



### **WHAT DOES IT MEAN WHEN THE LABEL SAYS “HUMANE”?**

The use of the term “humane” on animal products is used to promote the animal-using industry’s products in a way that tricks people into believing it is possible to use and kill animals in a respectful, kind, or humane way.

### **WHAT IS THE PROBLEM WITH “HUMANE” PRODUCTS?**

Most of the products labeled humane are barely different than their unlabeled counterparts. Even in the best of circumstances, the animals’ needs will always take a back seat to the industry’s need to make a profit; after all, the animals are commodities.

### **AREN’T “HUMANE” AND “ORGANIC” ANIMAL PRODUCTS BETTER THAN FACTORY-FARMED ANIMAL PRODUCTS?**

No. There are animal agriculture “industry standards” that take place at every level of farming including those considered “small-scale”, “local”, “organic”, “humane”, and “family farms”. For instance, even on a “humane” dairy farm, a cow has to be pregnant and have a calf in order to produce milk. One industry standard used by all types of dairy farms is the forcible and continuously repeated impregnation of the cows, in a process akin to rape, until the cows are considered spent and finally sent to slaughter. Male calves are of no financial interest to dairy farmers, so they are quickly taken from their mothers and sold to produce veal and cheap leather products. In every farming situation, the animals are always at the mercy of their owners, whose primary interests are financial.

### **WHAT ABOUT “CAGE-FREE” EGGS AND “FREE-RANGE” ITEMS?**

Most “cage-free” hens are never allowed outside and instead live confined inside barns with thousands of other hens. Pecking order issues make living in the barns more stressful for the birds than living in cages; as a result, cannibalism abounds. “Cage-free” hens have their beaks burned off, a very painful mutilation. Most “free-range” operations have a small enclosure attached to a giant, crowded shed. Financial issues are the same as conventional products with respect to the male chicks: They don’t lay eggs, so they are suffocated, ground up, or tossed into the trash; and the egg-laying hens are considered spent and are sent to slaughter years before their natural lives would end.

### **DON’T FARMERS CARE ABOUT THEIR ANIMALS?**

The most inevitable part of animal agriculture is the slaughter. No matter how the animals are raised, they’re all slaughtered only to satisfy human desires to eat them and generate profits. Terms such as “free-range” and “cage-free” imply that animals are running free, yet this is rarely the case, and all animals raised for food live shortened lives. For example, although chickens have a natural lifespan of five to ten years depending on breed, on “organic” or “cage-free” broiler farms, they are slaughtered at around 14 weeks.

humane food choices

### **AREN’T ANIMALS REQUIRED FOR AGRICULTURE? DON’T WE NEED MANURE TO FERTILIZE THE LAND?**

A common misconception is that animal manure is needed to fertilize crop lands; this is not the case. Animal manure is nothing more than the grass or grains cycled through an animal’s digestive system minus the nutrients the animal needs. Cutting out the middle man, or animal, by using “green manures” produced from plants such as clover and compost remains the best way to fertilize soil, as the plants’ carbon-to-nitrogen ratios are much more in balance than that of animal manure.

### **BUT, I’VE SEEN THE ANIMALS AT MY LOCAL FARM. AREN’T THESE OK?**

No matter how “small-scale” you take animal agriculture, the animals are still a commodity, and as such, the financial bottom line of the farm will always be the priority. The animals will never live out their natural life span; male calves aren’t needed on dairy farms; and male chicks aren’t needed in egg-laying operations.

### **WHAT ANIMAL PRODUCTS CAN I EAT ETHICALLY?**

None. For those who care about animals, the exploitation inherent in using them for food is not consistent with treating them with the dignity and respect they deserve. No animal products are really “better” or “worse” than any other; they all involve exploitation of animals that is not necessary and can be avoided by becoming vegan. The truth is that it’s simply not necessary for humans to use animals for food.

### **DON’T WE NEED ANIMAL PRODUCTS TO BE HEALTHY?**

The ADA clearly states, “It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well planned vegetarian diets are appropriate for individuals during all stages of the lifecycle, including pregnancy, lactation, infancy, child-hood, and adolescence, and for athletes.”



**For more information about food choices, please visit our website: [www.peaceadvocacynetwork.org](http://www.peaceadvocacynetwork.org)**

PAN promotes a peaceful existence through veganism, social justice, and respect for the Earth’s inhabitants and resources.

humane food choices