



**Humane
World for
Animals™**

Formerly called the
Humane Society of the United States
and Humane Society International



Compassionate eating

**How to read food labels, make plant-based
meals and support farm animals**

Table of contents

| | |
|---|-----------|
| Introduction | 3 |
| How to decipher food labels | 4 |
| U.S. labels that convey information about animal welfare standards | 4 |
| U.S. labels that do not convey information about animal welfare standards | 6 |
| Common conditions for chickens, pigs and cows | 6 |
| What's the difference between egg labels? | 6 |
| Plant-based recipes from around the world | 9 |
| How food companies stack up | 16 |
| What else can I do to help farm animals? | 18 |

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Introduction

When you care about animals, every trip to the grocery store can feel like a constant struggle between nourishing yourself and helping millions of farm animals in factory farms. It can be hard to distinguish what food labels actually mean. That's why we created this helpful e-book, filled with practical, compassionate advice to support you and your family every step of the way. Inside these pages, you'll find tips for how you can make more compassionate choices when you grocery shop, cook at home and dine out at restaurants. Whether you're dipping your spoon into plant-based eating or looking to expand the ways you support animals, these resources will help you make the world a kinder place and live a more humane life.

We hope you enjoy this selection of articles we've carefully chosen for you, written by the experts at Humane World for Animals. These articles represent just a small fraction devoted to the topic of animal welfare and humane living on our website. Please visit humaneworld.org to find more resources like these.

Together, we can end animal cruelty.

The animals we share our planet with are sentient beings deserving of respect and kindness. Whether we're welcoming a pet into our homes or filling our plates, we must consider how our actions affect the lives of animals. Many people don't think twice about providing attention, care and enrichment to pets—but there are countless animals who never experience even the most basic of these necessities.

Cows, chickens and pigs in factory farms endure short, painful lives in extreme confinement for the sake of maximizing profits. In factory farms, mother pigs are kept in metal crates so narrow they can't even turn around; they're moved from tiny crate to tiny crate for every litter of piglets until they are sent to slaughter at just 5 or 6 years old. Hens used for egg production are crowded into small wire cages, while chickens raised for meat

have been bred to grow so fast that they suffer from painful and debilitating leg disorders and lameness.

Dogs languishing in puppy mill breeding operations endure confinement in filthy cages, often without access to fresh water or adequate food. Mother dogs are bred repeatedly, and many are never let outdoors to breathe fresh air or feel grass beneath their paws.

Wild animals—though allowed to live free—aren't always free from human exploitation. Lions, elephants and bears are hunted to wind up as wall trophies. Other wild animals are killed for their horns, fins or internal organs to be consumed as a delicacy or used in medicines of dubious effectiveness.

Together with our supporters, we continually strive to end these abuses and more. We are encouraged by the amazing progress our dedicated efforts have made over the years toward bringing relief to suffering animals. This is a direct result of rescue operations and advocacy campaigns to create awareness and enact laws to end such practices once and for all.

As an animal lover, we know you're outraged by the conditions facing voiceless animals around the globe. The good news is we are working tirelessly with the dedicated support of our generous donors to confront the worst cases of cruelty and neglect to give animals the respect they deserve.

We sincerely hope you'll consider joining us.

Together, we tackle the root causes of animal cruelty and suffering to create permanent change.

Stay up to date with [email](#) and [text message](#) alerts.



How to decipher food labels

Which meat, dairy and egg products are most humane? What do “cage-free” and “humanely raised” really mean? Here’s how these labels give you information about the producers’ animal welfare standards.

The overwhelming majority of meat, eggs and dairy consumed around the world comes from industrial factory farms, where animals are kept in extremely small spaces and subjected to other cruel treatment.

Packaging for animal products frequently contains phrases or images meant to signify higher animal welfare standards, but many of those claims are misleading. Here’s what cage-free, free-range, certified organic, certified humane and other common labels really mean.

What do animal welfare labels on meat, dairy and eggs actually mean?

Animal product labels may convey information about antibiotics, hormone usage, housing (e.g., cage free, pasture raised), and diet. Not all labels are regulated, and some labels leave room for interpretation by the producer (e.g., some labels might convey that the animals have outdoor access but do not define how much or how often).

Animal welfare labeling can be confusing—and it varies significantly from country to country. What follows reflects the labeling standards and certifications most commonly found in the United States. Even within the U.S., oversight and enforcement vary: Some terms are backed by third-party audits,

while others are largely unregulated and used more as marketing tools than indicators of meaningful animal care.

Many countries lack clear, enforceable definitions for terms like “free-range” or “humane,” making it difficult to know how animals were truly treated. That’s why, wherever you live, it’s important to look for third-party certifications with strong animal welfare standards and to stay informed about what labels really mean in your region. Choosing labels like “vegan,” “certified vegan,” “vegan-friendly,” “certified plant-based” and “cruelty-free” will make an actual impact.

