



### What you can do.

There is clear scientific evidence that hens suffer in battery cages. VHS is working to end the cruelty of battery cages. You can help make a **difference**.

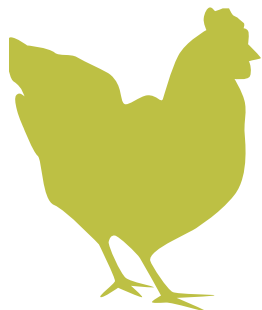
**Don't buy battery eggs.** If you choose to purchase eggs, choose certified organic. If the label does not say certified organic, there is no guarantee the eggs are from hens who are not caged.

### Watch out for misleading labels.

Ask retailers to label battery eggs as "eggs from caged hens." Egg carton labelling is extremely confusing, with misleading terms such as "farm-fresh", "natural", "vegetarian feed" and "Omega-3". All of these eggs are from caged hens.

**Don't eat eggs at all.** Transport and slaughter conditions are cruel and are the same for all hens in Canada, whether caged or not. There are lots of egg alternatives, such as ENER-G Egg Replacer.

**Join VHS.** Once on our mailing list, you'll receive our newsletter and updates, so you can help us help animals.



[www.chickenout.ca](http://www.chickenout.ca)

### Cage-free Alternatives

Hens do not have to be caged to produce lots of eggs! There are less inhumane alternatives in which hens are free to perform natural behaviours. Commercial cage-free alternative systems are in use around the world. In Canada, hens on certified organic farms are guaranteed to have the highest welfare standards for egg-laying hens.

### Global progress

The world's second largest egg producer, the European Union (EU), has agreed to ban barren battery cages by 2012. Cages were banned in Switzerland in 1992.

Public disquiet about battery cages is also being felt in Australia and the US. Google, the world's largest internet search-engine, has gone cage-free, as has AOL, Whole Foods Market, Wild Oats Natural Marketplace and over 80 schools and colleges in the US.



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# Help the chicken OUT!

## Yes, I want to help the chicken OUT!



Please send me the **Free VHS Chicken Out! Action Pack** (including all you need to help our project, plus information on how to support VHS)

NAME

ADDRESS

POSTAL CODE

Federal Registration number: BN 88971 3178 RR 0001

[www.chickenout.ca](http://www.chickenout.ca)

The Real Facts About Battery Farmed Eggs

**Put the chicken before the egg**

An estimated 98% of Canada's 26 million laying hens are kept in battery cages. The Vancouver Humane Society (VHS) believes it is time for change. To find out how you can help, read on...

### Life Sentence on the Factory Farm

Egg-laying (battery) hens are imprisoned for life in battery cages. These wire cages are so small that the hens cannot flap their wings and so restricting that the birds' bones become brittle and can snap through lack of exercise.

An average of 16,000 birds are kept in sheds on 'factory' farms. Each hen has less living space than the area covered by a single sheet of typing paper. Cages are stacked in tiers or 'batteries', 4 – 9 cages high.

Treated like cogs in a machine, the hens' natural behaviours such as walking, wing-flapping and scratching at the ground are rendered impossible. Out of frustration, the hens will peck each other's feathers out. They sometimes even eat each other.

**To prevent this, they are debeaked – part of their sensitive beaks are sliced off using a laser or red-hot blade – a severe mutilation that can cause prolonged pain.**

Dr. Bernard Rollin of the Department of Animal Science at Colorado State University states that virtually all aspects of hen behaviour are thwarted by battery cages. The most obvious problem is lack of exercise and natural movement... Research has confirmed what common sense already knew, "animals built to move must move."

**So barren they have no nest in which to lay their eggs. They will be caged like this all day, every day. After 1 – 2 years of confinement, their only release is slaughter.**

### Other Concerns

Intensive farming of poultry threatens human health. Thousands of genetically identical birds crowded together create a unique and dangerous environment in which viruses have an unlimited opportunity to mutate into a form lethal to humans. In recent outbreaks of Avian Influenza in Canada, the disease spread through barns like wildfire. In Asia and worldwide, an increase of poultry populations combined with intensification of poultry production are contributing factors in the spread of avian flu.

Battery farming affects the environment too. Huge numbers of hens crammed into a small space can lead to large amounts of manure, from which ammonia gas – a serious pollutant linked to acid rain – can be emitted into the atmosphere. Factory farming relies on large quantities of feed for the hens. This feed is often grown intensively using chemical fertilizers and pesticides – linked to the loss of farmland, wildlife and soil fertility.



### Watch out for misleading labels that refer to battery eggs:

- Fresh
- Natural
- Raised on vegetarian feed
- Organic without being certified
- Farm
- Omega-3