

# All about love at the Montenotte

**Are you looking for day date inspiration or somewhere to start your Valentine's night in style?**

Why not book in for brunch, lunch, afternoon tea or dinner at the Panorama Bistro at the Montenotte Hotel or try a couple's massage at the Bellavue Spa before rounding off the evening with a stroll in the garden or a romantic movie at the in-house Cameo Cinema?

Loved up guests can also follow cupid's arrow through a romantic Lovers Trail in the hotel's Victorian gardens.

To celebrate 14 February, the hotel has installed its very own love seat and heart shaped floral arch which is a must visit during a romantic weekend. The Insta-worthy spot is the perfect place to capture the moment, share a kiss, or even get down on one knee!

If you do take a snap at the romantic spot, make sure to tag @montenotetehotel on Instagram and use the hashtag #loveat-



**Book a romantic weekend at the Montenotte Hotel for Valentine's.** PHOTO: TONYDUNNPHOTOGRAPHY.NET

montenotte to be in with the chance to win a couple's overnight stay with breakfast, a three-course dinner and a one hour spa treatment each in the Bellavue Spa.

Alternatively, if you are a hotel guest or evening diner, then show your Insta post at the bar and

receive a complimentary hot whiskey upon return from the garden, a great way to warm up!

If cocktails tickle your fancy, then try the limited-edition Valentines cocktail Love Potion or choose from a range of snacks and extensive drinks list to enjoy on the

adjoining heated, open air terrace.

Advance booking is recommended to avoid disappointment when it comes to dining over the Valentine's weekend and essential for The Bellavue Spa or Cameo Cinema. Call the reservations team on 021-4530050.



## Wonderful weddings in Kinsale

**Looking for the perfect venue for your big day? Kinsale Hotel & Spa might be just the spot!**

The hotel is hosting a wedding fair on 23 February for couples who are set to tie the knot in the near future.

Lee Travel, Acorn Life, Cinderella's Closet, Vintage Car Hire and Dermot O'Sullivan Photography are just some of the vendors who will be available to speak to on the day, so not only can you pick the perfect venue, but also all the trimmings to go with your big day.

The luxury four star hotel is a venue that is ideal for a destination

wedding. Kinsale Hotel & Spa is also the first hotel along the Wild Atlantic Way route. As well as country surroundings, some of the remains of the original manor house are still in place, giving plenty of photo opportunities for your wedding.

The historic grounds feature the original boundary walls, arches and boat-house ruins that originate in the 17th century when the property was owned by the Cramer family.

The hotel contains 70 guest rooms and suites, along with 20 luxury self-catering lodges, perfect for traveling family and friends. Kinsale Hotel

& Spa is just 25 minutes from Cork Airport, and three hours from Dublin Airport.

The award-winning wedding team welcome couples from throughout Ireland and around the world with a personal touch to ensure your wedding day goes exactly as planned.

The hotel has also been approved by the HSE to host civil wedding ceremonies and civil partnerships with several different options available for all types of ceremonies, from outdoor setting to the Rathmore Banqueting Suite.

For more information call 021-4706000.

## BIA SASTA By Elke

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### Report: 10 per cent of Irish people experience food poverty

Food poverty - it's such a scary word and one we think of when talking about third world countries. We just don't believe that we could experience food poverty here in Ireland but according to reports by the Food Safety Authority,

about 10 per cent of Irish



people experience food poverty. Now, before we all panic, food poverty doesn't automatically mean that no food at all is available. To establish if you experience food poverty, we need to look at the 4 As:

Availability - is healthy and nutritional food available where you live? Affordability - can you buy good quality and healthy food? Awareness - do you know if the food you are eating is healthy and of benefit to you? Accessibility - is it easy for you to access healthy food?

With one million tonnes of food wasted every year in Ireland, it is hard to believe that anyone in Ireland should suffer from a lack of nutritional food but the Cork Food Map shows that

there are areas, especially in North Cork, that don't seem to have healthy food at their doorstep.

The map also shows that 76 per cent of food advertising near primary schools was about ultra-processed foods like fast food etc.

In addition, the map shows how many fast food outlets, convenience stores etc are in walking distance of primary schools. It is scary to see how children are being manipulated by these advertisements and demanding these foods at home as well.

What shocked me most was that North Cork has a higher density of food poverty than the rest of the city - it shows that accessibility and availability of healthy food

is concentrated in more advantaged areas. Also food education seems to be higher in these areas than more vulnerable locations.

We can of course blame everything on the supermarkets and convenience stores, but is it just a bit more complex? What about the large corporate giants who have super laboratories and paying scientists big bucks to come up with new products all the time and selling it to the public as time-money-life saving items we so desperately (don't) need?

At the launch of the Cork Food Map, Joe McNamee spoke about how our eating and shopping habits have changed. And when he spoke about our mothers who

bought their food in specialty shops - meat at the local butcher, bread at the local bakery, fruit and vegetables at the greengrocer - I had to admit that's the way I was brought up.

But now, we expect everything to be in one convenient location - the anonymous supermarket where we are not sure about where the meat is from or where the vegetables were grown.

I have never bought into 'I have no time to cook' or 'I have no time to eat sitting down' habits - I like to sit down for my meal and can't even remember the last time I ate while walking.

Ready-made meals lack flavour and substance and create such a waste that I

prefer to cook my dinner.

According to studies Joe was referring to, 30 years ago, we spent about 90 minutes cooking on average, while these days it is only 30 minutes we are investing in providing ourselves and our families with a nutritional meal.

The question remains: do we create our own food poverty?

It might be a good opportunity to talk to your local counsellors and TDs when they come knocking on the door for your vote about food education, investment into less fortunate areas and support for small scale food businesses.

The Cork Food Map was created and launched by the Cork Food Policy Council.