Ultimately, the most reliable way to reduce animal suffering is to reduce demand for animal products altogether. But when you do choose to buy them, selecting the most welfare-conscious options available helps send a message that compassion matters.

U.S. labels that convey information about animal welfare standards

Certified Humane*: The Certified Humane standards include minimum space allowances, bedding material and environmental enrichment (e.g., hay bales, pecking blocks and perches for chickens) among dozens of other basic requirements for animal health and nutrition. Animals are never confined in cages or crates and are free to display natural behavior. Farms are inspected by trained auditors.

Global Animal Partnership*: This multi-tier animal welfare program reflects stricter standards as the level rises from 1 to 5. The baseline (level 1) prohibits cages, crates and crowding while levels 2-5 require further welfare improvements. To reach level 2, farms must provide environmental enrichment and at level 3, they must provide seasonal outdoor access. Level 4 requires production systems to be pasture-based, and levels 5 and 5+ have additional requirements such as the elimination or reduction of painful procedures, including castration. All levels have requirements around basic care and nutrition, and farms are inspected by third-party auditors in every season of the year.

USDA Organic*: Animals are provided room to perform natural behaviors and year-round outdoor access, are fed organic feed, and are not given hormones or routine antibiotics. (If a sick animal is treated with antibiotics, the animal and its products must not be sold under the organic label.) This seal includes animal welfare requirements and prohibits routine mutilations (including de-beaking of poultry and face branding of cattle) and only permits practices, such as tail docking in pigs, when documentation demonstrates alternative methods failed to prevent harm to the animal. The USDA Organic label is protected by law, inspected by experts, traced from farm to store and shaped by public input.

USDA Certified Grass Fed*: Animals have continuous outdoor access during the growing season and can only be fed grass and forage, with the exception of milk before weaning. This term does not provide guidelines for other aspects of animal welfare, such as confinement outside of the growing season.

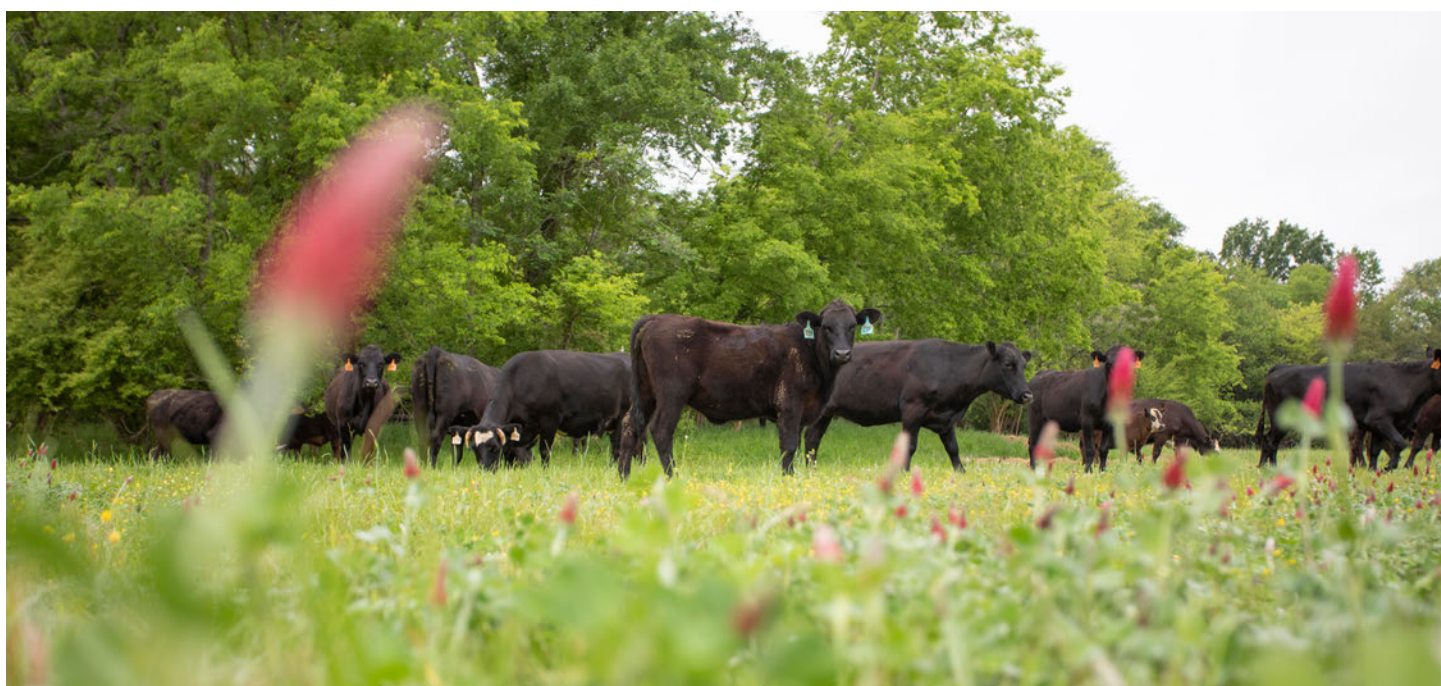
Pasture-raised: These animals have continuous free access to the outdoors throughout their usual “grow-out period.” The term does not define any standards for how much space each animal should be provided, nor the quality of the land accessible to the animals. Although pasture-raised animals are not kept in cages or crates, this term does not provide guidelines for other aspects of animal welfare.

