

Monthly eBlast for followers and supporters of the Food Shed Co-op - August 19, 2022

1502 OWNERS AND COUNTING!

Click [HERE](#) or on any *Become an Owner* button!

Decoding Egg Labels *by Peter Waldmann*

We have all seen the labels printed on egg cartons, so what do they mean?

The Cage-Free eggs label indicates that hens were not kept in battery cages (the battery cage system is a poultry housing system in which chickens are kept in compartment units) but instead allowed to move



about the egg production barn. Cage-Free does not mean hens were given access to the outdoors. The USDA regulates this label and means “Hens can move freely within the building/hen house and have unlimited access to food and fresh water during their production cycle.” Under this term, however, the USDA offers no space requirements for laying hens.

Free-Range eggs mean that hens must be given access to outdoor space. Outdoor access does not have to be provided every day. The USDA regulates the Free-Range label. It acknowledges “continuous access to the outdoors during their production cycle, which may or may not be fenced and covered with netting-like material.” This is one step above cage-free, but it still gives no specification to how many times they go outside.

The Pasture-Raised label represents the most ethical method of raising chickens. In pasture scenarios, chickens generally have access to the outdoors daily; conditions in these facilities can vary. These hens can forage, take dust baths, and live more naturally. While many assume that this is the best option, Pasture-Raised is a term that USDA does not regulate. However, when coupled with Certified Humane label, it is the best option you can buy at the grocery store.

There is another simpler option, take a trip to the farmer's market and get your eggs straight from a local farmer.

Become an Owner



We are getting ready to build your McHenry County community-owned grocery store. Buying and eating local foods is better for your health and community!

We need your support please click [HERE](#) to join our mission.

Events

Farmers Market at the Dole

Sunday, August 28, 2022 at 10:00 AM

Sunday, September 18, 2022 at 10:00 AM

Sunday, September 25, 2022 at 10:00 AM

Sunday, October 9, 2022 at 10:00 AM

Sunday, October 30, 2022 at 10:00 AM

Dole Mansion in Crystal Lake, IL

The Food Shed Co-op is proud to be joining local farmers at the Farmers Market at the Dole! We will be manning a table at the market to find new

owners and inform the public of our up-and-coming store.

2022 McHenry County Farm Stroll

Sunday, September 25, 2022 at 10:00 AM

Various Locations

The Farm Stroll is organized by the McHenry County Farm Bureau and the University of Illinois Extension McHenry County Master Gardeners. Extension Master Gardener and 4-H volunteers will be onsite to assist farm families in accommodating guests and conducting demonstrations and tours.

The Green Living Expo

Saturday, November 05, 2022

McHenry County College, 8900 US Hwy 14, Crystal Lake

The Green Living Expo is in person this year! Click [Here](#) for more information or to register your green business

Notice:

The *Food for Thought* newsletter will be published twice per month. Look for it on the 2nd and 4th Friday of each month...



Help us spread the word about our community owned grocery store by sharing our posts with your followers on social media. And why not [BECOME AN OWNER](#) now?



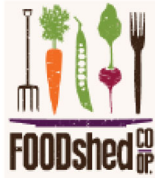
Mission

Our mission is to build a LOCAL food COOPERATIVE promoting a HEALTHY, ETHICAL and RESILIENT COMMUNITY.

Core Values

- *Promote and foster better food choices*
 - *Cultivate and strengthen our local economy*
 - *Inspire and empower community*
 - *Champion environmentally responsible practices*
-

Cooperatively yours,
Food Shed Co-op Board



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