

why choose “humanely-raised” food?

Humanely-sourced food is the result of the ethical treatment of farm animals, from birth through slaughter. Cages, crates, or stalls are not allowed in the facilities of certified humane producers. Animals are also minimally handled to reduce stress, which has been found to produce better quality meat.¹ In addition, farm animals raised humanely receive a healthy diet without added antibiotics or hormones. Any animal products, ranging from meat to butter to eggs, can be humanely produced.

Humanely Raised Foods at Bruin Plate

Bruin Plate offers *Global Animal Partnership (GAP) Steps 3-5* chicken from *Mary's Chickens* and is increasing its offering of humanely raised beef. Like UCLA's other residential restaurants, Bruin Plate offers only cage-free and *Certified Humane Raised and Handled* eggs.

Tips for Eating Humanely Raised Foods

- Reduce your meat intake. Reducing demand for meat products that are not raised in humane conditions reduces meat coming from those production systems.
- When shopping for animal products, choose those with labels like *AGA Grassfed*, *Certified Humanely Raised & Handled*, *Animal Welfare Approved*, and *Global Animal Partnership*. These labels identify products that have been raised and handled humanely.

Source:

1. Ferguson, D.M., & Warner, R.D. (2008). Have we underestimated the impact of pre-slaughter stress on meat quality in ruminants? *Meat Science*, 80(1):12-9.



At Bruin Plate, we focus on sustainable food purchases and other efforts that impact the environment and our community. Sustainable food systems support the long-term health and well being of both people and the planet.