

WHICH EGGS WILL YOU BUY?

YOUR CHOICE COULD HELP
END THE SUFFERING OF
HENS KEPT IN CAGES



COMPASSION
in world farming



CAGES PREVENT HENS FROM EXPRESSING

NATURAL BEHAVIOUR



Hens cannot:

- Lay eggs in a nest
- Forage for food on the ground
- Perch
- Dust-bathe
- Flap their wings

Under EU regulations, each egg box must clearly state the method of production – how the hens are kept.



HOW TO RECOGNISE

EGGS FROM DIFFERENT METHODS OF PRODUCTION

A close-up photograph of an orange egg with a red stamp. The stamp includes a red lion logo on the left, followed by the text "F/RANGE-1", "LUK10607-", and "BB 13 SEP".

F/RANGE-1
LUK10607-
BB 13 SEP

Each egg must be stamped with a code which specifies the method of production.

LOOK

at the first number in the code on the egg:

- 0 = organic
- 1 = free-range
- 2 = barn
- 3 = caged

A large photograph of an orange egg with a red stamp, similar to the one in the top left. A large white arrow points from the top of the egg down to the first number '1' in the code. The stamp text is partially obscured by the arrow but includes "F/RANGE-1", "LUK10607-", and "BB 13 SEP".

F/RANGE-1
LUK10607-
BB 13 SEP

WHAT DOES IT MEAN FOR THE HENS?

Organic eggs

Daytime access to outdoor range

At least 2.5 square metres range per hen

Nest boxes, perches and litter in house

Maximum 12 hens per square metre

indoors organic feed, smaller flock sizes, reared in organic system

High welfare potential

Free-range eggs

Daytime access to outdoor range

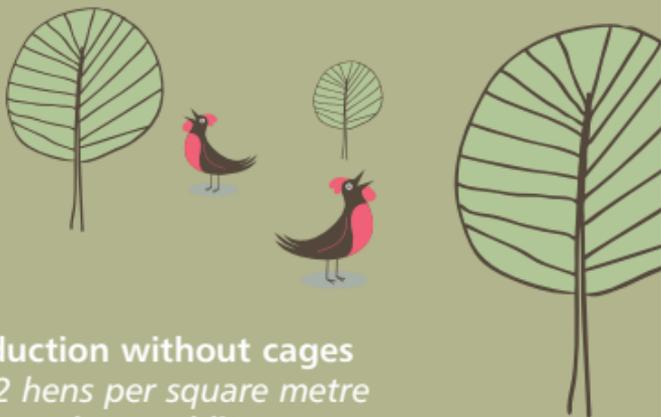
At least 2.5 square metres range per hen

Nest boxes, perches and litter in house

Maximum 12 hens per square metre indoors

High welfare potential





Barn eggs

Indoor production without cages

Maximum 12 hens per square metre

Nest boxes, perches and litter

Medium welfare potential

Eggs from caged hens

Intensive indoor production in barren battery cages means four or five hens per cage

550cm² of space per hen (that's a space smaller than an A4 page)

No nest boxes, perches or litter

Hens cannot express natural behaviour

Low welfare potential

YOUR CHOICE COULD

SET A HEN FREE



When **you** buy eggs, you can choose what sort of life you want the hen to enjoy or endure. On average a caged hen lays over 300 eggs in a year, so if you buy half a dozen eggs a week, switching from caged to free-range could set a hen free.

**CHOOSE
CAGE-FREE**



HOW TO RECOGNISE FREE RANGE PRODUCTS IN THE SUPERMARKET



Many supermarkets now offer their own ranges which are made using free-range eggs:

- Marks & Spencer – **All products**
- Sainsbury's – *Taste the Difference* and *Not Just for Vegetarians*
- Morrisons – *The Best*
- Waitrose – **Many own brand products**
- Co-op – **Many own brand products**
- Tesco – Many *Finest* products
- Asda – Many *Extra Special* products

Check for 'free-range eggs' in the ingredients list.

WHY NOT TRY

ORGANIC
PRODUCTS...



For example organic
mayonnaise is made
using organic eggs...

KEEP THIS LEAFLET

in your wallet so you can refer to it easily when you go shopping and share the information with your family and friends.

To order more copies of this leaflet, contact Supporter Services on 01483 521 953 or compassion@ciwf.org.uk

Don't be fooled by phrases like "farm fresh" or "farm assured". Always check the box for the method of production and if you have any doubts, look for the code on the eggs.

Check for 'free-range' on food containing eggs like mayonnaise, cakes and quiches.



Compassion in World Farming campaigns peacefully
to end cruel farming practices.

We believe that animals should not, and need not, suffer.

For more information about the work we do,
please contact us on

Tel: 01483 521 953 or Email: compassion@ciwf.org.uk

www.ciwf.org/eggs