

CLASS * A * CRUELTY

'Farm fresh', 'country fresh' and 'fresh from the barn' - terms conjured up to disguise the cruelty involved in egg production. In reality, millions of hens are imprisoned for life in filthy, cramped conditions. You think eating eggs is a cruelty-free option? Think again!



JOIN ANIMAL AID

☐ Please send me a FREE recipe pack

☐ I also wish to join Animal Aid

YOUR DETAILS

Name

Address

Post code

Email

Tel No Age (if 17 or under)

WHAT IT COSTS (please tick appropriate box)

- Annual membership: ☐ £18 (waged)
☐ £10 (unwaged) ☐ £7 (17 or under)
☐ £22 (overseas) ☐ £25 joint membership
☐ Life membership: £300

I enclose a donation of £ Total £

HOW TO PAY

(please tick preferred method of payment and complete relevant section)

- ☐ Cheque or PO (payable to Animal Aid)
☐ Debit/Credit card Mastercard/Visa/Switch (delete as applicable)

Card No:

Name of cardholder:

Signature:

Expiry date: Issue No (switch only):

☐ Standing order

Name & address of your bank (please include post code)

Sort code Please make payments and debit my/our Account No

..... in accordance with the following details: Pay the Co-operative Bank, 26 Military Road, Chatham, Kent (08-90-23) for the account of Animal Aid (A/c No. 70177442) the sum of £, payment to be made on the day of each month/year* until further notice. *delete as appropriate.

Signature

Date

Please return to Animal Aid, not to your bank.

We may arrange for you to receive information from other like-minded ethical organisations. Please tick here ☐ if you would prefer NOT to receive this information.

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There are approximately 30 million egg-laying hens in the UK. Around 50% are kept in battery cages. The others are kept in 'alternative' systems such as 'barn' or 'free range'. But look at these photos. Is there really much difference?

BATTERY HELL

In battery units, four or five hens are crammed into a space not much bigger than a microwave oven. They are barely able to move, let alone stretch their wings. Battery cages are so inhumane that they will be banned in the EU from 2012. And the replacement, so-called 'enriched' cages, will make little difference – because a cage is still a cage and the extra space the hens will have is equivalent to the size of a postcard.



A recently-rescued free range hen



Photo: FAWN

BARN MISERY

The term 'barn eggs' is used deliberately to dupe the public into thinking that the hens are kept in bright, airy conditions with fresh straw on the floor. Not true! Though uncaged, the hens are still confined to dirty, overcrowded sheds.

They will never see daylight, breathe fresh air or be able to exercise their natural instincts.

Photo: Viva!



Photo: FAWN

FREE RANGE?

Many people associate 'free range' with 'cruelty-free' and assume the hens live a natural life. The reality is very different: thousands of 'free range' hens may be packed into huge sheds with limited access to the outdoors. Often, less than half of the birds roam freely into and out of the sheds because the others are simply unable to fight their way through to the exits.



CHICKS KILLED

Each year in the UK, approximately 30 million day-old male chicks are gassed or tossed alive into giant industrial shredders, 'disposed of', because they are unable to lay eggs and are considered too scrawny a type of chicken for meat production.



NOT ALL THEY'RE CRACKED UP TO BE

Eggs contain saturated fat, one of the main causes of heart disease – and they are among the highest sources of dietary cholesterol. Research also indicates that eggs can inhibit the absorption of iron (needed for healthy blood, cells and nerves) and contribute to loss of calcium (necessary for healthy bones). There are no nutrients in eggs that cannot be obtained from other foods. Cutting out animal products entirely is the *really* healthy option.

Send for a free recipe pack. See reverse.

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