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For immediate release:

Celebrate Global Omega-3 Day™ on Friday, March 3

On Friday, March 3rd, sear some salmon, eat those anchovies and remember to take your fish oil, krill oil or algal oil supplement. That’s because March 3 (03-03) is Global Omega-3 Day™.

[EPA and DHA omega-3s](https://fatsoflife.com/health-benefits) are in every cell of the body and help support a healthy [heart](https://fatsoflife.com/health-benefits/heart-health-benefits), [brain](https://fatsoflife.com/health-benefits/brain-health-benefits), [eyes](https://fatsoflife.com/health-benefits/eye-health-benefits) and [pregnancy](https://fatsoflife.com/health-benefits/prenatal-and-infant-health-benefits). We need these omega-3s all throughout life, yet more than 95% of Americans, and 80% of people worldwide, fall short of getting these important nutrients.

That’s why [GOED, the Global Organization for EPA and DHA Omega-3s](http://www.goedomega3.com), created Global Omega-3 Day, a single-day event to shine a light on EPA and DHA omega-3s, share details about their important health benefits and help people understand why they might need to increase their intake.

To increase EPA and DHA omega-3 consumption across the world, the Global Organization for EPA and DHA Omega-3s (GOED) is rallying its 180+ member companies, partners and the public to celebrate this important day and get the word out about these nutrients. On Global Omega-3 Day, many GOED member [brands](https://alwaysomega3s.com/more/goed-quality) will have discounts on their products and several grocery chains in the United States, including Hy-Vee and Rouse’s Supermarket, will host offer omega-3 testing and educational activities.

GOED has created a website at [GlobalOmega3Day.com](http://www.globalomega3day.com), where there are free downloadable graphics and more details for all to share. Be sure to use the hashtags #GlobalOmega3Day and #AlwaysOmega3s. Follow the Global Omega-3 Day activities on Instagram [(@AlwaysOmega3s](https://www.instagram.com/alwaysomega3s/)) and [Facebook](https://www.facebook.com/AlwaysOmega3s).

**ABOUT GOED:** GOED is the Global Organization for EPA and DHA Omega-3s, a not-for-profit trade association committed to responsibly developing, sustaining and expanding markets for EPA & DHA omega-3s. GOED works to increase consumption of omega-3s around the world and to ensure the industry is producing quality products that consumers can trust.

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