



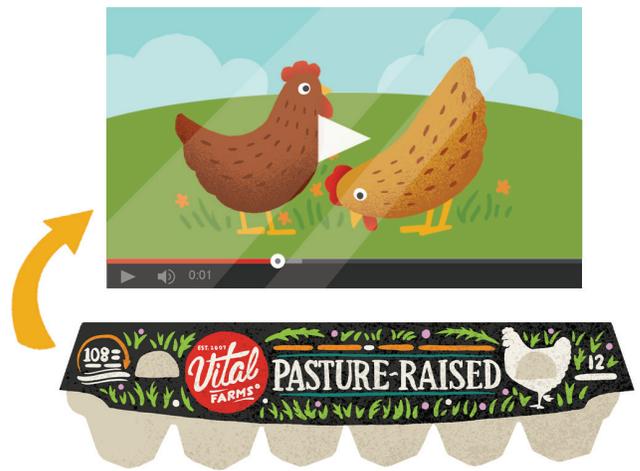
ACTIVITY GUIDE

AGES 9+ | ACTIVITY 1

Follow the steps below to see a real Vital Farms farm, and learn more about how the hens live and thrive in their pastures.

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- 1 Grab a carton of Vital Farms eggs.
- 2 Find the farm name on the side of your egg carton.
- 3 Visit www.vitalfarms.com/farm on a computer or smartphone.
- 4 Type the farm name into the device.
- 5 Enjoy the video of the hens who laid your eggs. (*Psst: don't forget to turn the volume up!*)



No carton? No problem! Use the farm name "Lukes Chickens" to complete the activity.

WHAT DO YOU SEE? WHAT ARE THE HENS DOING?



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Every Vital Farms hen spends their days outside enjoying fresh air and sunshine. Read below to learn more about our farms and the lives our hens get to experience!

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DID YOU KNOW?

- Every pasture is different. So is every hen. Each Vital Farms pasture includes spaces for hens to do all the things they like best. The hens love to fill their days with activities that make them feel energized and refreshed. Sometimes they prefer the company of others, and other times they'd rather go it alone. In open pastures, they have the space to do what they like when they want.
- Tall trees provide shade from the warm sun, and protection from predators in the sky.
- Areas of heavy brush are great for digging and foraging. (There are a lot of bugs and worms that hens like to eat living in and beneath the brush.)
- Hens also get good exercise climbing fallen limbs and logs. These are like jungle gyms for hens, who are actually descended from jungle fowl!
- Hens enjoy the occasional dust bath, where they fluff their feathers and move around in the dirt to clean off oil, grit and parasites.
- Every 21 days, we move our hens to a different section, or paddock, of the pasture to enjoy a fresh new landscape while the grasses in the previous paddock grow back in, ready for the next time around. This is called pasture rotation, and it's an important part of keeping the land healthy.





ACTIVITY GUIDE

AGES 9+ | ACTIVITY 2

Track and trace your breakfast! Use this space below to list the foods you ate for breakfast this morning. What research can you do to find out where they came from, and how far they travelled to reach your plate?



WHAT DID YOU EAT OR DRINK? WHERE DID IT COME FROM? HOW FAR DID IT TRAVEL?

	WHAT DID YOU EAT OR DRINK?	WHERE DID IT COME FROM?	HOW FAR DID IT TRAVEL?
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____

USE THIS SPACE TO RECORD ANY RESEARCH YOU FIND!





ACTIVITY GUIDE

AGES 9+ | ACTIVITY 3

Not all egg-laying hens spend their days enjoying the fresh air and sunshine. Learn more about the different types of eggs on the grocery store shelf.

Vital Farms eggs are described as pasture-raised. That means each hen gets at least 108 sqft of open pasture to roam outdoors year-round. Hens love to be outside to explore and to eat lots of natural grasses, nutritious seeds and tasty critters. That's called foraging, and all Vital Farms hens have the freedom to forage from sun-up to sun-down. Giving each hen that much space also means there's enough land for pasture rotation which keeps the land naturally healthy. Unfortunately, not all eggs come from hens who are raised this way. And it's hard to know what some of the labels mean. Let's take a closer look:



PASTURE-RAISED

**108 SQFT PER BIRD WITH
FULL OUTDOOR ACCESS**

Pasture-raised eggs are laid by hens who get to spend their days outdoors on fresh pastures. Each hen gets at least 108 sqft each and lives a happy, healthy life.

CAGE-FREE

**1 SQFT PER BIRD WITH
NO OUTDOOR ACCESS**

It might sound nice to be "cage-free" but cage-free hens typically only get about 1 sqft per hen. This means thousands of hens are crammed in a barn that feels more like a warehouse. These hens never get to go outside.



ACTIVITY GUIDE

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Time to quiz yourself on all your new knowledge. How well can you remember the differences between cage-free and pasture-raised?

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WHAT DO HENS LIKE TO DO?

HOW MUCH ROOM DOES A CAGE-FREE HEN GET?

HOW OFTEN DO CAGE-FREE HENS GO OUTSIDE?

HOW MUCH SPACE DOES A PASTURE-RAISED HEN GET?





ACTIVITY GUIDE

AGES 9+ | ACTIVITY 4

Spend some time in a hen's shoes — er, feathers. Do you like being squished into a tiny space? Or would you rather have lots of room to stretch out?

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Need: Tape and a ruler, yardstick or measuring tape

Note: Ask an adult where you can do this activity. It's important to only tape a surface that won't be damaged – outside is good, hardwood floors probably aren't!

- 1 Grab some tape and a ruler. Make a square on the floor – each side of the square should be one foot long. Sit inside it. Tight fit? Imagine you're a cage-free hen living in this much space.
- 2 Double the square's size. Each side of the square should be two feet long. Sit inside it. How long could you happily live in this square? Minutes? Hours? Days? A free range hen lives their life in this space.
- 3 Make a starting mark with tape. Now measure 10'4" from the starting mark, and make an ending mark. Imagine a square with all four sides this long. Compare this outside space to life inside a cramped warehouse. This is why pasture-raised hens are happy hens!