Free-range: Animals raised in a “free-range” environment are given access to the outdoors for at least 51% of their lives. The term does not define any standards for how much space per animal or how frequently outdoor access must be provided, nor the quality of the land accessible to the animals. Although free-range animals are not kept in cages or crates, this term does not provide guidelines for other aspects of animal welfare.

Cage-free: Hens who are raised cage-free can move freely indoors and usually have access to perches, nest boxes and loose litter during their production cycle. This label does not define how much space each bird is provided unless accompanied by a third-party seal such as Animal Welfare Approved, Certified Humane, Global Animal Partnership or United Egg Producers.

Hormone-Free, rBGH-Free, rBST-Free and

No Hormones Added: These labels on dairy products mean the cows were not given artificial hormones to increase milk production. These practices are not relevant for chicken, turkey or eggs as producers are not legally allowed to use hormones.



U.S. labels that do not convey information about animal welfare standards

Humanely raised: The USDA does not define this term (though it accepts USDA Organic certification as verification), so it has little relevance unless accompanied by a seal from a trusted third-party program.

Natural and naturally raised: This label claim is defined by the U.S. Department of Agriculture as products containing no artificial ingredients or added colors. It does not convey information about animal welfare.

Vegetarian-fed: This term means that the animals' feed is free from animal products. (Slaughterhouse leftovers are often fed to other factory farmed animals.)

**Verified by independent auditors*

What's the difference?

Operations that follow industry standards are often the worst confinement facilities compared with more humane housing found on farms with higher animal welfare standards.

Chickens

Laying hen battery cages

Cages house multiple birds each, confining hens so tightly that they can't turn around or spread their wings. Hens live their entire lives on barren wire.

Cage-free housing

Although crowded and entirely indoors, hens can spread their wings, take "dust baths" on the floor, lay their eggs in nests and fly up to roost off the ground at night.

Pasture-raised

Each hen has access to outdoor space with a substantial cover of living vegetation.

Pigs

Gestation crates

Mother pigs are unable to socialize or even turn around. They're so tightly confined that when they lie down to sleep, their udders or legs often protrude into neighboring crates.

Group housing

Pigs have room to walk around in common areas and are free to socialize and display natural behavior.

Pasture-raised

Pigs have unconfined access to outdoor pasture and living vegetation throughout their life.

Cows

Veal crates

Veal crates are barely larger than the calves' bodies. Calves are often chained by the neck and can't turn around, walk, play together, lie down comfortably or breathe fresh air for their entire lives.

Group housing

Group pens allow calves to stretch, lie down, groom themselves and socialize with other calves. These barns often receive natural sunlight and have year-round ventilation.

What's the difference between U.S. egg labels?

Except for USDA Organic (which requires outdoor access and is therefore cage-free), the U.S. government does not set requirements for welfare claims on egg carton labels. However, there are five independent animal welfare certification programs that offer egg producers varying levels of certification. Certifications may convey information about the amount and quality of space chickens are provided and whether producers practice beak cutting or forced molting through starvation.



Egg label meanings

Animal Welfare Approved

Animal Welfare Approved has the highest baseline standard of any third-party auditing program. This program of A Greener World prohibits forced molting through starvation and beak cutting, as well as feed containing meat or animal byproducts.

- Each hen must have 1.8 square feet (259 square inches) of indoor floor space and must be able to nest, perch and dust-bathe
- Birds must have continuous access to an outdoor area for ranging and foraging
- The outdoor space must be covered by growing vegetation and must provide at least 4 square feet (576 square inches) of space per bird
- Suppliers must follow requirements for stocking density, perching and nesting boxes

Global Animal Partnership

[Global Animal Partnership](#) is a multiple-tier animal welfare program that reflects stricter standards as the level rises from 1 to 5.

Step 1

- Prohibits cages
- Each hen has 1.5 square feet
- Requires litter so hens can dustbathe, perches and nest boxes

Step 2

- Step 1, plus farms must provide environmental enrichment

Step 3

- Steps 1–2, plus farms must provide seasonal outdoor access

Step 4

- Steps 1–3, plus production systems must be pasture-based
- Beak cutting is prohibited

Step 5 and 5+

- Steps 1–4, plus more welfare outcome assessments required

Certified Humane

Run by Humane Farm Animal Care, the [Certified Humane](#) program offers three levels of certification. All prohibit forced molting through starvation but allow beak cutting. Third-party auditing verifies compliance.

