



humane food

Choose Wisely - Frequently asked Questions

What is Choose Wisely?

Choose Wisely is the RSPCA's initiative to make choosing humane food when you're eating out a whole lot easier. For starters, Choose Wisely businesses are using cage-free eggs, free-range chicken, free-range or bred free-range pork, as much as they can.

You don't have to be a café or restaurant to register with Choose Wisely, you can be a school, child care centre, food manufacturer, hotel or even a local council. It's all about making a statement to the community that your establishment cares about animal welfare.

Why should I join Choose Wisely?

Consumers are increasingly demanding food produced to high animal welfare standards and this is a global trend. By serving humanely farmed food your business will be:

- a leader
- giving customers what they want
- part of a progressive movement towards food of a higher animal welfare standard
- recognised on the RSPCA's Choose Wisely website
- highlighted as a business people should support
- demonstrating that you can enjoy eating out and still care about farm animal welfare

What is wrong with cage eggs?

In a cage each hen has less space than the size of an A4 piece of paper. Caged hens can't behave naturally. They can't stretch out and flap their wings, forage for food, scratch in the dirt, dust bathe, socialise freely or lay their eggs in a nest.

Are free-range eggs better than barn-laid?

Both systems can adequately provide for a hen's needs if managed well. The RSPCA believes a well managed barn system can be just as good for hen welfare as a proper free-range facility. From an animal welfare perspective it's a myth that barn is second best. It's all about who is operating the system and to what standards they adhere to.

How can I be sure that free range eggs are really free range?

Unfortunately there is no legal nor nationally consistent definition for free-range. That means people buying free range eggs may not always be getting what they paid for. Make sure your eggs carry certification from a reputable organisation like the RSPCA, Certified Organic or Free Range Egg Producers Association. Such organisations should make their standards and inspection regime publicly available.

How much more is it going to cost the business to use cage-free eggs?

Costs will depend on your supplier and the market. However some Choose Wisely businesses have been fortunate enough that their suppliers have made the switch to cage-free eggs at no extra cost. Others have said it can cost between 4-12 cents more per egg.

What type of pork or chicken should I buy?

Welfare friendly pork comes from pigs that are free-range or bred free-range, welfare friendly meat chicken is called free-range. Look for those terms on the packet or talk to your supplier – if it doesn't specify the system then you can assume it's not welfare friendly.

Where can I get humanly farmed produce if my current supplier doesn't stock it?

If your supplier doesn't stock humanely farmed egg, pork or chicken alternatives, check out the RSPCA Australia website for a list of RSPCA Approved brands and their availability. www.rspca.org.au