



## AVOID: Misleading claims

These claims are marketing tools designed to appeal to consumers, but do not provide any animal welfare benefits:

- All natural/naturally raised
- Farm/country fresh
- Vegetable-fed/vegetarian diet
- Raised without hormones
- Antibiotic-free, non-medicated
- Enriched colony, Comfort Coop or nest-laid eggs
- Omega-3 eggs, Born-3 eggs
- Animal-friendly
- Cage-free or free-run (only meaningful for eggs)
  - *For meat products, it is standard practice for animals to be free-run*
- Animal care certified
  - *Farms meet the minimum animal care requirements outlined in the Canadian Codes of Practice, therefore animals are not raised to higher standards*

## What are you paying for?

By purchasing higher-welfare foods, you avoid conventional farming systems, which can have many animal welfare issues. You are choosing to support animal welfare benefits such as:

- Cage-free systems
- Enriching environments
- Expression of natural behaviours
- Transparency in animal production

## What can you do?

- Look for an animal welfare certification
- Talk to your local grocer and ask for certified products to be available
- Choose “GOOD” products when certified products are unavailable
- Avoid purchasing products raised using inhumane practices (e.g. caged eggs, foie gras)
- Shop your local farmers’ market, ask questions, and visit the farms when possible

The BC SPCA’s mission is to protect and enhance the quality of life for domestic, farm and wild animals in British Columbia

To learn more visit: [sPCA.bc.ca/ethical-food](https://sPCA.bc.ca/ethical-food)



# Meat, Eggs & Dairy Label Guide



## Keep farm animal welfare at the top of your grocery list

Want to learn more about purchasing higher-welfare foods? Use this guide to understand various food labels

**BCSPCA**  
SPEAKING FOR ANIMALS

## BEST: Choose a certified label!

The BC SPCA recommends that those who eat meat, eggs or dairy purchase products with one of the following certification program labels



These animal welfare certification programs independently audit their farms to ensure high animal welfare standards are met

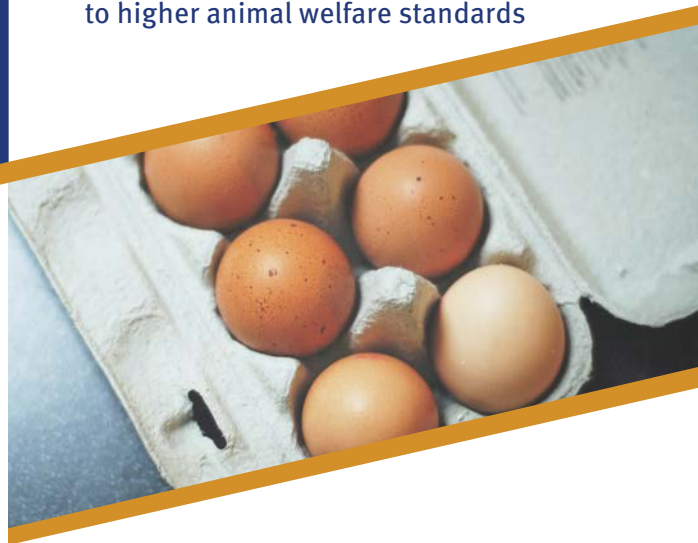
## Organic



While the focus is on organic production, some animal welfare standards are included

## GOOD: Animal welfare labels

These labels are not third-party certified, but do mean that the animals were raised to higher animal welfare standards



## GOOD: Eggs

**Cage-free:** Hens are not kept in cages

**Free-run:** Hens are not kept in cages but are raised indoors

**Free-range:** Hens are raised cage-free with outdoor access, weather permitting

**Pasture-raised:** Hens are raised cage-free outdoors on pasture, weather permitting

## GOOD: Meat & dairy

**Free-range:** Animals are raised cage-free with outdoor access, weather permitting

**Pasture-raised:** Animals are raised cage-free outdoors on pasture, weather permitting



**Grass-fed:** Animals are raised on pasture and fed a grass-based diet for part of their life, but can spend time in a feedlot

**Grass-fed & finished (beef):** Cattle live their whole lives on pasture, and are fed a grass-based diet