



# From Shell to Hell

**The short, miserable lives  
of American chickens.**

**E**very year in the United States alone, more than 8 billion chickens are slaughtered for food.

Shy and sensitive animals, almost all of them spend their unnaturally short, miserable lives crammed together in windowless sheds on factory farms, each one with less space than a standard sheet of paper.



## **WHAT'S A BROILER CHICKEN?**

"Broiler" chickens are raised and killed for their flesh. They are

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bred to grow so large so fast that often their legs cannot withstand their weight. Tens of thousands of them are forced to live in a dark shed in their own excrement among corpses of other birds who died of heart attacks, suffocation, starvation, or stress. Their natural lifespan of 15 to 20 years is cut short when their throats are slit after six or seven weeks. Many broiler chickens spend much of their lives in so much pain that they are unable to move.

# From Shell to Hell ...



Healthy hens as they should be ...



... but this is how they become ...



... after months of caged misery and—finally—starvation.

## HOW DOES EGG PRODUCTION WORK?

Only female chicks are useful to the egg industry, so males are tossed live into a grinding machine, killed with carbon monoxide, or thrown live into the trash to suffocate. Female chicks have their beaks seared off with a red-hot iron, then they're shoved into a tiny cage with three to six others in windowless sheds filled with thousands of stacked cages. They have so little space that they can't even stretch out a wing. Eighteen months and about 400 eggs later, the hens are packed into trucks and sent to slaughter. Their battered flesh is made into dog food, "chicken franks," or soup.

## CHICKEN IS NOT A HEALTH FOOD

Chicken contains as much artery-clogging cholesterol as beef (100 mg in just four ounces), and a single egg has twice as much cholesterol as a hamburger. The slaughter machines spatter bacteria-laden feces onto the carcasses so that up to 90 percent of all chicken flesh sold in the United States is swarming with salmonella, campylobacter, and other dangerous bacteria. As many as 4,000,000 Americans get sick from salmonella "flu" each year, and about 500 die. Chicken and eggs are a leading cause of foodborne illness.

## AN ECOLOGICAL NIGHTMARE

Chickens in the U.S. produce more solid manure than the entire human population. Many farms have violated environmental laws by discharging their waste into nearby rivers and streams.

## WHAT YOU CAN DO

■ If you want to make sure a chicken dinner won't poison your family—throw it away! Better yet, don't buy it in the first place. For a free vegetarian starter pack, including delicious eggless recipes, call:

**1-888-VEG-FOOD**



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