



Friends of
the Earth

A GUIDE TO AVOIDING FACTORY-FARMED MEAT & DAIRY



Most meat, poultry, eggs and dairy sold in the U.S. come from factory farms—where animals are often raised in cruel, cramped and unsanitary conditions. In order to prevent disease and promote faster growth, they are frequently pumped with hormones, growth additives and daily doses of antibiotics. They typically eat a diet of subsidized GMO grains grown with large amounts of toxic pesticides and fertilizer which pollute our rivers and groundwater. Raising billions of animals in confined feedlots generates mountains of toxic manure. Overuse of antibiotics contributes to the rise of antibiotic resistance, one of our most serious public health problems. Animal agriculture is also a key driver of climate change, habitat destruction and deforestation.

There is a better alternative: Eat more plants, and if you eat animal products, eat LESS & make them BETTER.

Visit GoodFoodCampaign.org

WHY LESS AND BETTER?

- Lower risk of heart disease, cancer and diabetes
- Less exposure to pesticides, antibiotics, hormones and cancer-causing dioxins
- Cleaner water (less pesticide and nitrate pollution)
- Smaller carbon footprint and huge water savings
- More land to grow food for people
- More habitat for bees, butterflies and other critters
- Less animal suffering and better conditions for farm workers
- Supports our independent family farmers and ranchers

TRY MEATLESS MONDAY. Explore dishes with more beans, lentils, nuts, vegetables and grains. Find recipes at vegweb.com, meatlessmondays.org, vegetariantimes.com/recipe.

WHEN YOU EAT LESS, YOU CAN AFFORD BETTER. Certified organic, humane, and/or pastured animal products are better for your health, the environment, animals, workers, and independent farmers and ranchers. Or if you prefer, go Veg!

BUY LOCAL AND DIRECT WHEN POSSIBLE. Connect directly with farmers by shopping at your local farmers market, or visiting LocalHarvest.org or EatWild.com. Your local, independent butcher may also be a good source.

**When you eat less,
you can afford better
meat, eggs and dairy
that don't come from
animal factories.**



LOOK FOR MEANINGFUL LABELS WHERE YOU SHOP

Product labels like “natural,” “hormone-free,” “free-range” or “humanely raised,” may be misleading and are not verified by a third party. To find better meat and dairy products, connect directly with your local and regional farmers or look for these third-party certified labels:

	<p>USDA ORGANIC: No GMOs, synthetic pesticides or fertilizer used to grow the feed; no antibiotics or hormones added; animals have access to outdoors; sheep, cows and lamb must have access to pasture, though there are no stringent animal welfare standards. Look for pasture-raised brands since these will likely provide higher nutritional, animal welfare and ecological benefits than organic grain-fed dairies and feedlots.</p>
	<p>ANIMAL WELFARE APPROVED: Ensures animals were raised by family farmers with high animal welfare standards outdoors on pasture or range. No non-therapeutic antibiotics or growth additives permitted. Standards apply to transport and slaughter.</p>
	<p>AMERICAN GRASSFED ASSOCIATION: Ensures continuous access to pasture. 100% of the feed must be grass/forage (no feedlots). Use of hormones, growth additives and antibiotics is prohibited.</p>
	<p>GLOBAL ANIMAL PARTNERSHIP (STEP 4 OR 5, 5+): All steps prohibit non-therapeutic use of antibiotics, growth promoters but only steps 4 and 5 require pasture access and higher animal welfare standards. For beef, feedlots are permitted through Step 4. Step 3 requires access to outdoors for pigs and poultry.</p>
	<p>CERTIFIED HUMANE RAISED AND HANDLED: Access to outdoors is not required. Minimum space allowances and indoor environmental enrichment must be provided. No added hormones or non-therapeutic use of antibiotics; covers transport and slaughter.</p>
	<p>NON-GMO PROJECT VERIFIED: Animal feed is free from genetically engineered ingredients.</p>

To find better quality animal products and organic veggie options in your area, see eatwellguide.org. To find wild caught (non-GMO fed) sustainable seafood options, see seafoodwatch.org.



CONFUSED ABOUT EGGS?

Don't be Fooled. Cage-free eggs often come from industrial farms that raise hens in crowded conditions with no outdoor access. Free-range eggs may be better, but access to the outdoors is limited, and hens are usually fed GMO grains and antibiotics.

Local, pasture-raised and certified organic delivers the greatest benefits. Pasture-raised allows hens to roam on pasture, eating a diet of seeds, plants, insects, and worms, along with grains. Only USDA Organic guarantees no GMOs and pesticides in the feed and no antibiotics. Look for Animal Welfare Approved if you want pasture-raised, no antibiotics and high welfare standards.

YOU ARE KEY TO A BETTER FOOD SYSTEM

- **Choose** veggie protein options when you are out unless the menu says the meat is organic, pasture-raised or grass-finished or the seafood is sustainable and wild-caught.
- **Ask** your local markets and restaurants to carry more plant-based protein options and to source more humane, pasture-raised, and/or organic meat and dairy products and wild-caught (non-GMO fed), sustainable seafood.
- **Take Action and Join** Friends of the Earth's **Good Food, Healthy Planet Campaign** to shift the market and support policies that reform industrial agriculture and invest in sustainable and organic food production. Visit GoodFoodCampaign.org to learn more.