Regular (cage-free)

- Birds are uncaged inside barns
- Birds must be able to nest, perch and dust-bathe
- Suppliers must follow regulations for stocking density, perch numbers and nesting boxes

Free-range

- Birds must have access to an outdoor area for at least six hours each day
- Each hen must have at least 2 square feet (288 square inches) of outdoor space
- The outdoor space doesn't need to have any living vegetation

Pasture-raised

- Birds must be pastured for at least six hours each day
- Each hen must have at least 108 square feet (15,552 square inches) of pasture
- The pasture must be covered mainly with living vegetation

Food Alliance Certified

The [Food Alliance Certified](#) program prohibits forced molting through starvation but allows beak cutting. No meat or animal byproducts are permitted in feed. Third-party auditing verifies compliance.

- Birds are cage-free and must be provided with at least 1.23 square feet (117 square inches) of floor space each
- Birds must have access to natural daylight or an outdoor area for at least eight hours per day
- Outdoor spaces must have living vegetation
- Birds must be able to nest, perch and dust-bathe
- Suppliers must follow requirements for stocking density, perching and nesting boxes

American Humane

[American Humane Certified](#), a program of the American Humane Association, prohibits forced molting through starvation but allows beak cutting and the use of cages. Third-party auditing verifies compliance.

Enriched colony cages

- Hens may be confined to cages. They must have 0.8 square feet (116 square inches) in each individual “furnished cage”: smaller than a legal-sized sheet of paper. Scientific evidence
- Suppliers must follow some requirements for perching and nesting boxes

Cage-free

- Birds are free to roam uncaged in barns
- Each hen must have 1.25 square feet (180 square inches) of floor space and access to perches and nesting boxes

Free-range

- Each hen must have 21.8 square feet (3,139 square inches) of outdoor space
- No minimum period of outdoor access is specified

Pasture-raised

- Each hen must have 108 square feet (15,552 square inches) of outdoor space on a pasture with a substantial cover of living vegetation
- No minimum period of outdoor access is specified

United Egg Producers Certified

Most of the U.S. egg industry complies with [United Egg Producers Certified](#), a voluntary program that permits inhumane practices. The certification prohibits forced molting through starvation but allows beak cutting. Third-party auditing verifies compliance.

Caged

- Each hen has 0.46 square feet (67 square inches) of cage space: smaller than a sheet of paper. Restricting hens to these barren battery cages prevents them from perching, nesting, foraging.

Cage-free

- Birds are uncaged inside barns but may be always kept indoors
- Each hen must have at least 1 square foot (144 square inches) of floor space
- Some perching and nesting requirements exist

Read this [article](#) online.



At White Oak Pastures in Bluffton, Ga., chickens are housed in open green fields to allow the birds fresh grounds to scratch for food.



Plant-based recipes from around the world

We know that choosing more plant-based options helps animals and the environment, and supports your health. The following collection of recipes is from our team members around the world.

Garbanzorizo

Recipe by Chef Eddie Garza-Buchting

Ingredients

1 1/2 tablespoons olive oil
1/4 teaspoon salt
1/2 cup yellow onion, finely chopped
4 garlic cloves, minced
1/2 teaspoon ground cumin
1/4 teaspoon dried thyme
1/2 teaspoon dried oregano
1/4 teaspoon black pepper
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1 teaspoon ground coriander
1/2 teaspoon paprika

1/2 teaspoon chipotle chili powder
1 teaspoon chili powder
2 1/2 tablespoons sun-dried tomatoes, finely chopped
1 can (440 grams) chickpeas, drained and rinsed
1 teaspoon tamari sauce
2 teaspoons apple cider vinegar

Instructions

1. Heat oil in a pan over medium heat. Add onion, garlic, and salt; cook for 5–6 minutes or until golden.
2. Add dry spices and dried tomatoes; mix well.
3. Add chickpeas, tamari, and vinegar; stir until combined.
4. Slightly mash the mixture until the chickpeas crumble; mix well and cook for 5–7 minutes, stirring occasionally.
5. Serve “garbanzorizo” for breakfast in sandwiches or taquitos, or for lunch and dinner in tacos or as a topping on pizza.

Carrot lox

Recipe by Humane World for Animals Canada

Ingredients

- 6 carrots
- 2 cups coarse sea salt
- 2 tablespoons olive oil
- 1 tablespoon liquid smoke
- 1 teaspoon vinegar

Instructions

1. Preheat oven to 190°C (375°F).
2. Slow roast the carrots:
 - Place one cup of coarse sea salt into a small hotel pan.
 - Keeping carrots unpeeled, rinse well and place them wet into the salt, making sure that the carrots are nestled in the salt and do not make contact with the bottom of the pan.
 - Pour about another whole cup of salt evenly over the carrots to ensure they are fully covered in salt.
3. Place into the oven to roast, uncovered, for 1 hour and 30 minutes.
4. Once done, allow the carrots to cool just enough to be handled. Crack away and brush off any salt, then peel away the skin.
5. Using a mandolin or sharp knife, finely chop the carrots into jagged, thin strips lengthwise.
6. Marinate the carrots:
 - Whisk together the olive oil, liquid smoke, and vinegar.
7. Drizzle over the warm carrots and toss well to coat. Place in the refrigerator for 24 hours.
8. Serve on bagels with nondairy cream cheese.

