



# What's That Label Mean?

## Chickens and Eggs

*Organic, natural, pasture-raised. Yikes! How do I choose?*

**If we are  
what we eat,  
and we  
don't know  
what we are eating,  
then do we still  
know who we are?  
~ Claude Fischler**

(Source: CaveGirlCuisine.net)



Organic, natural, grass-fed.. yikes. How to know what to buy?

Organic generally refers to the feed and lots of farms use organic methods and are not certified. Certification requires added fees and documentation and can assure you the product meets organic standards. If the label doesn't say organic, then you have more questions to ask.

"Natural" is a vague term and it's not a "regulated word", meaning

the USDA has only loose guidelines that apply to its use.

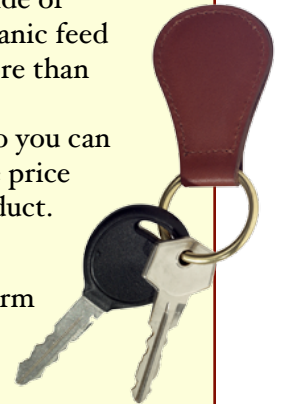
For chicken, "natural" means that no additives have been added after the chicken is dead. It does not mean the chicken is antibiotic free. Chickens labeled "natural" may have lived in cages, in barns or on pasture. They may have been fed GMO feed (very likely), "natural" or organic feed. Ask the farmer.

### Know your Farmer

Do they raise the animals themselves? Some farmers buy from others and resell; that can be okay or not. Ask what their living standards are for the animal raised by them or others. How far away are the animals raised?

What do the animals eat? Do they eat organic feed? If they eat "natural" feed, the feed likely contains GMOs but not herbicide or pesticide. Organic feed costs much more than "natural" and conventional so you can tell a lot by the price tag on the product.

Visit the farm and see for yourself. Know your farmer!



### EGGS!! COULD IT BE MORE CONFUSING?

If the label says.....	the laying hens could be raised.....		
	in cages	in a barn	on pasture
<b>Free Range</b>	No	Yes	Yes
<b>Vegetarian Fed</b>	Yes	Yes	No
<b>Pasture-raised</b>	No	No	Yes
<b>Organic</b>	Yes	Yes	Yes