

# Chicken OUT!

A project of the Vancouver  
Humane Society:



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Certified organic eggs have the highest welfare standards. If you buy eggs, choose certified organic and look for one of these labels:



British  
Columbia  
Certified  
Organic



Pro-Cert



CERTIFIED ORGANIC



[www.sPCA.bc.ca/farm](http://www.sPCA.bc.ca/farm)

## Confused about egg labels?



If you buy eggs,  
choose certified organic

Put the chicken before the egg.  
Help the Chicken OUT!

### ***What do the labels mean?***

If you are looking for eggs from hens not raised in cages (cage-free), here a few helpful tips:

#### **Certified Organic:**

Hens raised free-range (access to roam outdoors, weather permitting). Hens are given perches, nest boxes and dust bathing areas. Provides the most space per bird. Farms are independently audited for animal welfare.

#### **SPCA Certified:**

Hens raised either free-range (access to roam outdoors, weather permitting) or free-run (roam freely inside a barn – no outdoor access). Hens are given perches, nest boxes and dust bathing areas. Farms are independently audited for animal welfare.

#### **Free-range:**

Hens have access to the outdoors (weather permitting). If not “certified”, farm is not independently audited for animal welfare standards. Visit the farm or check references for guarantees.

#### **Free-run:**

Hens roam freely inside a barn – no outdoor access. If not “certified”, farm is not independently audited for animal welfare standards. Visit the farm or check references for guarantees.

**All other eggs** are from battery-caged hens. These hens are crammed 5 hens per cage into tiny wire cages so small they can barely move, let alone flap even one wing.

Watch out for misleading labels that only say ‘Omega-3’, ‘farm fresh’, ‘natural’ or ‘vegetarian feed’, as they all come from battery-caged hens.

Even though cage-free hens are not kept in cages, it does not mean that egg production is completely humane.

When egg production declines - after approximately 1 year - all hens are slaughtered or killed on farm and used for compost. Because of this, some people choose not to buy eggs at all.

What are your options? Find out more at [www.chickenout.ca](http://www.chickenout.ca).