

**Food Lovers Free Range Lamb** is a term which denotes a method of farming husbandry where the animals can roam freely for food, rather than being confined in a feedlot.

**Food Lovers Grass Fed Beef** is the term used to describe the feeding regimen for livestock raised on grass, green or range pasture, or forage in a free range environment throughout its life cycle with limited supplemental feeding allowed. As it is necessary to ensure the wellbeing of the animals at all times. Limited supplementation is allowed during adverse environmental conditions or in winter months.

The main Objective of both Protocols is to promote the 5 Basic freedoms and to ensure that animals are reared in a free range environment.

At Fruit and Veg City we believe that an animal's welfare, whether on farm, in transit, or at a place of slaughter should be considered in terms of 'five basic animal welfare fundamentals'

1. **Freedom from hunger or thirst** by ready access to fresh water and a diet to maintain full health and vigour
2. **Freedom from discomfort** by providing an appropriate environment including shelter and a comfortable resting area
3. **Freedom from pain, injury or disease** by prevention or rapid diagnosis and treatment, the use of sub therapeutic antibiotics are not permitted. Treatment may be given to sick or injured animals provided that the withdrawal periods are strictly adhered to.
4. **Freedom to express normal behaviour** by providing a FREE RANGE environment. Growth hormones are not administered during rearing.
5. **Freedom from fear and distress** by ensuring conditions and treatment which avoid mental suffering.

**Food Lovers Free Range Lamb and Grass fed Beef** is produced in partnership with selected farmers to produce only the best quality Beef and Lamb. No supplemental hormones are used during the rearing of animals.