

## Vegetarian In Progress

### This Month's Specials:

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
- \* Full color vision
- \* Have 30 vocalizations

# Compassionate Carnivores

VIP Monthly Newsletter

January 2020

## 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\*\*.

**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 back in before nightfall.

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

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.  
For details on Certified Humane labeling for laying hens:

[Beak Trimming](#) [Cage-Free](#) [Free-Range Requirements](#) [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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