



# ALL ABOUT eggs

Confused about how your eggs are labeled? You're not alone. The terminology about where your eggs come from and the conditions for the hens can be overwhelming. So we've put together a guide to help you make an educated decision about what types of eggs are best for you.



## ORGANIC

Eggs that were produced following the USDA National Organic Program standards.



## UNITED EGG PRODUCERS CERTIFIED

Produced following voluntary guidelines for scientific animal welfare standards.



## FREE-RANGE

Eggs are from hens that have access to the outdoors.



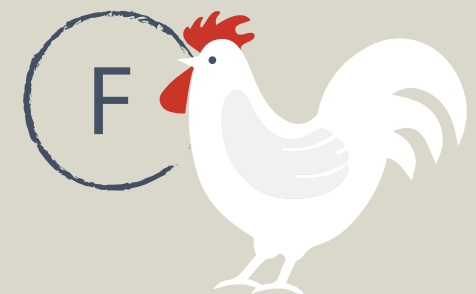
## CAGE-FREE/ FREE-ROAMING

Eggs are from hens not housed in cages.



## HORMONE/ ANTIBIOTIC-FREE

All eggs in commercial egg production in the USA are hormone and antibiotic free, regardless of labeling.



## FERTILE

A fertile egg label indicates that a rooster is present and potentially mated with a hen during egg production.