



How you can help: *Laying hens*

You can help to improve hen welfare in a number of ways:

- Join Compassion in World Farming's campaigns or donate to our work at www.ciwf.org
- Contact your local grocery shop and the retail chains to ask them to stock only free-range eggs and egg products. Already several retailers, food manufacturers and restaurants internationally have gone 'cage-free' or 'free range'. Check out [Compassion's Good Egg Awards](#) for more information about these companies
- Only buy eggs that state they are 'Free Range', 'Organic' or 'Barn'.
In the EU, all shell eggs are required to be labelled with the production system and each individual egg has a number printed on it. The first number refers to the farming method; 0 = organic, 1 = free range, 2 = barn, 3 = cage. This is followed by the country of origin number and then the farm's specific code.
- When buying products containing egg, such as cakes, sandwiches, biscuits, desserts, pasta, sauces and ready meals, check the ingredients list to make sure that only free-range eggs have been used
- Ask in restaurants whether the eggs they use are from free range or caged hens
- Find out more about laying hen welfare from our scientific report:
 - [Controlling feather pecking and cannibalism without beak trimming](#)

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