

Vegetarian In Progress

Book:

Prisoned Chickens Poisoned Eggs

By Karen Davis

Hens, caged all of their lives, never see the light of day.



Welfare Summary for hens:

Best: **Pasture raised**

2nd: **Free Range**

3rd: **Cage Free**

Buying from a local farm is the best of all..!

Chicken Facts:

- * Hens can distinguish 100 different faces among their own flock
- * Feel distress & pain
- * Have a pecking order
- * Have 24 vocalizations

Compassionate Carnivores

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It's Confusing!

Cage-free, Free-range, Pasture-raised – What's the Difference?

Shopping for eggs can be confusing. Let's simplify the differences:

Cage free, free range and pasture-raised refer only to the

amount of space the hens are provided.

The terms **organic, non-gmo, vegetarian and omega-3 enriched** refer only to the **feed**, not the conditions.

Caged: the hens never see the light of day and are **kept in cages** for their entire egg-laying lives. The package will not state "caged". If the carton does not indicate otherwise, assume they are from caged birds.

Cage-Free: is regulated by the USDA, but simply indicates that the hens do not live in cages. Cage free **does not** specify or indicate how much space the hens have, or whether or not they see the outdoors. Usually these hens are confined in a barn or similar facility and their living conditions can be cramped. Definitely better than caged.

Free-Range: is also a term regulated by the USDA and it means hens were given continuous access to the outdoors during their production cycle. However, this does not guarantee that a hen **ever actually stepped foot outside**, it just means there was a way for them to do so. Some seldom get to see the light of day. It's a small step better than cage free.

Pasture-Raised: is the best option, for welfare and health. The hens tend to be let out of the barns early in the morning and called go in before nightfall.

If you're interested to drill down a bit on detail and suggested brands, go to this link:

<https://goop.com/wellness/food-planet/decoding-the-carton-how-to-buy-clean-humane-eggs/>

The Certified Human label verifies many aspects of care.

The links below provide details on Certified Humane's labeling for laying hens:

[Beak Trimming](#) [Cage-Free](#) [Housing Systems](#) [Nest Boxes](#)

Please remember to buy only pasture-raised eggs and pass this email to your mailing list. Thank you! Lois

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