



# Sourcing HUMANE FOOD

## RSPCA Catering Guide

### What is Humane Food?

Humane food is food that is animal welfare friendly. Standards on humane or higher welfare farms are higher than those in conventional systems and those required by law. Their environment provides for the animal's behavioural and physiological needs. It means that animals have been treated humanely and with full consideration of their needs as living, feeling creatures.

### Why should people care about what they are eating?

The RSPCA believes you can eat meat or eggs and still care about the welfare of the animals that provide it. These animals are living, feeling creatures, capable of experiencing fear, pain and distress. The RSPCA believes all animals should be treated humanely, whether they're animals we eat or live with as companions.

### Why doesn't the RSPCA promote vegetarianism?

Just as the RSPCA respects the choices of people who don't eat meat or other animal products, we also respect those individuals who do choose to eat meat. The RSPCA does not promote vegetarianism or veganism. The RSPCA believes we can do more to improve how farm animals are treated by getting involved in the process and constantly pushing for improved production standards than by asking people not to eat meat at all. The RSPCA encourages people who do eat meat and eggs to make higher welfare choices.

**Food served at RSPCA functions and events must be in line with the following guidelines that reflect the RSPCA's philosophy:**

- Eggs must be from a cage-free system such as barn laid or free range. Eggs produced in cage systems are not permitted. This also applies to cakes, biscuits, mayonnaise and other products that may include eggs.
- Chicken/poultry products must be free range or from a higher welfare indoor system (e.g. RSPCA Approved barn raised). Chicken sourced from conventional farming systems is not permitted.
- Pork products (e.g. pork, ham, bacon, salami) must be bred free range or free range. Pork products made with meat sourced from conventional farming systems is not permitted. Please note: sow-stall free is a positive first step however the RSPCA does not view this to be a higher welfare system as there are still other issues to address, such as transitioning away from farrowing crates, inhumane husbandry procedures and the need to provide environmental enrichment.
- Veal must be pink (or darker) and from calves that have been raised in groups. White veal is not permitted.
- Any fish or seafood used should be farmed or caught with consideration of best environmental practice. Fish should come from a recognised marine or aquaculture stewardship scheme.
- The use of foie gras (goose/duck liver paté) is not permitted.
- Vegetarian options must be provided (and vegan if required).
- Sausage sizzles/BBQs must source 100% beef, lamb, higher welfare pork/bacon or chicken sausages.
- Where possible, products used should be RSPCA Approved. Visit [rspcaapproved.org.au](https://rspcaapproved.org.au) for a list of RSPCA Approved products.
- Product choices must reflect the RSPCA's philosophy and animal welfare must not be compromised in order to save money. Higher welfare products cost more because it is more expensive to farm to better welfare conditions.

### MORE INFORMATION:

RSPCA Approved Farming Scheme - where to buy RSPCA Approved products: [rspcaapproved.org.au](https://rspcaapproved.org.au)

Choose Wisely - where to find humane food when eating out: [choosewisely.org.au](https://choosewisely.org.au)



### **EGGS (LAYER HENS)**

LOOK FOR RSPCA APPROVED,  
FREE RANGE, BARN LAID OR CAGE FREE

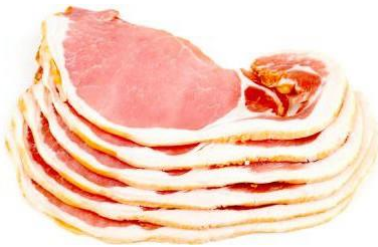
No cage eggs.



### **CHICKEN MEAT (CHICKENS) & OTHER POULTRY**

LOOK FOR RSPCA APPROVED,  
FREE RANGE OR HIGHER WELFARE INDOOR

All chicken in Australia is “cage” and  
“hormone” free however this claim doesn’t  
necessarily mean it’s farmed humanely.



### **PORK, BACON, HAM, SALAMI (PIGS)**

LOOK FOR RSPCA APPROVED,  
BRED FREE RANGE OR FREE RANGE

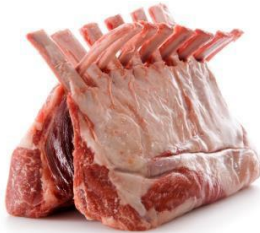
If there’s nothing on the label, the pigs  
were raised on a conventional farm.



### **BEEF/VEAL (CATTLE/CALVES)**

LOOK FOR GRASS-FED OR PASTURE-RAISED BEEF  
LOOK FOR PINK VEAL FROM GROUP-HOUSED CALVES

“Grain fed” beef is from cattle “finished” in feedlots  
where cattle have no access to pasture.



### **LAMB**

LOOK FOR GRASS-FED OR PASTURE-RAISED LAMB

“Grain fed” lamb is from lamb “finished” in feedlots  
where sheep have no access to pasture.



### **FISH**

LOOK FOR FISH THAT COMES FROM A RECOGNISED MARINE  
OR AQUACULTURE STEWARDSHIP SCHEME

Do not source species that have been overfished.