



**HUMANE SOCIETY  
INTERNATIONAL**  
CANADA

## Canadian Egg Labels: What to Eggspect?

<b>Welfare concerns</b>	No label/Classic, Conventional, Regular, Farm-fresh, Natural	The chickens who laid these eggs are kept in cages for almost their entire lives. The cages are about the size of a file cabinet drawer and can hold up to seven hens. The birds don't have enough room to even flap their wings, and cannot lay their eggs in a nest – a hen's strongest instinct.
<b>Welfare concerns</b>	Omega-3 enriched, Vegetarian-fed, Lutein-enriched	These terms all describe the hens' diet, not their level of welfare. Unless they are marked with a label specifically addressing their housing (e.g. free range eggs), these eggs are from caged hens.
<b>Better option</b>	Free run	These hens are kept cage-free in barn housing. While they don't have access to the outdoors, they can lay their eggs in a nest box, flap their wings, peck at the ground and have access to perches.

<p><b>Better option</b></p>	<p>Free range</p>	<p>These hens are kept cage-free in barn housing. They can lay their eggs in a nest box, flap their wings, peck at the ground and have access to perches. These animals are allowed access to the outdoors when weather permits.</p>
<p><b>Best choice</b></p>	<p>Organic Certified organic</p>	<p>Unless these eggs are marked with one of the logos below, compliance with Canadian Organic Standards is voluntary, so standards may vary.</p> <p>These labels are found in some parts of Canada, and all indicate that the housing systems that these hens live in have been third-party verified.</p> <p>While each standard specifies a different amount of space per hen indoors, none of these hens are in cages and, in the case of certified free range, all hens have specified time and space outdoors, weather permitting.</p>
<p><b>Best choice</b></p>	<p>Certified organic logos: All provinces</p>	
<p><b>Best choice</b></p>	<p>Local Foods Plus: Ontario</p>	

<p><b>Best choice</b></p>	<p>Certified organic and certified humane logos: British Columbia</p>	<p><b>Animal Welfare</b></p>    <p>spca.bc.ca/farm</p>
<p><b>Best choice</b></p>	<p>Certified organic logos: Quebec</p>	   