



Healthy Choices  
DOWN ON THE FARM

OHLONE HUMANE SOCIETY

# FARM ANIMALS AND WHAT THEY GIVE US.

DRAW A LINE FROM THE ANIMAL TO AT LEAST ONE FOOD OR ITEM WE GET FROM THEM.



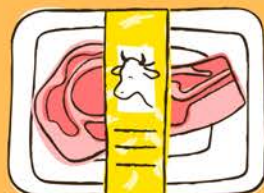
COWS



GOATS



SHEEP



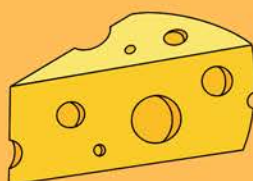
PIGS



CHICKENS



DUCKS



# WHAT DO FARM ANIMALS NEED?



**WATER**



**NUTRITIOUS FOOD**



**SHELTER**



**VETERINARY CARE**



**SOCIALIZATION**



**EXERCISE & SPACE TO ROAM**



**FRESH AIR**



**SENSE OF WELL BEING**

# WHICH OF THESE FARM ANIMALS HAVE FEELINGS?

OBSERVATIONS FROM ANIMAL EXPERTS



COWS



FISH



HENS



GOATS



SHEEP



PIGS



TURKEYS



YES! ALL OF THEM  
HAVE FEELINGS!

# TREATMENT OF FARM ANIMALS USED FOR FOOD

- Some laws are being made to make sure farm animals have enough space to be comfortable, are able to go outside in the fresh air and given nutritious food.
- Many farm animals in many states are still unprotected from bad treatment that helps the farmers spend less money to feed and care for the animals that make meat, cheese, milk and eggs to send to the supermarket.
- Scientists have found that farm chickens who feed mostly on grain and live in small cages often have lighter yellow yolks with less nutritional value compared to the darker sometimes almost orange yolks of chickens who are able to graze in the pasture and eat grass, bugs and seeds.



- People who support animals believe these farm animals have feelings and should be allowed space to move, better feed and be able to go outside more.
- Animals raised for food need our help to make sure they are treated and fed well.

# ARE ALL EGGS THE SAME? WHAT DO THE LABELS MEAN?

PASTURE RAISED, FREE RANGE, CAGE FREE, CERTIFIED HUMANE

FREE



PASTURE RAISED



CAGE FREE



FREE RANGE

- **Caged:** Hens are confined to cages with a 67-square inch space each (that's less than 1/2 square foot). These hens do not go outside and eat a corn or soy diet. Over 90% of eggs in the U.S. come from hens that are kept in cages the entire time they lay eggs.
- **Cage-Free:** Hens have a little less than 1 square foot each, but they're kept in barns and eat a corn or soy diet.
- **Free-Range:** Hens have less than 2 square feet each, but they don't get outdoors and many eat corn or soy feed.
- **Pasture-Raised:** Hens have at least 108 square feet each and eat some feed and lots of grass, bugs, worms and anything else they can find in the dirt. They tend to be let out of the barns early in the morning and called back in before nightfall. Some farmers label their eggs as **Certified Humane®**, but they all don't follow the same rules.

# OTHER WAYS TO HELP THE FARM ANIMALS & EAT HEALTHIER

- Choose a plant protein instead of meat or fish at least one day a week
- Eat less animal dairy and more plant-based foods
- Research how to get all your nutrition or dietary needs with a plant-based diet



**Plant-Based**

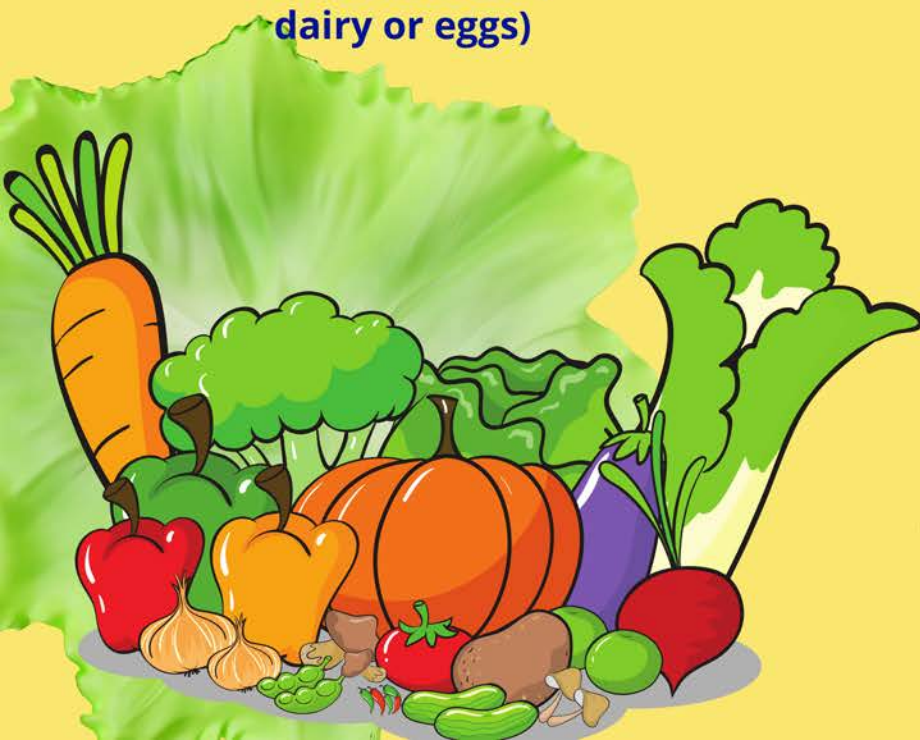
- Plant-based meats require no factory farms or slaughterhouses, and they contain no cholesterol.
- A recent study even showed that replacing animal protein with plant-based meat for two meals a day improved certain cardiovascular risk factors among participants.



**Vegetarian (no meat, with or without dairy or eggs)**



**Vegan (no animal products)**



**Color the Fruits and Vegetables**



**TRY A PLANT-BASED MEAL!**

**SUPPORT PASTURE RAISED AND CAGE FREE FARMING**



**HELP FARM ANIMALS!**

**EDUCATE!**

