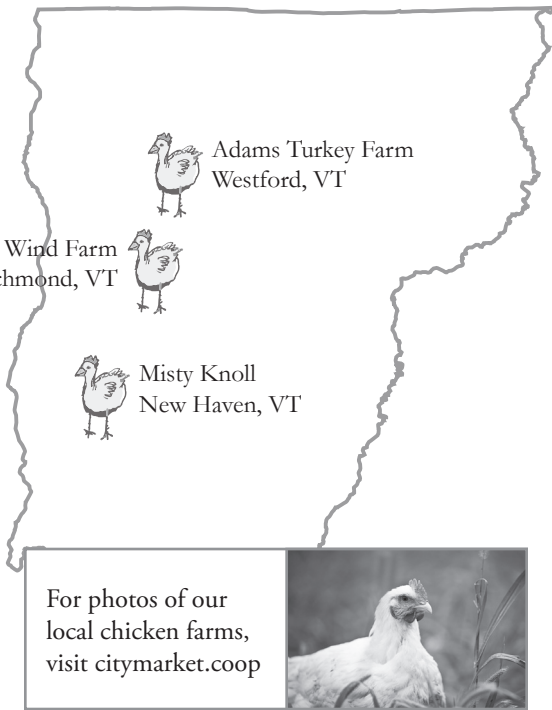


## our Local chicken farms



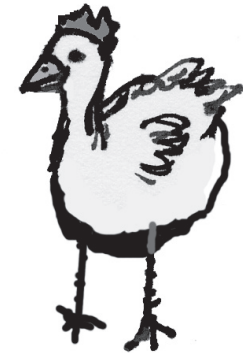
### Why is Local chicken more expensive?

Our local chicken farmers operate at a small scale, especially when compared with the agribusiness factory farms that raise the majority of the chicken sold in the United States. This means that our local farmers can't achieve the economies of scale for labor and infrastructure that allows conventional meat to be so cheap. Also, our local producers are often farming in ways that are more responsibly both for the environment and for the farm workers – while agribusinesses maximize profits by keeping their production costs low, our local farmers often use farming methods that are more costly but more environmentally responsible, provide more humane conditions for the chickens, and provide workers with both fairer wages and safer working conditions.

### About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 12,000 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at [www.CityMarket.coop](http://www.CityMarket.coop) or call 802-861-9700.

# City Market's Chicken



We know that choosing meat can be challenging if you care about animal welfare, the environment, and food safety.

Learning where the chickens lived and what they were fed are two of the essential components in finding meat you feel good about eating.

As always, our Meat & Seafood staff is happy to answer any questions you have.



**Your Community-Owned Grocery Store**  
**82 South Winooski Avenue**  
**Downtown Burlington, VT 05401**  
**(802) 861-9700 • [www.CityMarket.coop](http://www.CityMarket.coop)**

## Where has my chicken been living?

If you are concerned about animal welfare issues, it's important to pay attention to the chicken's living conditions.

### Conventional

Most conventional poultry farmers raise their birds indoors in big barns or warehouses. Living conditions in these barns range from healthy and humane to crowded and unsanitary, depending on the farmers' management practices. Some barns are very crowded: agribusinesses provide an average of 0.75 square feet per chicken. Misty Knoll raises chickens in barns without outdoor access due to concerns about chicken health, but provides more room per bird (around 1.75 square feet per bird).

### Free Range

Farmers sometimes raise chickens indoors but allow the chickens access to the outdoors. Outdoor access is required for organic producers if they are not already raising their chickens outdoors. We don't currently have any local farmers that use this method but national organic brands, such as Organic Smart Chicken, use these practices.

### Pastured

Many Vermont farmers raise their chickens outdoors – sheltering the birds at night in coops or mobile chicken tractors while giving them ample space to run around on grassy pastures during the day. Farmers integrate their birds into strategies to improve the soil health of their farm: as the poultry moves from one pasture to the next, their manure fertilizes future crop land. Fresh pastured chicken is usually available only on a seasonal basis as the farmers raise the birds in the summer and fall when the weather is good enough for the birds to be outside. By winter, fresh pastured chicken is no longer available, though frozen meat may be.



## What has my chicken been eating?

All chickens eat grain, even if they've been raised on grassy pasture. Unlike pastured cows, which can be entirely grass fed, pastured poultry still eats grain to provide 80-90% of their calories. If you want to know more about the meat you eat, find out what kind of grain the chicken has been eating (organic or conventional). If the chickens are fed antibiotics or arsenic to promote growth, those drugs will be mixed in with the feed as well.

### Organic or Conventional Grain?

If you want to avoid genetically modified (GMO) crops, it's important to select certified organic chicken. Certified Organic birds must be fed organic grains which are grown without synthetic pesticides from non-genetically modified seeds. Conventionally raised chickens are fed conventional grains, the vast majority of which are genetically modified (90% of the soy and 80% of the corn grown in the United States is now GMO.)

### Antibiotics?

On many conventional farms, chickens live in crowded and unhygienic barns alongside thousands of other birds. To keep the chickens healthy in these cramped quarters, as well as to make them grow faster, birds are fed antibiotics on a daily basis. The Union of Concerned Scientists now estimates that 70% of all the antibiotics used in the United States are fed to chickens, cattle, and hogs. These antibiotics are the same ones we humans rely on when we get sick, leading to concerns that antibiotics are losing

effectiveness due to their overuse. In addition, studies are increasingly finding antibiotic-resistant bacteria contaminating meat in grocery stores. Want more info? Visit <http://s.coop/antimicrobialsinmeat>

**None of our local poultry farmers use antibiotics on a day-to-day basis in their operations. Misty Knoll Farm uses antibiotics infrequently when there are health issues in the flock (they have not needed to administer antibiotics within the last few years). All Certified Organic farms are prohibited from using any antibiotics.**

### Arsenic?

It may be hard to believe but, over the last 60 years, arsenic has become a regular component of conventional chicken feed – added to make the chickens grow faster and treat a common intestinal disease. Chicken industry groups argue the arsenic is safe. New scientific research, however, raises concerns that the arsenic poses significant risks for human health and the environment. Want more info? Visit <http://s.coop/foodwaterwatcharsenic>

**None of our local chicken farmers use arsenic in their operations. Also, all Certified Organic farms are prohibited from using arsenic.**

### Hormones?

Luckily, artificial grown hormones are never a concern when selecting chicken. Federal regulations prohibit the use of artificial hormones when raising poultry.

|                   | Location  | Certified Organic? | Flock Size* | Are the chickens living on pasture? | Can the chickens go outside? | Is the chicken feed antibiotic free? | Is the chicken feed GMO free? |
|-------------------|-----------|--------------------|-------------|-------------------------------------|------------------------------|--------------------------------------|-------------------------------|
| Misty Knoll       | New Haven | no                 | 225,000     | no                                  | no                           | yes                                  | no                            |
| Adams Turkey Farm | Westford  | no                 | 2,000       | no                                  | no                           | yes                                  | no                            |
| Maple Wind Farm   | Richmond  | no                 | 16,000      | yes                                 | yes                          | yes                                  | yes                           |

\* Flock Size = number of birds raised annually