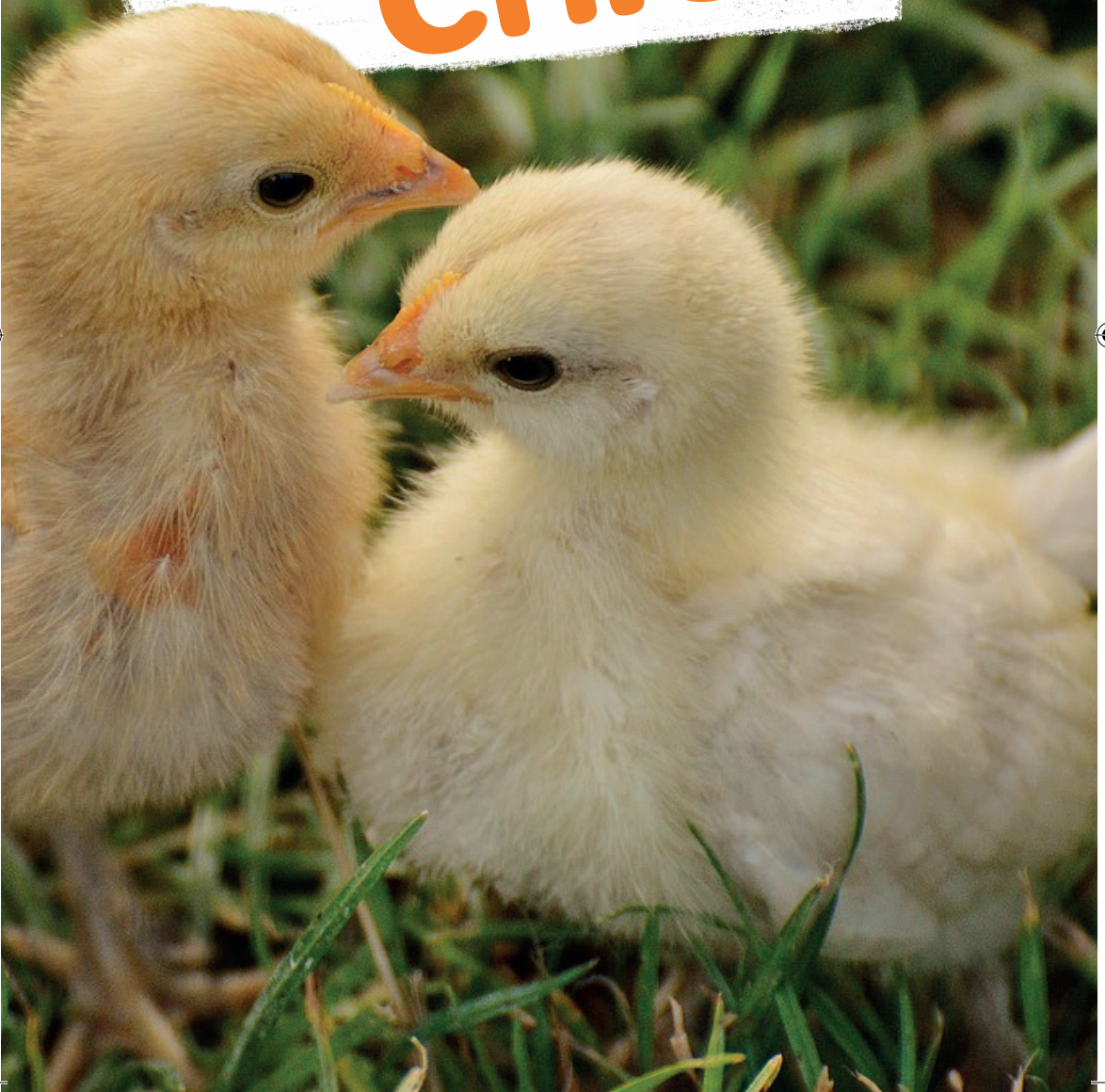




ANIMAL AID

RIGHTS • RESPECT • COMPASSION
FOR ALL ANIMALKIND

This little chick



...will be gassed or minced alive at a day old or is likely to spend a lifetime in a shed, just so that we can have eggs

Once hatched inside industrial incubators, chicks go through an automated processing system. Males, considered useless because they cannot lay eggs and won't gain weight quickly enough for meat production, are gassed or shredded alive in giant mincing machines. Females are selected for a life of constant egg production.



Caged hens

Around half of all eggs laid in the UK come from chickens permanently kept in cages. These so-called 'enriched cages' may house up to 80 hens. The area per bird is little more than the size of an A4 sheet of paper, giving them barely enough space to move, let alone stretch their wings. The units are little better than traditional battery cages. To prevent the stressed birds from harming one another, the ends of their beaks are routinely sliced off, usually with a red-hot blade. This practice is prohibited only under organic standards.

Barn eggs

Hens kept in barns are still confined to overcrowded sheds for almost their entire lives. They never see daylight, breathe fresh air or have the ability to express many of their natural behaviours.



RSPCA Assured

The RSPCA's approval scheme offers little improvement on other commercial systems. Hens may still be permanently kept indoors in crowded conditions.



Free-range

On many free-range farms, hens are still crowded into sheds with limited outside access. Many birds will never even make it to the exits. Crowding can make it so difficult to leave the barn that only 15 per cent of hens can be found outside at any given time.



Organic

Organic farming is not a cruelty-free option. Hens can still be housed in groups of up to 3,000 and may only have access to the outside for as little as a third of their lives, weather permitting.



Slaughter

No matter how they are kept, the short lives of all egg-laying hens end with a traumatic journey to the slaughterhouse. At just 72 weeks old, they are no longer able to produce the amount of eggs demanded of them by the industry. They are slaughtered and made into cheap meat products.

Whether destined for a shredding machine, gas chamber, cage or barn, chicks go from shell to hell

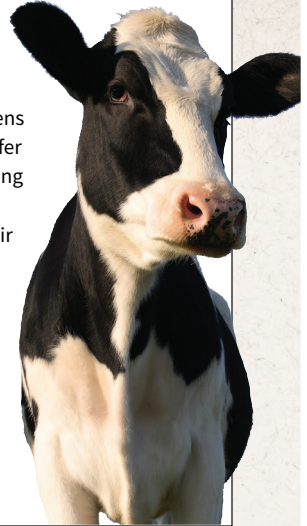
Eggs and health

There are plenty of ways to swap eggs out of your diet: tofu can make a delicious 'scrambled egg', using black salt known as kala namak, which has an uncanny egg-like taste. In cooking and baking, substitutes such as olive or sunflower oil, chickpea water or store-bought products, such as Aquafaba, serve well as binding ingredients.



Dairy cows suffer too

It's not just egg-laying hens and their chicks who suffer at the hands of the farming industry. Did you know that dairy cows have their calves taken away when they are just a day or two old – with many being killed soon after – just to provide us with milk? You can find out more about the suffering of dairy cows at www.animalaid.org.uk



Choose vegan

Choosing not to buy meat, milk and eggs is the only way to ensure that your food is cruelty-free. And with supermarkets and high street shops now stocking a huge range of animal-free products, it's never been easier to go vegan.



For a FREE Go Vegan pack, contact Animal Aid at:

The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW
01732 364546 | info@animalaid.org.uk | www.animalaid.org.uk



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Animal Aid exposes and campaigns peacefully against all animal abuse and promotes a cruelty-free lifestyle.

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