Serves 4



To-feta

Recipe by Jenny Chandler

Ingredients

- 400 grams pressed tofu (press for at least an hour)
- 1/4 cup water
- 1/4 cup lemon juice
- 2 1/2 teaspoons white miso
- 2 tablespoons apple cider vinegar
- 1 teaspoon dried oregano

Instructions

1. Slice the tofu and place in a container covered by the marinade.
2. Leave in the fridge for a minimum of 4 hours, but better still a couple of days.

Plant-based mayo

Recipe by Humane World for Animals Brazil

Ingredients

- 1 cup water
- 4 tablespoons unsweetened soymilk powder
- 1 tablespoon vinegar or lemon
- Salt and mustard to taste
- Oil of choice
- Diced pickles or herbs of choice (optional)

Instructions

1. Place the water, soymilk powder, vinegar, a dollop of mustard and a pinch of salt in a blender or food processor. Blend until all ingredients are mixed. Taste and adjust mustard and salt as needed.
2. Continue to blend. Add the oil gradually until you reach the desired texture.
3. Mix in pickles or herbs after blending if desired.

Yields 1 medium-sized jar

Tofu scramble

Recipe by Humane World for Animals Africa

Ingredients

400 grams firm tofu
1 tablespoon nutritional yeast
1 cup onion, chopped
1/2 teaspoon turmeric
1 teaspoon yellow mustard
1 teaspoon kala namak (black salt)

Instructions

1. Crumble the tofu to resemble the consistency of scrambled eggs.
2. Mix all the ingredients together well.
3. Cook on the stovetop at medium heat for 10 to 15 minutes.
4. Serve with toasted bread.

Serves 4



Rise and shine waffles

Recipe by Humane World for Animals

Ingredients

2 tablespoons and 2 teaspoons brown flax seed, ground
6 tablespoons water
2 1/2 cups and 2 tablespoons nondairy milk, unsweetened
1 1/2 tablespoons apple cider vinegar
2 1/2 cups and 2 tablespoons all-purpose flour
1 1/2 tablespoons baking powder
3/4 teaspoon salt
1/4 cup white granulated sugar
6 tablespoons nondairy butter, unsalted, melted
1/2 tablespoon vanilla extract
Fresh or frozen berries for topping (optional)

Instructions

1. For flax eggs: In a small bowl, combine ground flax seed and warm water. Stir and set aside for 5 minutes until mixture thickens.
2. For vegan buttermilk: In a large bowl, add nondairy milk and apple cider vinegar. Stir. Set aside for 5 minutes until mixture begins to curdle.
3. In a large mixing bowl, whisk together flour, baking powder, salt, and sugar.
4. Add flax eggs, melted butter, vanilla extract, and buttermilk mixture into the dry ingredients and gently mix the batter until just combined with a wooden spoon. Do not over-mix. The batter should be thick and scoopable. It's okay to have some lumps.
5. Using a ladle, pour waffle batter onto a hot waffle maker and cook for 5–7 minutes or until the waffle is golden brown on both sides. Spray plates with oil before adding batter if the waffle maker does not have nonstick plates.
6. Top waffles with your choice of fresh berries and drizzle with maple syrup. Enjoy!

Serves 6

Chickpea pesto mayo sandwich

Recipe by Humane World for Animals Africa

Ingredients

3 cups cooked chickpeas (drained and skins removed)
 1 avocado, pitted
 3 stalks of celery, washed and finely chopped
 4 tablespoons plant-based mayo
 2 tablespoons dairy-free pesto
 1 tablespoon lemon juice
 Salt and pepper
 Fresh herbs (sprouts or microgreens of choice)
 2 tablespoons hummus (optional)
 Lettuce leaves, whole-grain toast or whole-wheat wraps to eat the mash with

Instructions

1. In a big mixing bowl, smash the chickpeas and avocado with a fork, potato masher, or food processor until a chunky consistency is reached.
2. In a small bowl, mix the pesto into the mayonnaise.
3. Add the chopped celery, pesto-mayonnaise, lemon juice, and fresh herbs or microgreens to the chickpea-avocado mash. Mix thoroughly.
4. Season with salt and pepper according to taste.
5. Spread the hummus (optional) on the insides of two slices of bread. Add the filling along with any additional salad vegetables (such as leafy greens, tomato, cucumber, or pickles) and top with toasted nuts and seeds or onion sprinkles.
6. Close the sandwich and enjoy.

