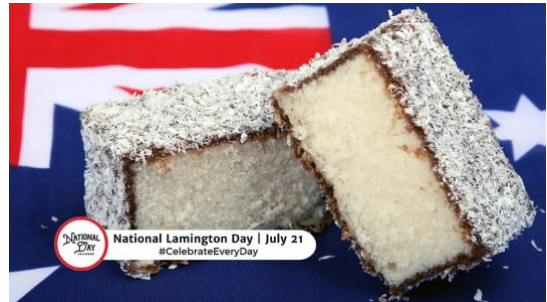


21 July 2026

National Lamington Day – Share more than just cake!

National Lamington Day – 21 July 26

#NationalLamingtonDay



It's National Lamington Day (21 July) and rural doctors are encouraging Australians to use the day to reconnect with family, friends, neighbours and colleagues.

RDAA President Professor Sarah Chalmers said while Australians have always enjoyed celebrating the humble lamington, National Lamington Day offers an opportunity to share something even more valuable.



"We all have someone we've been meaning to visit or call. National Lamington Day is the perfect excuse to finally do it," Prof Chalmers said.

"Drop in on your parents or grandparents. Visit an elderly neighbour. Invite a friend around for morning tea. If you're at work, take a plate of lamingtons into the lunchroom and encourage everyone to take ten minutes away from their desks.

"Sometimes the smallest gestures make the biggest difference. A simple visit and a genuine conversation can brighten someone's entire day."

Professor Chalmers said strong communities are built through everyday moments of connection.

"In rural Australia, we're known for looking after each other, but life gets busy and it's easy to lose touch. Sharing a lamington is really about sharing your time. That's often the greatest gift you can give someone."

"If your local bakery is baking fresh lamingtons, pop in and grab a few. If not, your local supermarket will almost certainly have some on the shelf.

"However you celebrate, remember the real message of the day; share more than just cake! Share a conversation, share a laugh and share a little of your time with someone who might appreciate the company."

Download:

[Photo of Prof Sarah Chalmers](#)

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