

Make it a compassionate Christmas

'Tis the season to be jolly. This is also the season to be extra kind to everyone – people and animals alike.

Compassion in World Farming knows the food we choose has a direct impact on how farm animals live. So, why not make your Christmas dinner more compassionate?

When you go food shopping, look out for these labels:



ORGANIC

Offers animals higher welfare – access to outdoors, longer life and more time with their mothers. Look for the Soil Association Organic™ label. It provides the highest welfare standards.



FREE-RANGE

Means animals have access to the outdoors and lead a more natural life.

RSPCA Assured™

Has indoor and outdoor rearing systems and ensures that greater space and bedding material are provided.



MARINE STEWARDSHIP COUNCIL

Wild caught fish displaying this logo can be traced back to certified sustainable sources.

OUT AND ABOUT?

When doing your food shopping or heading out for Christmas dinner, please look out for higher welfare meat, dairy and egg products. If in doubt, please ask staff for advice.

Now, turn over for your handy Christmas dinner shopping list!

Compassionate shopping list

<input type="checkbox"/> Christmas chicken, turkey, duck		<ul style="list-style-type: none"> • Soil Association Organic™ • Organic • Free-range • RSPCA Assured™ • Higher welfare indoor reared
<input type="checkbox"/> Christmas goose		<ul style="list-style-type: none"> • Soil Association Organic™ • Organic • Free-range
<input type="checkbox"/> Pork, including ham, sausages and bacon		<ul style="list-style-type: none"> • Soil Association Organic™ • Organic • Free-range: outdoor bred & reared • Outdoor bred • RSPCA Assured™
<input type="checkbox"/> Beef or rosé veal		<ul style="list-style-type: none"> • Pasture for Life • Soil Association Organic™ • Organic • Grass fed/access to pasture
<input type="checkbox"/> Smoked salmon	<p>WILD</p> <p>FARMED</p>	<ul style="list-style-type: none"> • Sustainable stocks, e.g: Marine Stewardship Council (MSC) • Soil Association Organic™ • Organic • RSPCA Assured™
<input type="checkbox"/> Milk, cream, butter and cheese – including stilton		<ul style="list-style-type: none"> • Soil Association Organic™ • Organic • RSPCA Assured™
<input type="checkbox"/> Eggs		<ul style="list-style-type: none"> • Soil Association Organic™ • Organic • Free-range • Barn
<input type="checkbox"/> Goose fat		<ul style="list-style-type: none"> • Organic, available online
<input type="checkbox"/> <i>Plant-based feasts this Christmas?</i>		<p>Many shops offer great vegetarian and vegan food for special occasions. You can also search online for exciting recipes to try at home!</p>

If you would like more information please email supporters@ciwf.org