

## EAT HUMANELY

✓ Avoid intensively farmed meat, dairy and eggs by looking for foods that have been certified for animal welfare, such as Animal Welfare Approved.

✓ Ask your local supermarket to stock more welfare certified products. Use customer comment cards and helpines to tell food

✓ While unverified claims (cage free for eggs, free range, etc.) aren't as reliable as certified labels, choose these products over products without any welfare claims, as the animals were likely raised under conditions that are in some measure above typical factory-farmed conditions.

✓ Shop at farmers markets and ask farmers how their animals are raised. Visit farms when possible.

✓ For more information see AWI's complete Food Label Guide at [awionline.org/foodlabelguide](http://awionline.org/foodlabelguide).

## MEANINGLESS / MISLEADING CLAIMS

*Meaningless or misleading in terms of animal welfare.*

### Cage Free

*(When used on meat chicken or turkey)*

### Halal

### Kosher

### Natural

### No Added Hormones

*(When used on poultry or pork)*

### Omega-3 Enriched

*(prime, select or choice on meats, & AA, A or B on eggs)*

### USDA Grade

### USDA Process Verified

### Vegetarian Fed

## UNVERIFIED CLAIMS

*Relevant to animal welfare but standards are vague and/or weak. Compliance is not verified on the farm by third-party audit.*

### Cage Free *(when used on eggs)*

Hens are not in cages but are housed inside without outdoor access. Birds may have very little space and their beaks may be cut.

### Free Range/Free Roaming

Animals are allowed access to the outdoors but size of outdoor space and amount of vegetation may be limited.

### Grass Fed

Requires a diet of grass and forage (grain is prohibited), but animals may be confined to a feedlot. Antibiotics and hormones are allowed.

### Pasture Raised

Usually indicates higher level of welfare, similar to Certified Organic, but claim is not independently audited.

## CERTIFIED LABELS

**Defined by a formal set of publicly available animal care standards. Compliance is verified on the farm by third-party audit.**



### Animal Welfare Approved

Features highest standards for animal welfare of any humane food certification program.

Requires access to pasture or range for all animals. Beak trimming of poultry and tail docking of pigs and cattle are prohibited, while pain relief is required for removal of horn buds of cattle. Producers must be family farmers.



### Certified Organic

All animals must be given outdoor access, but access is not defined and vegetation is not required

for poultry and pigs. Ruminants (cattle, sheep, goats) must have access to pasture. Pain relief is not required for physical alterations such as removal of horns and docking of tails. The level of animal welfare can vary widely among participating producers.



### Certified Humane

Access to the outdoors is not required for meat birds, egg-

laying hens, or pigs, but indoor environmental enrichment must be provided for these animals. Feedlots are permitted for beef production. Beak trimming of hens and turkeys and tail docking of pigs are allowed under certain circumstances.



### Food Alliance Certified

Access to the outdoors is not required for all animals. Animals may be subjected to most

physical alterations, including beak trimming and tail docking, without pain relief. No standards for treatment of animals at slaughter.



### American Grassfed Certified

Requires continuous access to pasture and a diet of 100% forage (no grain). Feedlots are prohibited.

Pain relief is not required for physical alterations such as removal of horns and docking of tails. No standards for treatment of breeding animals, animals during transport, or at slaughter.

## CERTIFIED LABELS *(continued)*

### American Humane Association

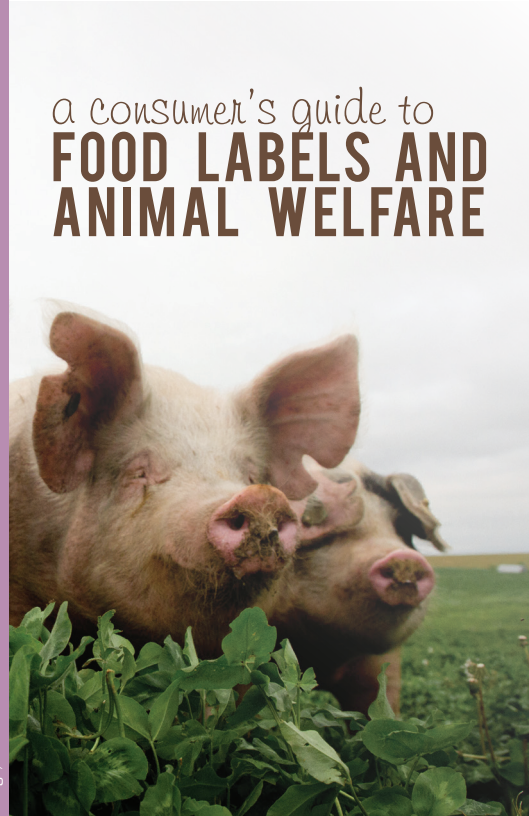


Lowest standards of any welfare certification program. Access to the outdoors is not required for poultry, beef cattle or pigs. Gives animals least amount of space, and is the only certification program to allow use of cages for egg-laying hens. Beak trimming of poultry and tail docking of pigs without pain relief is allowed.

### Global Animal Partnership



Rates producers on a 6-tier scale from low (Step 1) to high (Step 5+) welfare. Access to the outdoors for pigs and poultry is not required until Step 3 and pasture is not required until Step 4. Feedlots are permitted for beef production for Steps 1 and 2. Beak trimming of turkeys at Steps 1-3 and tail docking of individual pigs are allowed. No standards for treatment of breeding animals or handling of animals at slaughter.



# a consumer's guide to FOOD LABELS AND ANIMAL WELFARE



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