

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..!

But remember that regardless of their living conditions, they all go to a terrifying slaughter.

Compassionate Carnivores

V I P M o n t h l y N e w s l e t t e r

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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 & pasture-raised refer only to the **amount of space** provided.

The terms **organic, non-gmo, vegetarian and omega-3 enriched**

refer only to the **feed**, not the conditions.

Please watch these two short YouTube videos for more info:

https://youtube.com/shorts/_XyT8lCr0jc 59 sec

<https://youtube.com/shorts/skFk6TiYLyE> 48 sec

Caged 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 a term regulated by the USDA meaning 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**, just that 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.

*** Labels must have an official USDA grade shield to guarantee verification.**

Pasture raised must have a third party certification such as Certified Humane, Animal Welfare Approved (AWA) or American Humane Certified.

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

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