

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 – Offers the potential for higher animal welfare, with more space and access to outdoors. The Soil Association Organic label in particular has the highest organic welfare standards.

Scottish Organic Producers Association –

Offers the potential for higher animal welfare, with more space, and access to outdoors.

RSPCA Assured – Includes free-range, outdoor and indoor rearing systems where more space and enrichment are provided. For any farming system, RSPCA accreditation gives a higher welfare potential than a product without RSPCA accreditation.



Pasture for life – Animals are raised exclusively on grass and forage, and have access to pasture. This increases animal welfare potential, and can have a positive impact on the environment.

TURN OVER FOR YOUR HANDY 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.

<ul style="list-style-type: none"> Plant-based feasts 	<ul style="list-style-type: none"> Many shops offer great vegetarian and vegan food for special occasions. You can also search online for exciting recipes to try at home!
<ul style="list-style-type: none"> Chicken 	<ul style="list-style-type: none"> RSPCA Assured (Free range and indoor reared) Soil Association Organic Organic Free range
<ul style="list-style-type: none"> Turkey, duck and goose 	<ul style="list-style-type: none"> Soil Association Organic Organic RSPCA Assured (turkey only) Free range
<ul style="list-style-type: none"> Pork, ham, sausages and bacon 	<ul style="list-style-type: none"> Soil Association Organic UK Organic RSPCA Assured Free range Outdoor reared Outdoor bred
<ul style="list-style-type: none"> Beef and rosé veal 	<ul style="list-style-type: none"> Pasture for Life Soil Association Organic Organic
<ul style="list-style-type: none"> Lamb and mutton 	<ul style="list-style-type: none"> Soil Association Organic Organic RSPCA Assured
<ul style="list-style-type: none"> Smoked salmon 	<ul style="list-style-type: none"> 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. FARMED: Soil Association Organic Organic RSPCA Assured
<ul style="list-style-type: none"> Milk, cream, butter and cheese 	<ul style="list-style-type: none"> Pasture for Life Soil Association Organic UK Organic Free range (Pasture Promise) RSPCA Assured
<ul style="list-style-type: none"> Eggs 	<ul style="list-style-type: none"> Soil Association Organic Organic Free range Barn
<ul style="list-style-type: none"> Quail eggs 	<ul style="list-style-type: none"> Free range (outside aviary) Free to fly (barn system)
<ul style="list-style-type: none"> Goose fat 	<ul style="list-style-type: none"> Organic, available online

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

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