



Free Range or Cage?

www.freerangepcanberra.org



Let's stop this cruelty

IN THE A.C.T. THERE ARE 250,000 BATTERY HENS

Most eggs sold in supermarkets are 'cage eggs' from battery caged hens. The hens live in less space than an A4 piece of paper.

Battery hens cannot spread their wings and the ends of their beaks are cut off. They live in sheds that contain large amounts of animal waste and to control disease they are fed antibiotics. Their eggs aren't laid in nests but in barren wire cages.



Free range eggs are better for the hens and better for you. Free range eggs are laid by hens who can walk, run, scratch, bask in the sun and breathe clean air. Free range eggs are also free of antibiotics.

WHAT YOU CAN DO:

- Buy eggs marked "free range"
- Write to the Chief Minister & ask for a ban on battery cages
- Ask for free range when eating out

EGG BUYING GUIDE

- **Free range** - the best eggs to buy, the hens are free to roam.
- **Barn laid or RSPCA** - average, they come from hens kept inside a shed and the ends of their beaks are usually cut off.
- **Cage** - terrible, they come from battery caged hens.

Note: Organic eggs should be free range but can be cage eggs or barn laid. Vegetarian, Grain Fed or Omega-3 eggs are generally cage eggs but may be barn laid - they are rarely free range. Please, always check the label and only buy if free range.

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