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# Vital Times

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## Into Protein? So Are Our Girls!

See How Your Diet Compares To Our Hens'.

Vital Farms hens spend their days foraging in the pastures, seeking out seasonal, native grasses like clover, rye and wild onion. They don't stop with plants, though! Our girls are voracious omnivores, and they happily snack on grasshoppers, worms and the critters and crunchies they find alongside their fresh greens.

All that hunting and pecking is happy, hungry-making work. To ensure our girls get all the nutrients they need to support their well-being and their healthy, active lifestyles, we bring in animal nutritionists to help! They guide us in crafting a supplemental feed our girls love. Available in the barn, it's there for the taking should a hen need a break from the sun or want a quick bedtime snack.

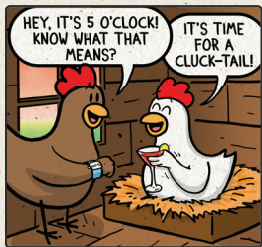
If, like our hens, you could use a protein boost, you've come to the right place! Just one large egg provides 6 grams of protein. And eggs have been called "nature's multivitamin" for a reason! They're packed with important nutrients like vitamins A, B6, B12 and D, as well as calcium, iron, phosphorus, magnesium, potassium, choline and selenium.

Greens, protein, exercise and fresh air? What's good for the girls is good for us too!



# Variety is the Spice of (Farm) Life!

It's true – every Vital Farms farm prioritizes the health and well-being of the girls. But no two farms (or pastures!) are the same! Some farms feature wide open fields beneath big blue skies, others are dotted with woodland forests, still others are tucked into foothills and blanketed with native grasses. Hens may have mountain views, pond views, or even views of waving wheat – really! But as different as the farms can look, they have one thing in common – each gives our girls plenty of space and time to explore, making every day a new adventure.



# Bird of the Month



**Admirable Aimee uses her sharp, grippy talons to perch herself high atop a fallen tree trunk.**

**OUR MISSION** is to bring ethically produced food to the table by coordinating a collection of family farms to operate with a well-defined set of agricultural practices that accentuates the humane treatment of farm animals as the central tenet.

*Do you love cooking with our pasture-raised eggs? Show off your Vital Farms creation on social and tag us!*

    @VitalFarms