- Science: eggshell is about 95% calcium carbonate; the yolk carries fats and vitamins; the white is mostly albumin protein.

- Nutrition schemes: 'PM POSHAN' (formerly the Mid-Day Meal scheme, 1995) – many States serve eggs; Poshan Abhiyaan (2018) fights malnutrition.
- World Food Day is 16 Oct (FAO, 1945); World Egg Day comes about a week before it.

Tamil Nadu link: Namakkal is the 'Egg City', a leading egg-production and export hub. Tamil Nadu's Nutritious Noon Meal scheme began in 1982 under M.G.R.; schoolchildren are served eggs. Kamaraj expanded the mid-day meal in 1956.

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