



Choosing Truly Free-Range Eggs:

How to Find the Best for You and the Chickens



Deceptive Labels: Terms like "Cage-Free" and "Free-Range" can be misleading, as these chickens might still be confined indoors.

- True Pasture-Raised Eggs: The best quality eggs come from chickens that roam outdoors, forage freely, and eat a natural diet of bugs, grass, and seeds.



Understanding Common Egg Labels



Cage-Free: Living Conditions - No cages, but typically confined in barns with minimal space to move.

Diet: Mostly soy, grains, corn.

Outdoor Access: No outdoor access.



Free-Range Chickens



Living Conditions: Limited outdoor access (often just small doors to an outdoor area).

Diet: Soy, grains, some grass.

Outdoor Access: Minimal time outdoors.



Pasture-Raised Chickens



Living Conditions: Chickens roam on pasture with significant outdoor time, foraging for natural food.

Diet: Natural diet of bugs, grass, seeds.

Outdoor Access: Ample outdoor access.



The Importance of Diet – Bugs, Grass, and Seeds

Natural Foraging: Chickens that roam freely in the pasture forage for their food, eating a variety of bugs, insects, seeds, and grasses.

- **No Soy or Corn:** Truly pasture-raised chickens should not rely on a diet heavy in soy, corn, or grains, which can alter the nutritional content of their eggs.

Key Benefits:

- **Healthier Eggs:** Eggs from chickens with a natural diet have more omega-3s, vitamin D, and less cholesterol compared to grain-fed chickens.
- **Better for the Chickens:** Chickens naturally enjoy foraging and are healthier when they can eat what nature provides.



Look for the Label "Pasture-Raised"

1. Ensure the egg carton clearly states "Pasture-Raised," indicating the chickens have substantial outdoor access.

2. Check for Certifications:

- Certified Humane or Animal Welfare Approved: These labels ensure the chickens are treated humanely, with ample access to pasture.

3. Ask About the Farm's Practices:

- If you're buying locally, ask the farmer how the chickens are raised.
Chickens that truly roam free eat a natural diet of bugs, seeds, and grass, without relying on grain-based feed.



"The Yolk Tells the Story"

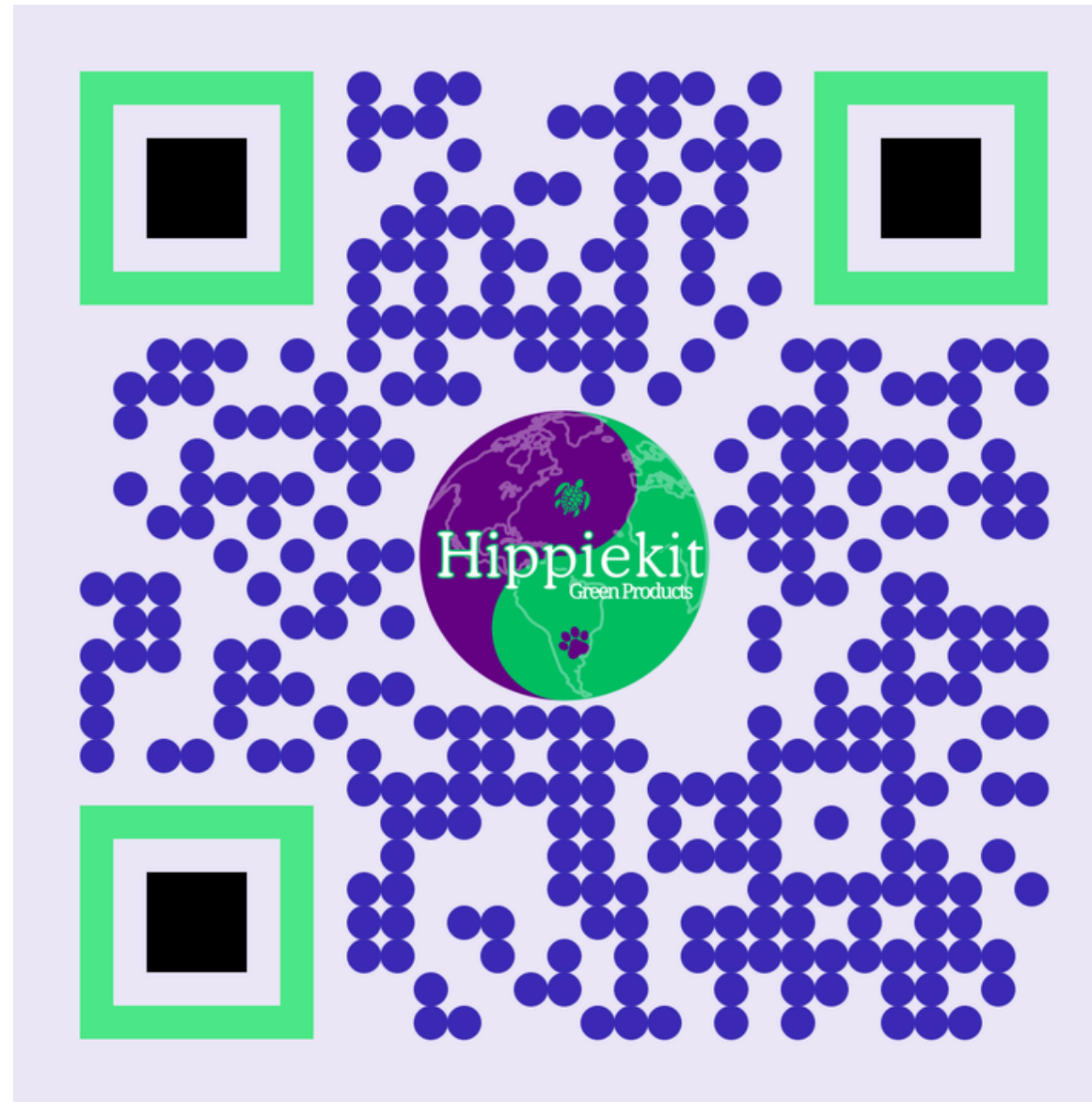
Content:

- **Rich Orange Yolks:** Eggs from pasture-raised chickens that eat a diet of bugs and grass tend to have deeper orange yolks.
- **Pale Yellow Yolks:** Pale yolks are often a sign that the chickens were fed mostly grains, soy, or corn and lacked access to the outdoors.

Key Point:

The darker, more vibrant yolk is an indicator of a nutrient-dense egg and a chicken raised on a natural diet

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