Serves 5



Tofu nuggets

Recipe by Chef Marie Tomas,
Humane World for Animals Philippines

Ingredients

280 grams extra firm tofu
 1/2 cup cornstarch or potato starch
 1 teaspoon onion powder
 1 teaspoon ground turmeric
 1 teaspoon garlic powder
 A pinch of salt and black pepper
 1/8 cup of water (or as needed)
 2 cups breadcrumbs or corn flakes
 Vegetable oil (for frying)

Instructions

1. Cut the tofu into thin, even slices and lay it out on a clean tea towel. Lay another tea towel over the top, add a baking tray, and then place a large pan full of water on top. The weight of the water will press out any excess liquid from the tofu into the tea towels. Leave for 10 minutes.
2. Prepare the coating. To make the batter, combine the cornstarch or potato starch, spices, salt, and pepper in a mixing bowl. Add the water and mix with a fork to make a thick batter. You can adjust the consistency by adding a dash more water or a little more starch if needed; the batter should be just too thick to pour, but still fairly loose.
3. In a separate bowl, pour the breadcrumbs or crushed corn flakes.
4. Heat oil over medium-high heat in a deep-frying pan.
5. When the tofu has been pressed, use one hand to coat each nugget in the batter, being sure to cover all sides, and allow any excess batter to fall off into the bowl. Drop the battered nugget into the other bowl and use your other hand to coat it in the breadcrumbs or crushed corn flakes.
6. Fry each nugget until golden brown or crispy. Serve immediately.

Serves 4

Mushroom pate rolls

Recipe by Chef Marie Tomas,
Humane World for Animals Philippines

Ingredients

4 cups shiitake mushrooms
2 tablespoons and 2 teaspoons white onion, minced
2 tablespoons and 2 teaspoons carrots, finely minced
1/4 cup soy sauce
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
25 pieces spring roll wrappers
Vegetable oil (for frying)
Salt and pepper to taste

Instructions

1. Heat the vegetable oil in a pan. Sauté onions, mushrooms, celery, and carrots until vegetables become light brown in color. Add all the seasonings and adjust the flavor with salt and pepper. Let cool.
2. Using a food processor, blend the filling until you get the consistency of a purée.
3. Place a tablespoon of your filling toward the bottom of the wrapper. Turn up each side of the wrapper, roll upward, and seal. Continue the process until you have used all the filling and wrappers.
4. Using a deep-sided skillet, heat the oil. Add the spring rolls and deep fry until golden brown.
5. Drain excess oil on a rimmed platter lined with paper towels. Serve immediately with any sauce of choice.

Yields 25 rolls



Lentil burger

Recipe by Humane World for Animals Africa

Ingredients

2 cups lentils, cooked
1 cup flour
3 teaspoons ground cumin
3 teaspoons ground coriander
3 teaspoons paprika
2 1/3 onion, chopped
1 teaspoon salt

Instructions

1. Place all ingredients except for flour into a food processor and blend until a paste starts to form.
2. Scoop the mixture into a bowl and add flour.
3. Mix well until all ingredients are combined and you can form patties with the mixture.
4. Divide the mixture into equal-sized balls and shape your patties.
5. Fry patties in a little bit of oil until crispy and brown on both sides.
6. Serve on a roll with lettuce, tomato, pickles, and plant-based dressing of your choice.

Serves 4

Meatless carnitas

Recipe by Pamela Resendiz,
Humane World for Animals Mexico

Ingredients

1 cup seitan
2 1/2 cups oyster mushrooms
2 1/2 cups button or cremini mushrooms
2 cloves garlic, minced
1 onion, finely chopped
2 oranges
3 bay leaves
1/2 teaspoon thyme
3/4 cup evaporated almond or soy milk
1/4 teaspoon cloves
1 cup fresh cilantro
1/4 cup vegan butter
1 tablespoon oil
Salt and pepper to taste
Limes, tortillas and salsa of choice for serving

Instructions

1. Finely chop one-quarter of the onion. Mince the garlic. Set aside.
2. Cut the oyster mushrooms and the button or cremini mushrooms into small pieces (approximately 1 centimeter).
3. In a large pot, add 1/4 cup vegan butter and 1 tablespoon of oil. Add the finely chopped onion and all of the minced garlic. Cook until they take on a light golden tone, then add the mushrooms. Cook until the mushrooms release moisture and begin to brown.
4. Cut the seitan into approximately 2-centimeter-sized pieces and add to the pot.
5. Cut both oranges in half. Squeeze one into the pot, and add the other one directly.
6. Add the plant-based evaporated milk, another one-quarter of the onion in a chunk, cloves, bay leaves, thyme, and pepper. Cook on high heat for about 25 minutes or until the liquid is almost completely reduced, stirring occasionally to make sure the mixture doesn't stick to the bottom.
7. Once the liquid is reduced, check and adjust the flavor to your liking. Cook for a few more minutes until the liquid reduces completely.
8. Remove from heat and serve with tortillas.
9. Accompany with finely chopped onion (use the remaining half), cilantro, squeezed lime, and salsa of your choice.

