

# 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.

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:



**Free range** – Animals have access to the outdoors and lead a more natural life.



**Organic – IOFGA (Irish Organic Farmers & Growers Association)** and **EU Organic** offer the potential for higher animal welfare, with more space, and access to outdoors.

Supermarket availability of higher welfare produce can be limited. Check with your local butcher, farmers' market or look online – many organic and free range farms deliver.

NOW, TURN OVER FOR YOUR HANDY CHRISTMAS DINNER SHOPPING LIST! ▶

# YOUR COMPASSIONATE SHOPPING LIST

When you're shopping for Christmas, look out for the higher welfare labels below. For each product, the labels are listed in order of animal welfare potential – highest first.

Plant-based feasts	<ul style="list-style-type: none"><li>• Many shops offer great vegetarian and vegan food for special occasions. You can also search online for exciting recipes to try at home!</li></ul>
Chicken	<ul style="list-style-type: none"><li>• Irish Organic Farmers &amp; Growers Association</li><li>• Organic</li><li>• Free range</li></ul>
Turkey, duck and goose	<ul style="list-style-type: none"><li>• Irish Organic Farmers &amp; Growers Association</li><li>• Organic</li><li>• Free range</li></ul>
Pork, ham, sausages and bacon	<ul style="list-style-type: none"><li>• Irish Organic Farmers &amp; Growers Association</li><li>• Organic</li><li>• Free range</li></ul>
Beef or rosé veal	<ul style="list-style-type: none"><li>• Irish Organic Farmers &amp; Growers Association</li><li>• Organic</li><li>• Grass fed/access to pasture</li></ul>
Smoked salmon	<ul style="list-style-type: none"><li>• WILD: Sustainable stocks, e.g: Marine Stewardship Council (MSC). This is not a welfare certification, but fish should experience a natural life prior to slaughter.</li><li>• FARMED:<ul style="list-style-type: none"><li>Irish Organic Farmers &amp; Growers Association</li><li>Organic</li></ul></li></ul>
Milk, cream, butter and cheese	<ul style="list-style-type: none"><li>• Irish Organic Farmers &amp; Growers Association</li><li>• Organic</li></ul>
Eggs	<ul style="list-style-type: none"><li>• Irish Organic Farmers &amp; Growers Association</li><li>• Organic</li><li>• Free range</li><li>• Barn</li></ul>
Goose fat	<ul style="list-style-type: none"><li>• Organic, available online</li></ul>

If you would like more information please visit [ciwf.org](http://ciwf.org) or email [supporters@ciwf.org](mailto:supporters@ciwf.org) or contact our Irish Volunteer Group [compassioninireland@gmail.com](mailto:compassioninireland@gmail.com)

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