


EGGS

DID YOU KNOW...

you can test an egg to see if it is stale without cracking it by using a bowl of water? A stale egg will float in a bowl of water and a fresh egg will sink.


Eggs are packed with great nutrition including protein, Vitamins A, D, E and B, as well as iron, phosphorous and zinc. With only 78 calories per medium sized egg they will not spoil your diet.



Each poultry farm must provide at least 1 acre of land for every 400 hens.




These hens are able to roam over the pasture during daylight hours.



They have a building for night time should they wish to be out of strong sunlight or cold, wet and windy weather.



Hens can also be housed in groups in well insulated and ventilated buildings, with specially designed cages where they can lay their eggs.



In winter time additional lighting extends the daytime, which gives an all year round supply of eggs.



The 'Lion Quality' mark on eggshells and egg boxes means that the eggs have been produced to the highest standards of food safety in the world.