

Shop With Your Heart Grocery List



Whatever you eat, you can improve the lives of farm animals, whether that is by purchasing more plant-based products or seeking out brands bearing welfare certification labels that represent better farming practices and require independent audits with 100% compliance. The standards set forth by these three animal welfare certifications meet these requirements:



1. Animal Welfare Approved (AWA)



2. Certified Humane (CH)



3. Global Animal Partnership (GAP)
Steps 2 and Above

Below is a list of brands that bear the label of one or more of these certifications, along with a list of plant-based alternatives. Many are available at supermarkets across the country:*

BEEF

- Aryshire Farm (AWA/CH)
- Aspen Ridge (CH)
- Baldwin Beef (AWA)
- Creekstone Farms- Premium Black Angus Beef (CH)
- Hunter Cattle Company (AWA)
- Niman Ranch (CH)**
- Shire Gate (AWA)
- White Oak Pastures (CH/GAP Step 4 and 5+)

CHICKEN

- Aryshire Farm (AWA/CH)
- D'Artagnan- Green Circle Chicken Line (CH)
- Hunter Cattle Company (AWA)
- Mary's Free Range Chicken (GAP Steps 3 - 5)
- Murray's Chicken (CH)
- Red Wheelbarrow (CH)
- Smart Chicken- Organic Line (CH)
- White Oak Pastures (AWA/CH/ GAP Step 5+)

PORK

- Aryshire Farm (AWA/CH)
- duBreton Organic and Rustic Farm Pork (CH)
- Hunter Cattle Company (AWA)
- Jansal Valley- Smoked Bacon (CH)
- Niman Ranch (CH)**
- Vermont Smoke and Cure- Bacon (CH/GAP Step 2)
- White Oak Pastures (CH/GAP Step 5+)

TURKEY

- Aryshire Farm (AWA/CH)
- Koch's Turkey (CH)
- White Oak Pastures (CH/GAP Step 5+)

EGGS

- Alderfer's Eggs (CH)
- Blue Sky Family Farms (CH)
- Davidson's Safest Choice Cage-Free Eggs (CH)
- Egg Innovations (CH)
- Farmer's Hen House (CH)
- Giving Nature (CH)
- Green Meadow Organics (CH)
- Hunter Cattle Company (AWA)
- Kirkland Organic Eggs (CH)
- Nature's Yoke Cage-Free Eggs (CH)
- Nellie's Free Range Eggs (CH)
- Pete and Gerry's (CH)
- Phil's Fresh Eggs (CH)
- Safeway Brand Lucerne Cage-Free Eggs (CH)
- Safeway Brand Open Nature Cage-Free Eggs (CH)
- Safeway Brand O-Organic Eggs (CH)
- Stiebrs Farms (CH)
- Vital Farms (CH)
- Wilcox Farms (CH)

OTHER

- Big Picture Farm- Goat Milk Caramels (AWA)
- Niman Ranch- Lamb (CH)**
- Sir Kensington's - Mayonnaise (CH)

DAIRY

- Green Valley Organics (CH)
- Organic Pastures (CH)
- Chapel Hill Creamery (AWA)
- Consider Bardwell Farm (AWA)
- Lazy Lady Farm (AWA)

WIDELY AVAILABLE PLANT-BASED ALTERNATIVES

- Almond Breeze (Non-Dairy Milk)
- Amy's Kitchen (Mock Meat and Non-Dairy Products)
- Beyond Meat (Mock Meat)
- Boca (Mock Meat)
- Daiya (Non-Dairy Products)
- Earth Balance (Non-Dairy Products)
- Follow Your Heart (Mock Egg and Non-Dairy Products)
- Gardein (Mock Meat)
- Hampton Creek Foods (Non-Dairy Products)
- Morningstar Farms (Mock Meat)
- Quorn (Mock Meat)
- Silk (Non-Dairy Products)
- So Delicious (Non-Dairy Products)
- Tofurkey (Mock Meat)
- Tofutti (Non-Dairy Products)
- Yves (Mock Meat)

*SHOPPING AT WHOLE FOODS MARKET

· Almost all of the beef, chicken, pork and turkey sold in Whole Foods Market stores is Global Animal Partnership certified and labeled. To ensure that the product came from animals that led better lives, we advise only buying products bearing the GAP (Step 2 and above) logo. Some brands that bear the GAP label at Whole Foods Market will appear in other stores without the logo. That may be a packaging choice or it may mean that those animals were not raised to the GAP standards.

Note: This list is provided for informational purposes only, and is believed to be accurate as of the time posted. Listing of a welfare certification or brand does not mean that there is any affiliation or endorsement between the ASPCA and the listed company. The ASPCA makes no representation or warranty whatsoever regarding any certification program or brand listed above, and you agree to hold the ASPCA harmless from any and all claims based on the information set forth herein.