



MORE LABELS
 The standards set by these programs represent a spectrum of ways to raise animals, but all seek to differentiate products from their conventional counterparts.
 Consumers looking for more information on the labels below can visit Consumer Reports' Greener Choices label guide: <http://greenerchoices.org/labels/>
Certified Humane
Food Alliance Certified
American Grassfed Certified
Global Animal Partnership
 NOTE: Global Animal Partnership certifies several steps of animal welfare; the lower steps offer very little animal welfare protections.

CERTIFIED LABELS

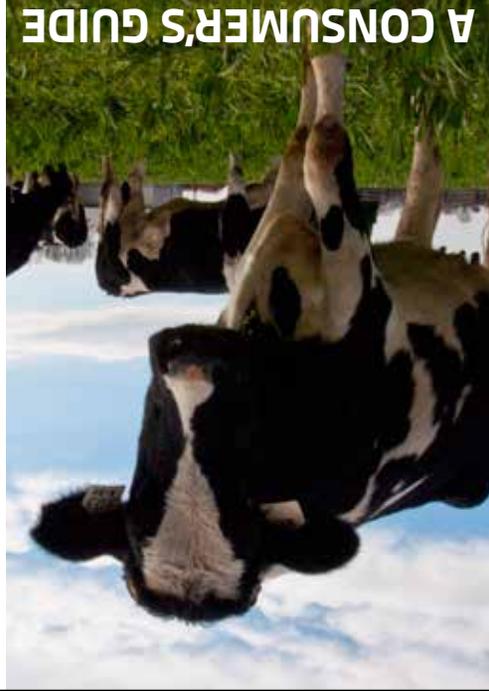
Verified by an independent third-party certifier.



Animal Welfare Approved
 The highest standards for animal welfare. Requires continuous access to pasture or range. Feedlots, cage confinement, hormones, and antibiotics prohibited. Beak trimming and tail docking prohibited. Certification includes a review of slaughter practices.



USDA Certified Organic
 *If allowed to move forward, the USDA Organic Livestock Rule will add animal welfare protections**
 Feed and forages are free from harmful pesticides or synthetic fertilizers. Outdoor access required, but size, duration, and quality not defined. Vegetation is not required for poultry and pigs. Cattle, sheep and goats must have access to pasture. Antibiotics, cage confinement, hormones and GMO feed prohibited.



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UNVERIFIED CLAIMS

Compliance is not verified on the farm by a third-party audit. Standards are vague or weak. Seek a credible certification for more information.

Cage Free Eggs

Hens housed inside without outdoor access. Birds may have very little space and their beaks may be cut. Note that poultry raised for meat are not typically caged, so be skeptical of this label on meat.

Free Range

This label implies that the bird spends its days roaming outside on pasture, but in reality, the term only guarantees that the bird has an opportunity to go outdoors each day. The size, quality, and duration of their outdoor access is unregulated.

Grass Fed

Animals receive a diet of grass and forage, rather than grains, which can cause digestive problems in cows, goats, and sheep. Antibiotics and hormones are allowed. No welfare assurance.

MORE UNVERIFIED CLAIMS

Hormones
 'No hormones added' claims are allowed if producers can show documentation that no hormones were used in an animal's life, but these claims are not audited. Hormones are prohibited for poultry, bison and pigs, so this label is meaningless for products from these species.

Antibiotics

No meat should have antibiotic residue in light of federally required withdrawal periods. Raised without antibiotics' claims are allowed if producers show documentation that no antibiotics were administered at any point in the animal's life. This questionable claim, however, doesn't address the sustainability of the farm system or animal welfare.

Natural

USDA has defined this term as "a product containing no artificial ingredients or added color and is only minimally processed," so the term applies only to how product is processed after slaughter. It has nothing to do with how the animals are raised.

QUESTIONS FOR YOUR FARMER & GROCER

Where was this raised?

Proteins from local farms support your local community. You might even find that your favorite farm opens for visitors or welcomes on-site pick-ups. If that's an option, schedule a visit!

Do animals have access to the outdoors? Tell me about their indoor living conditions.

Look for specifics about how much access is provided. Experts suggest chickens need 1 sq. ft. for every 7lbs; cows need at least 400 sq. ft.

What was this animal fed?

Was it given organic forage and feed, feed free of GMOs? Grains? Grass?

Do cows go to a feedlot to be finished?

There is a global consensus that feedlots are neither sustainable nor high-welfare.

Where are your animals slaughtered?

Look for minimal transit time between farm and slaughterhouse.

THREE SIMPLE THINGS YOU CAN DO TO EAT MORE HUMANELY

1. Choose animal welfare certified proteins. Proteins with unverified claims are not as reliable, so always ask for more information.
2. Ask your farmer or grocer to offer more animal welfare certified and organic products.
3. Join CFSA to ensure the foods you want are more and more available - now and for future generations.
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Sources: Consumer Reports, Animal Welfare Institute, ASPCA, 2015