

WHICH EGGS TO BUY?

Why switch to cage-free eggs?

*Our goal: 100% cage-free as a minimum
standard in all of Hong Kong food outlets*



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TIME FOR HOSPITALITY TO ACT

There are so many standards, how do I know which is which?

What's the difference between caged, cage-free, free-range and organic eggs?

	Caged	Cage-Free	Free-range	Organic
Freedom to roam	Never allowed outside	Allowed outside for a limited time	4m ² outside space per hen	10m ² outside space per hen
Inside space	17 hens per m ² (each caged hen has the space of an A4 paper)	not defined	9 hens per m ²	6 hens per m ²
Max flock size	Unlimited (can be 100,000+)	not defined	16,000 RSPCA-assured upto 30,000 per shed in non assured	2,000 max, Soil Association 3,000 max, EU Organic
Beak trimming	Yes	Yes	Yes	Never
Routine antibiotics	Yes	Yes	Yes	Never
Genetically modified feed	Yes	Yes	Yes	Never

UK Soil Association/ Lever/Riverford/RSPCA

Cage-free eggs are eggs from hens who are never confined in cages. They are kept in an indoor facility. Free-range eggs are eggs from hens who are never confined in cages, and who also have at least some access to the outdoors

SWITCHING TO CAGE-FREE EGGS

Principle 1 FOOD SAFETY

WHY THIS IS IMPORTANT

- Eggs from caged hens have a much higher food safety risk. In fact, they are up to 35 times more likely to be contaminated with salmonella than cage-free eggs
- Hundreds of cases of salmonella poisoning in Hong Kong are confirmed every year, with eggs from caged hens being the leading cause

Principle 2 ANIMAL WELFARE

WHY THIS IS IMPORTANT

- On a caged egg farm, an egg-laying hen spends her entire life in a cage so small she can barely turn around - no larger than a sheet of A4 paper
- She cannot spread her wings or engage in natural behaviours such as perching, dustbathing, nesting or pecking the ground
- Battery cages are banned as criminal animal cruelty across the EU and parts of the US
 - Every major animal welfare organisation in the world encourages a switch to cage-free eggs, including the Hong Kong and Taiwan SPCA (Society for the Prevention of Cruelty to Animals) and international RSPCA, Humane Society International and hundreds of others
- Public surveys show widespread public opposition to caged egg production among both Western consumers and Chinese consumers, with 73% of Chinese wanting improved treatment for hens



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Principle 3

NUTRITIONAL BENEFITS

WHY THIS IS IMPORTANT

- Less saturated fat and cholesterol: eggs from cage-free, free-range and organic farms, have less saturated fat and cholesterol than eggs from caged hens
- More protein: eggs from cage-free, free-range or organic farms contain more protein than eggs from caged hens
- More vitamins and minerals: Compared to eggs from caged hens, cage-free, free-range, and organic eggs have significantly more Vitamin A and Vitamin E, more omega 3s, higher bone mineral density and more beta carotene

Overall, the nutritional profile of cage-free eggs is higher

Principle 4

BRAND VALUE

WHY THIS IS IMPORTANT

- Going 100% cage-free shows you are committed to quality, food safety and animal welfare. It also prevents negative brand damage and risk of undercover investigations
- 100% cage-free eggs directly benefits your customers by protecting them from the food safety risks of caged eggs, and gives customers the peace of mind and confidence that comes with that protection

Connect with vetted suppliers through our partners who can help make the switch.

DOES CAGE-FREE COST MORE?

Costs are modestly higher. In Hong Kong, there are numerous distributors offering cage-free shell eggs that cost just 10% more than caged eggs. In Taiwan, wholesale cage-free shell eggs can be secured from certain suppliers at just 15-20% more than the cost of caged eggs.

