



## Buying eggs in Canada

There are dozens of ways to describe and label different types of eggs. Use this guide to decipher egg carton labels at your grocery store.

# Canada egg label guide

|  | LIVE CAGE-FREE   | CAN EXHIBIT NATURAL BEHAVIOR  | ACCESS TO NEST BOXES  | OUTDOOR ACCESS  | EAT ORGANIC FEED  | NO ANIMAL BYPRODUCTS  | RECEIVE OMEGA-3 FEED  |  |
|--|--|---|---|---|---|---|---|--|
|  | X  | X   | X   | X   | X   | X   | X   | <b>Standard Eggs</b><br>Hens are raised in cages without access to nest boxes, perches or litter. Conditions are crowded and do not allow for the opportunity to perform natural behaviour.  |
|  | X  | X   | X   | X   | X   | X   |  | <b>Omega-3</b><br>Hens are fed a diet that is supplemented with a source of omega-3 fatty acids, often flax seed. Omega-3 eggs are from caged hens unless specified on the label as coming from a cage-free system.  |
|  | X  | X   |    | X   | X   | X   | X   | <b>Furnished Cage Eggs</b><br>Sometimes called "Nestlaid" or "Comfort Coop Eggs," hens in furnished cages have access to nest areas and perches. Conditions are still crowded and do not allow for the opportunity to perform most natural behaviours.   |
|  |    |    |    | X   | X   | X   | X   | <b>Free Run</b><br>Hens can move freely within a barn and standard practice is to provide nest boxes. Hens may be provided with perches and litter.  |
|  |  |  |  |  | X   | X   | X   | <b>Free-Range</b><br>Free range hens are able to move freely within a barn and are given access to the outdoors, weather permitting. Standard practice is to provide nest boxes. Hens may also be provided with perches and litter.  |
|  |  |  |  |  |  |  | X   | <b>Organic</b><br>Producers meet animal health and welfare standards such as minimum space requirements and provisions for nest boxes, perches and litter. They use 100 percent organic feed and provide hens with access to the outdoors for at least 1/3 of their life, weather permitting. The CFIA regulates the organic-certifying organizations. |