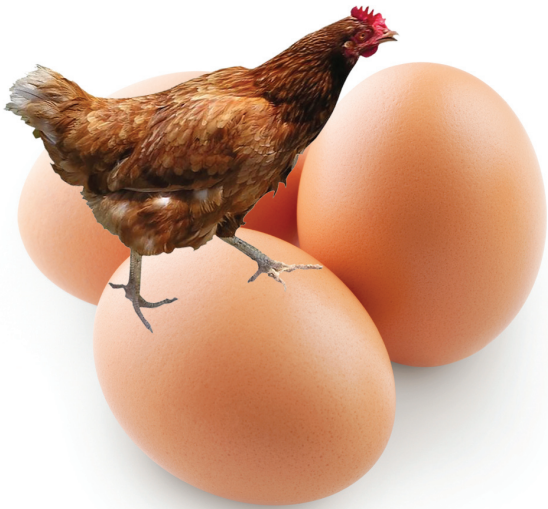


# Why we use only organic Eggs at Oliver's



At **Oliver's** we have made a conscious decision to use only organic eggs, because we believe that happy hens lay happy eggs.

We all know there is a difference between cage eggs compared to free range, but do you know the difference between free range eggs and organic eggs? **Oliver's** decided to explore the egg industry and find how the different types of eggs are produced.

## Cage eggs

These hens are housed in cages, within a shed. Each cage contains 4-20 birds and range in size from 1.8m to 1.1m, with a minimum space requirement of just 0.55m<sup>2</sup> per bird. These birds are treated with vaccinations and when necessary medications including antibiotics. They are subjected to beak trimming and often end up with deformed feet and very stressed. The hens are fed a grain based diet, with no regulations currently in place for Genetically Modified foods. These hens are not exposed to fresh air. "After approximately 12 months the birds go into a natural moult and are removed for processing. Any waste products are removed from the sheds at this time, before they are cleaned and sanitised. The main wastes from cage egg farms are manure, DEAD BIRDS, cracked/broken eggs and sometimes liquid waste from shed clean-out in-between batches\*".  
– Yes these hundreds of hens are referred to as "batches".

## Barn eggs

The only difference between barn and caged hens is that barn hens are free to roam within a shed; the hens have no access to outdoor range and hundreds of birds kept within the same shed.

## Free range eggs

These hens are kept in sheds that have access to an outdoor range for at least 8 hours during the day. These hens are given vaccinations, can still be treated with antibiotics and fed Genetically Modified foods. Animal welfare regulations state that there should be no more than 30kg of hens per square meter. "Free-range systems comprise weather proof buildings where hens can roost, lay, drink and eat. Adjoining the shed is an open-aired outdoor range. After approximately 12 months the birds go into a natural moult and are removed for processing. At this time the manure and spent litter are also removed from the sheds before they are cleaned and sanitised\*".

## Organic eggs

Organic hens are housed in sheds, they are safe from "beak trimming", have access to an outdoor range for at least 8 hours during the day and are fed 95% organically grown food. To certify eggs as Organic there are strict guidelines in place, which must be met, at all times. Organic eggs are certified when the hens have been grown, raised, harvested and packaged without the use of genetically modified foods, harmful chemicals, such as fertilizers, pesticides, insecticides, growth hormones or antibiotics.

**When you choose organic you not only look after the health of yourself and family, but also the health of our soil and the health of our planet. So everyone wins.**

*Written by Clarisa Russell, Clinical Nutritionist*

Reference: Australian Egg Corporation Limited: <http://www.aecd.org/Organic Food Chain>: <http://www.organicfoodchain.com.au/whatwedo.html>

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