



Humane Grocery Shopping Tips

1. Keep it simple

More and more grocery stores have humanely raised meat available. Use FACT's pocket label guide to know on the go what products to trust.

2. Cut out the search

If you are specifically interested in buying food that is Animal Welfare Approved or Certified Humane, both certifying groups have online tools for locating products.

3. Make a family outing

Go out of your way to buy direct from a farmer in your community. Visit Eat Wild, Local Harvest or Eat Well Guide to identify local options.

4. Reserve your bird

Some farms only produce a limited number of pasture-raised birds each year, making reservations a must.

5. Low on cash?

No problem. Consider starting with buying just one humane meat choice or dairy product. A thoughtful meal doesn't have to be all or nothing!

6. Go big and take it home

One way to save on humane meat and reduce food waste is to buy larger cuts from animals and learn to cook with every part. Homemade sausage here we come!

7. Don't forget the milk...

Organic milk and dairy are increasingly available, but not all organic is created equal. Check out The Cornucopia Institute online scorecard for detailed info.

8. Expand humane farming

For more resources visit: www.foodanimalconcernstrust.org. Become an informed shopper, sign petitions, or donate. There are a ton of ways to get involved!

