



Tired of being packed in...?

Viva!

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...imagine it 24 hours a day, 7 days a week, for the rest of your life

You spend only a short part of your day in a metal box. Imagine living your whole life in one with not a single window onto the outside world. That's the life of caged, egg-laying hens. You may have heard that many supermarkets are to phase out cages – but not for many years. So is free range the answer? Not according to our undercover investigations. Most free-range hens remain incarcerated in huge sheds and never go outside. However, there is a solution.

Don't eat eggs!

Viva!

For alternatives to eggs go to [viva.org.uk/cracked](http://viva.org.uk/cracked)

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