5 Steps to Going Cage-free

1. Review your supply chain
2. Speak to your egg supplier and ask questions on switching and set a timeline
3. Speak with cage-free suppliers (see list here)
4. Communicate your cage-free eggs plan in a company-wide policy, set targets for transitioning away from caged eggs
5. Look into the eggs that are included as ingredients in other items such as mayonnaise, cakes biscuits, etc. Unless the ingredients say 'cage-free', 'free-range', or 'organic' they are likely to be from caged hens



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如何選購優質的蛋？

為何要選非籠養雞蛋？

我們的目標：香港所有食品供應商都使用百分之百非籠養雞蛋



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餐飲業是時候行動了！

其實食物標準繁多，我應該怎樣分辨呢？
籠養雞蛋，非籠養雞蛋，走地雞蛋及有機雞蛋有何分別？



	籠養雞蛋	非籠養雞蛋	走地雞蛋	有機雞蛋
室外活動	不會到室外活動	有一定時間到室外活動	每隻雞有4平方米室外活動空間	每隻雞有10平方米室外活動空間
室內空間	每平方米有17隻雞 (每隻雞有大約一張A4紙的空間)	沒有定義	每平方米有9隻雞	每平方米有6隻雞
每個雞群的最大數量	無限 (可以達到100,000隻以上)	沒有定義	英國皇家防止虐待動物協會認證: 每棚16,000隻 沒有認證: 每棚30,000隻	英國土壤協會: 最多2,000隻 歐盟有機農業會: 3,000隻
剪喙	有	有	有	從不
定期注射抗生素	有	有	有	從不
餵養基因改造糧食	有	有	有	從不

英國土壤協會/槓桿/Riverford農場/英國皇家防止虐待動物協會

非籠養雞蛋由永遠不會被關進籠裏的母雞所生；牠們被養在一所室內設施內。走地雞則由永遠不會被關進籠裏、而且能到室外活動的母雞所生。

轉用非籠養雞蛋

原則1 食物安全

為何重要？

- 籠養雞蛋有更大的食物安全問題。事實上，籠養雞蛋感染沙門氏菌的機率比非籠養雞蛋高35倍
- 香港每年均有數百宗因進食受沙門氏菌感染的籠養雞蛋而引致食物中毒的個案

原則2 動物權益

為何重要？

- 在籠養的農場，母雞花其一生在狹小的籠裏生產 - 不大於一張A4紙的空間
- 牠不能展翅，亦無法在大自然棲息，進行沙浴，築巢及啄食地面
- 層架式雞籠已被歐盟及部分美國地區定義為殘酷對待動物，並禁止使用
 - 動物權益組織均鼓勵世界各地的食肆使用非籠養雞蛋，包括香港及台灣的愛護動物協會，國際皇家防止虐待動物協會，農場動物福利資訊中心和數百間其他機構
- 公眾問卷調查結果顯示大部分外國及本地市民均反對使用籠養雞蛋，當中七成本地市民更希望能改善雞的飼養方法



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原則3 營養益處

為何重要？

- 更少飽和脂肪及膽固醇：非籠養及走地雞蛋比籠養雞蛋含更少的飽和脂肪及膽固醇
- 更多蛋白質：非籠養及走地雞蛋比籠養雞蛋含更多蛋白質
- 更多維他命及礦物質：非籠養及走地雞蛋比籠養雞蛋含更多維他命A，維他命E，omega 3脂肪酸，骨質密度及β-胡蘿蔔素

總括而言，非籠養雞蛋有更高的營養價值。

原則4 品牌價值

為何重要？

- 使用100%非籠養雞蛋展現出你的餐廳注重食品質素，安全及動物權益。同時避免為品牌帶來不必要的負面影響，並減低被人暗中調查的風險
- 使用100%非籠養雞蛋透過減低籠養雞蛋的食物安全風險為食客帶來直接益處，更為他們提供信心，使他們能安心用膳

請聯絡經我們審查的供應商夥伴來協助你們轉換雞蛋供應來源

非籠養 是否更 昂貴？

非籠養雞蛋確實比籠養雞蛋貴，但差距不大。在香港，有數間售賣非籠養雞蛋的機構亦只把其價錢訂高於籠養雞蛋的百分之十。在台灣，非籠養雞蛋的批發價亦只比籠養雞蛋的價格高於百分之十五至二十。

選購非籠養的5大步驟：

1. 審視你的生產鏈
2. 跟你的雞蛋供應商商討轉用非籠養雞蛋，並設下具體時間線
3. 尋找非籠養雞蛋的供應商
4. 把轉用非籠養雞蛋設為公司的主要政策，並訂下不同的階段性目標
5. 審視其他蛋類製品，如蛋黃醬、蛋糕、餅乾等。除非食材標明採用「走地雞蛋」或「穀倉雞蛋」，否則它們亦大多使用籠養雞蛋



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