



By eating eggs, we're condemning hens to a miserable life and to be killed. Just in France, 50 million chicks and 47 million hens are concerned every year.

By what right do we take their lives?

In cage farms, between 15 and 60 hens are crammed together, each of them disposing of an available surface equivalent to a DIN A4 sheet (i.e. about 16 hens per m²). All birds live constantly on grid floors wounding their legs. These farms are large closed buildings and can enclose up to 200 000 hens, in some cases even more.

In free-range or barn farms, space is limited to 9 hens per m² (6 hens per m² in organic farms). In barn farming, hens are permanently confined in large buildings. In free-range and "organic" farms, they must be able to go outdoors during the day.

ORIGIN OF EGGS SOLD IN SUPERMARKETS AND GROCERY STORES



Caged hens
36%*



Barn-raised hens (in a closed building)
19%*



Free-range, organic hens
45%*

*These percentages only apply to France.

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6

BECAUSE L214 SUPPORTS YOU

A plant-based diet offers a huge variety of delicious and healthy foods. Meat, dairy and egg alternatives are becoming more and more abundant and ubiquitous.

L214 supports the dietary transition: to know more, visit their Vegan Pratique and VegOresto websites!

There are many plant-based options available to replace eggs, and almost any recipe can be adapted to be 100% plant-based!

To know more: l214.com/remplacer-oeuf



L214.com
vegan-pratique.fr | vegoresto.fr
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WHY REFUSE TO EAT EGGS?



1 BECAUSE ANIMALS ARE SENTIENT BEINGS

Like us, animals can suffer and feel joy, and they should be able to live their lives however they wish. Animals are sentient, that is, they are conscious and **they can feel emotions and a broad range of sensations.**

2 BECAUSE HENS ARE AMAZING BIRDS

Many people are unaware of **how intelligent and sensitive chickens can be.** For instance, chicks are born with the ability to count up to 5. Their mother will teach them to recognize threats and danger, and also what sort of food is edible or not. Throughout their lives, chickens constantly learn by observing other members of the flock. Some hens have proved they can also learn by observing other hens on television!

As mothers, hens are devoted to their chicks, and will risk their lives for the sake of their young ones. In the egg industry, however, hens and chicks don't meet and don't get to know each other.

3 BECAUSE MILLIONS OF CHICKS ARE MUTILATED AND KILLED

Regardless of the farming system (in cages, in a barn or outdoors), we bring millions of chicks to life in huge incubators in order to provide farms with new laying hens.

Far from any maternal warmth, chicks are selected right after birth. Males are immediately gassed or **ground up alive** in a macerator, since they don't lay eggs and they don't belong to a breed oriented towards meat production, so they're considered a waste product by the industry. Fragile or sick female chicks, as well as spare ones when they're bred in higher-than-necessary numbers, will suffer the same fate. **Just in France, 50 million chicks are killed this way every year.**

The retained chicks have their beak cut with a hot blade. This **painful mutilation** is performed with the aim of preventing hens from pecking each other once they're crammed together in overcrowded farms.



4 BECAUSE HENS ARE EXHAUSTED AFTER LAYING SO MANY EGGS

Laying hens have been **genetically selected to lay as many eggs as possible**, to the detriment of their health. While a wild hen lays around 20 eggs per year, currently farmed laying hens lay more than 300. This high productivity requires enormous amounts of calcium to produce the eggshells and is a common cause of bone decalcification, leading to frequent bone fractures in hens.

5 BECAUSE HENS ARE KILLED

Regardless of where they are raised, hens are sent to the slaughterhouse and replaced by others after only 18 months of life, when they could live up to 8 years. Hens are violently handled, crammed into cages and transported for sometimes very long distances. They often have fractured legs or wings when they arrive at the slaughterhouse.

Once in the slaughterhouse, hens are usually hung, fully conscious, on hooks over an automated chain. Hens are subsequently submerged into electrified water, stuck, bled, plucked, eviscerated and finally conditioned for human consumption. The hanging, electrical stunning and bleeding processes are not painless. They cause **stress and suffering** to a huge number of birds.

