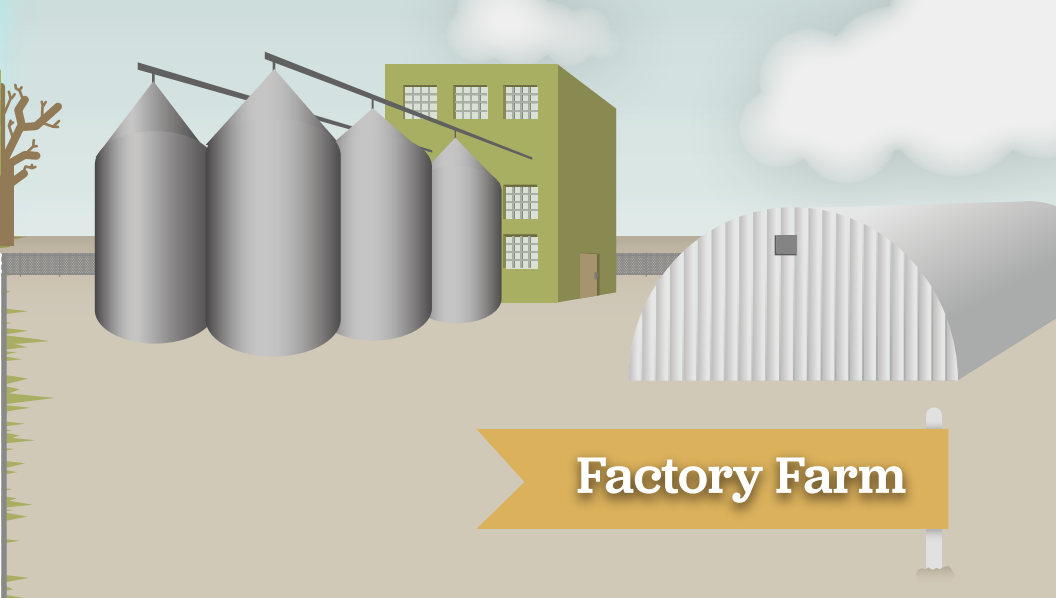


# Know the Difference

## Between Pasture & Factory Farms



Pasture Farm



Factory Farm

### Human Health



Farmers don't rush to get their animals to market weight, so they don't use hormones. Animals get medicine when they are sick, and are not slaughtered until they are healthy again.



Animals get plenty of exercise, and in most cases produce lean meat\*\*. Pastured meat and eggs are naturally abundant in many nutrients, including Vitamin E and omega-3s.

Antibiotics and hormones\* are routinely given to animals, even if they don't need them. This overuse of medication is associated with antibiotic resistance in humans.



Farmers want to get the animals to market weight ASAP, fattening them up, producing meat with a higher fat content and more calories per serving.



### Environmental Impact



Being outside with lots of space, the waste from the animals is distributed evenly, fertilizing the pasture or adding to compost.



Animals eat mainly perennials (grass, alfalfa and hay), which keep the topsoil from eroding. Some animals eat what lives in the grass (insects and worms). Purchase of feed is minimized.



Farmers try to preserve the natural habitat for the wildlife that many of their animals rely on.

Waste from animals confined indoors must be disposed of in toxic amounts, often causing air and water pollution.



Feed is mostly GMO corn and soy, which must be treated with fertilizers and pesticides. Growing and transporting the crops require fossil fuels.



Natural habitats are destroyed by the construction of CAFOs and cornfields.



### Animal Welfare



Animals enjoy their natural diet with some supplementary feed. Cows can eat their favorite grasses and poultry can hunt for bugs.



Animals have plenty of room to move around outdoors and express their natural behaviors, like wallowing or dust-bathing.



Animals may have tags in their ears for identification or to keep flies away, but there are no other alterations.

Animals are fed an unnatural, unhealthy diet. For example, raising cows on corn causes acidosis, painful bloating and E coli.



Animals are often in cages or crates for their entire lives. In some cases, they cannot even turn around.



Apart from ear-tagging, animals undergo ear-cropping, tail-docking and de-beaking, because they are so confined they might harm each other. Sometimes rings are placed in animal's noses to discourage natural behaviors.



Footnotes \* Hormones are not allowed in poultry or swine.  
\*\* Pig breeds that are meant for pasture are naturally fatter.