



GUIDE TO CHOOSING

cage-free eggs

Did you know that as a consumer you have the power to improve the lives of hens just by the eggs you choose to put in your shopping basket?

About half of the 34 million hens farmed for their eggs in the UK are reared in cages and conditions that we believe are unacceptable.

More and more consumers are choosing eggs laid by hens kept in barn and free-range farm systems. Join them and choose cage-free to make a difference to the lives of millions of hens.



What should I buy?

When buying eggs or products containing eggs, look out for these labels:

- RSPCA ASSURED
- FREE-RANGE
- ORGANIC
- BARN



CERTIFICATION MARK

RSPCA Assured-labelled products are produced by animals reared on farms inspected to RSPCA welfare standards.

EGG-CETERA!

61% of people want shops to stop selling eggs, or products containing eggs, from caged hens even if prices went up.*

How do I know they are cage-free?

Check the box

To conform with European Union law each egg box must state the method of production – how hens are kept. One of the following terms can be found somewhere on the egg box:

Ok to buy:

- ORGANIC ✓
- FREE-RANGE ✓
- BARN ✓



Don't buy:

- EGGS FROM CAGED HENS ✗

Check the egg

If you are buying loose eggs, each egg must be stamped with a code that states how the hens are kept.

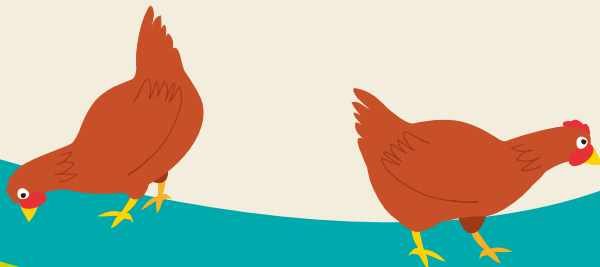
The first number in the code tells you how the hens are kept:

Ok to buy:

- 0 – ORGANIC ✓
- 1 – FREE-RANGE ✓
- 2 – BARN ✓

Don't buy:

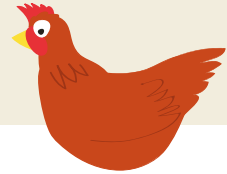
- 3 – CAGED ✗



EGG-CETERA!

7 out of 10 people think food containing eggs, such as cakes and quiches should also be labelled with the farming system they came from.*

What do the labels mean about how hens are kept?



EGGS FROM CAGED HENS X

Hens are confined to a wire cage in groups of up to around 90 hens. They have less usable space than an A4 piece of paper per hen. Limited facilities are provided for the hens to scratch, nest and perch, but they are unable to properly carry out many of their natural behaviours, like dustbathing and foraging.

BARN ✓

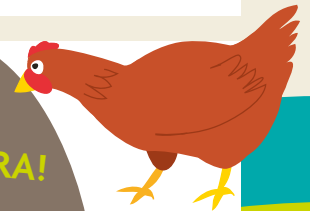
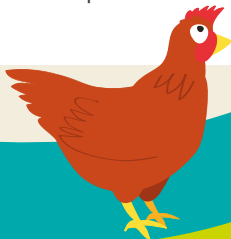
A barn system keeps flocks of hens inside, with perches to roost on and space to move around and exercise. Nest boxes provide a quiet place for egg-laying and at least one-third of the area is covered in litter material for the hens to scratch and dustbathe in.

FREE-RANGE ✓

Free-range laying hens have the same inside housing facilities as a barn system, but the birds can also go outside during the daytime.

ORGANIC ✓

A system similar to free-range, but governed by further legislation and certification scheme requirements concerning organic egg production.



EGG-CETERA!

A hen lays around 300 eggs every year. Equivalent to **50 boxes** of half a dozen eggs

Don't forget the ingredients!

Eggs are used as ingredients in many different types of food, including ice cream, mayonnaise, cakes, quiches and sandwiches.

Foods made with cage-free eggs will often be clearly advertised with the information on the packaging or in the ingredients list.

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

MARKS & SPENCER

all own-brand products

WAITROSE

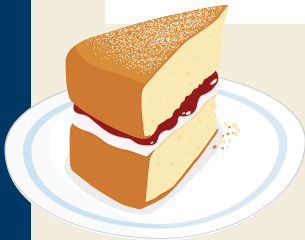
all own-brand products

SAINSBURY'S

all own-brand products

CO-OP

all own-brand products



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The RSPCA helps animals in England and Wales. Registered charity no: 219099

The RSPCA only exists because of public donations. An RSPCA in-house publication 09/15

* You Gov; 1889 adults took part in an RSPCA survey between 25th - 28th November 2011. Results weighted and are representative of all English and Welsh adults (aged 18+).

** Defra; Egg Statistic Notice, 3rd November 2011.