Serves 5



Khatta Meetha Kaddu

Recipe by Chef Varun Sharma,
Humane World for Animals India

Ingredients

3 1/2 cups pumpkin, peeled and cubed
2 tablespoons mustard oil
1/8 teaspoon asafoetida (or substitute with an equal mix of garlic and onion powder)
1 teaspoon fenugreek seeds
1/2 teaspoon fennel seed powder
1/2 teaspoon cumin powder
1 tablespoon ginger paste
3–4 whole red chilies
2 teaspoons salt or to taste
1/2 teaspoon turmeric
1 teaspoon deggi mirch powder (or substitute with smoked or hot paprika)
1 tablespoon coriander powder
1 teaspoon garam masala
1 tablespoon jaggery
1 teaspoon dry mango powder
1 tablespoon fresh cilantro leaves, chopped

Instructions

1. Heat oil in a pan. Add fenugreek seeds and let crackle. Add ginger paste and whole red chilies. Mix until fragrant.
2. Add asafoetida, fennel seed powder and cumin powder. Mix well.
3. Add the pumpkin cubes and stir well. Then add deggi mirch, garam masala, dry mango powder, and jaggery. Stir to combine all the spices evenly in the mix.
4. Add 1/2 cup of water. Stir and cover the pan to cook for 3–5 minutes.
5. Mix again, and add more water as needed. Cover again to cook for 5–7 minutes or until the pumpkin is soft.
6. Garnish with cilantro leaves and fresh yellow pumpkin flowers.

Serves 4

Orange cake

Recipe by Humane World for Animals Brazil

Ingredients

250 grams wheat flour
250 grams sugar
1/2 cup vegetable oil
1 1/2 cups orange juice
10 grams baking powder
Pinch of salt

Instructions

1. In a bowl, mix all the dry ingredients except the baking powder.
2. Add the oil and juice. Stir until smooth and evenly mixed.
3. Add the baking powder and mix well. Pour the mix into a greased baking pan and bake at 175°C (350°F) for about 40 minutes or until it is golden. Test with a toothpick in different parts of the cake. If the cake is done, the toothpick should come out dry.

Serves 6



Saskatoon berry pie

Recipe by Humane World for Animals Canada

Ingredients

1 cup water
4 tablespoons unsweetened soymilk powder
1 tablespoon vinegar or lemon
Salt and mustard to taste

Instructions

1. Gently toss together the Saskatoon berries with sugar and cornstarch until the berries are coated.
2. Place your bottom crust into the pie plate and fill the berries into the pie crust.
3. Cover with your crust and brush your pie crust with a neutral vegetable oil.
4. Squeeze and seal the pie seams with a fork. Cut some vents on the top crust.
5. Bake for 15 minutes at 218°C (425°F), then lower the temperature to 177°C (350°F) and bake for about 50–55 minutes more.
6. Remove from the oven and cool on a baking rack.

Serves 6



How food companies stack up

Food service companies that prioritize plant-based foods are not only positively impacting the environment but also addressing important health and ethical considerations—all important to consumers.

For the fourth year in a row, Humane World for Animals is offering its Food Service Industry Protein Sustainability Scorecard, a report that spotlights the largest food service management companies in the U.S. and reveals their tangible progress (or lack thereof) toward implementing healthier, more sustainable animal-friendly menus. By prioritizing these efforts, companies will not only reduce their environmental impact and improve the health of their consumers but also solidify themselves as socially responsible leaders in the food industry.

You can use this scorecard to guide your choices and encourage more ambitious goals from companies that serve your school, workplace or favorite venue. You can also share with others who care about creating a more humane, sustainable food system.

Our food system is an impressive yet highly exploitative machine, one that pollutes our planet just as much as it sustains us. Global food production accounts for 20% to 37% of all human-made greenhouse gas emissions, and animal products—such as meat, eggs and dairy—account for most of those emissions. They require markedly more resources, including land, water and feed, and cause more water, soil and air pollution during production. When we start to look at the big picture, we see just how large an impact even one meal has. Because of this, our country's appetite for plant-based foods is growing larger by the day; in most high-income countries, shifting to more plant-based foods promotes better health and significantly lowers your

environmental impact compared to the average meat-based diet.

While corporate sustainability policies often focus on initiatives such as composting and buying local, companies stand to have the biggest impact in reducing their carbon footprint by reducing their reliance on animal ingredients through a variety of plant-forward strategies.

The 2025 results are in

A shift toward plant-based foods is the most impactful way food companies can reduce their carbon footprint, prevent deforestation, minimize demand for water and land resources, improve food security, and preserve natural habitats. An abundance of scientific findings show replacing animal-sourced products with plant-sourced foods provides more greenhouse gas savings than using lower-carbon animal meats.

Overall, food service companies that prioritize plant-based foods are not only making a positive impact on the environment but also addressing important health and ethical considerations—all important to consumers. By offering a wider range of plant-forward meals and reducing their reliance on animal protein, these companies are demonstrating social responsibility and leading the industry.

The following companies are ranked from best to worst.

| Rank | Company name | Score | Grade |
|------|--|-------|-------|
| 1 | Guckenheimer | 465 | A+ |
| 2 | Metz Culinary Management | 445 | A+ |
| 2 | Sodexo USA | 445 | A+ |
| 3 | HHS, LLC. | 440 | A+ |
| 4 | Fresh Ideas Food Service Management | 435 | A |
| 5 | Elior North America | 405 | A |
| 6 | Aramark | 325 | B+ |
| 7 | LPM & Affiliates dba Epicurean Feast Cafés | 320 | B+ |
| 8 | Southwest Foodservice Excellence | 310 | B+ |
| 9 | Whitsons Culinary Group | 308 | B+ |
| 10 | AVI Foodsystems, Inc. | 280 | B |
| 11 | Compass Group North America | 275 | B |
| 11 | Pomptonian Food Service | 275 | B |
| 12 | Quest Food Management Services | 265 | B |
| 13 | Café Services Inc. | 255 | B |
| 14 | SLA Management | 245 | B |
| 15 | Legends Hospitality | 185 | C+ |
| 15 | Parkhurst Dining | 185 | C+ |
| 16 | Creative Dining Services | 176 | C+ |
| 17 | Delaware North Companies, Inc. | 125 | C |
| 17 | NEXDINE Hospitality | 125 | C |
| 18 | Food For Thought Enterprises, Inc. | 120 | C |
| 19 | Epicurean Group | 115 | C |
| 19 | Guest Services, Inc. | 115 | C |
| 20 | SSP America | 70 | D+ |
| 21 | Culinary Services Group | 25 | D |
| 22 | Thomas Cuisine Management | 20 | D |
| 23 | Genuine Foods | 15 | D |
| 24 | Continental Services | 10 | D |
| 24 | Pacific Dining Food Service Management | 10 | D |

| Rank | Company name | Score | Grade |
|------|--|-------|-------|
| 25 | American Dining Creations | 5 | D |
| 25 | Imagine Culinary Group | 5 | D |
| 26 | Brock & Company, Inc. | 0 | F |
| 26 | Food Management Group, Inc. | 0 | F |
| 26 | Global Connections to Employment | 0 | F |
| 26 | Great Western Dining | 0 | F |
| 26 | Healthcare Services Group, Inc. | 0 | F |
| 26 | HMSHost | 0 | F |
| 26 | Lessing's Hospitality Group | 0 | F |
| 26 | Luby's Culinary Services | 0 | F |
| 26 | Lunchtime Solutions, Inc. | 0 | F |
| 26 | Nutrition Inc. dba The Nutrition Group | 0 | F |
| 26 | Opaa! Food Management Inc. | 0 | F |
| 26 | OrganicLife | 0 | F |
| 26 | OVG Hospitality | 0 | F |
| 26 | Prince Food Systems, Inc. | 0 | F |
| 26 | Sage Dining Services | 0 | F |
| 26 | Southern Foodservice Management, Inc. | 0 | F |
| 26 | Taher, Inc. | 0 | F |
| 26 | Thompson Hospitality | 0 | F |
| 26 | Trinity Services Group | 0 | F |
| 26 | Zest Culinary Services (formerly MMI Dining Systems) | 0 | F |

To see a detailed analysis of each company and to learn more about the Scorecard process, view the [full report \[PDF\]](#).

Read this [article](#) online.



What can I do to help farm animals?

The way animals are raised and kept on farms has implications for people, animals and the environment. Here are five ways you can help.

Eat with compassion: You can make more humane choices every time you sit down to eat by incorporating more plant-based foods into your meals. Millions of people are following the [Meatless Monday program](#), eating vegan before 6 p.m. or have eliminated animal products entirely. Even eating one plant-based meal a week makes a big difference!

Support higher welfare practices: If you do eat animal products, choose only those that come from higher welfare producers. When you do buy animal products, look for certifications that ensure stronger welfare standards—though no system is perfect, labels such as Certified Humane represent important steps away from extreme confinement.

Use your voice to change the system: Factory farming is a global industry—but public pressure can change laws, corporate practices and cultural norms. Sign petitions, share what you've learned and speak up for policies that protect animals, people and the planet.

Advocate for plant-based meals in schools and institutions: Encouraging public institutions to offer more plant-based options helps reduce demand for factory-farmed animal products and makes compassionate choices more accessible to everyone.

Join our efforts: Your support makes our lifesaving work possible. Together, we can build a more humane world for every animal. Be sure you're receiving action alerts from us—we'll let you know about more opportunities to help farm animals!



Our mission

**Together, we tackle the root causes
of animal cruelty and suffering to
create permanent change.**



**Humane
World for
Animals™**

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