

ISSUE 23 | WINTER 2021

ANIMAL BITES

INSIDE THIS ISSUE

LEARN ALL
ABOUT HEI HEI
FIND OUT HOW
CHICKENS IN NZ LIVE
MAKE AN OMELETTE
WITHOUT BREAKING
ANY EGGS!

+ TONNES MORE!

CHOOK, CHOOK, CHOOK, CHICKENS!

FUN FACTS ABOUT THESE
BEAUTIFUL BIRDS

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Animal
Squad

ALL ABOUT CHICKENS

EYESIGHT

Chickens have excellent eyesight and can see colours even better than people can. A chicken can see almost everything surrounding them, without moving their head.

SOCIAL

Chickens can recognise the faces of over 100 other chickens and people they have met before. How many faces do you think you can remember?

COMMUNICATION

Chickens can express themselves to their friends using at least 30 distinct vocalisations that have different meanings. Just like human families, chickens call to their babies, warn family members of danger and tell each other to come and get food.



BEHAVIOUR

Chickens don't wash with water, they wash with dust! They dig holes in soft, dry soil and roll around to get dust in between their feathers, then they shake it all out again to remove old skin and bugs.

FEET

Foraging is a big part of a chicken's day! They use their powerful legs and sharp claws to scratch up leaves and dirt to reveal kai, that is quickly pecked-up.

FEATHERS

Chickens can have feathers in lots of colours and patterns. Feathers help chickens keep warm, camouflage themselves, shelter their babies and show off to other chickens in their family.

HOW DO CHICKENS WAKE UP IN THE MORNING?

WITH AN ALARM CLUCK!



FEATHERY WHAKAPAPA

AREN'T ALL CHICKENS THE SAME? YES & NO!

All chickens are descended from the Jungle Fowl, who still live wild in Asia. People captured chickens from the forest around 10,000 years ago and 'domesticated' them. Domesticated chickens in New Zealand are now very different from their wild cousins because humans have intensively bred them in different ways to farm their eggs or their bodies.



CHICKS

Chicken whānau communicate and bond with each other even before the chicks have hatched. Mother hens cluck to their eggs and the babies 'peep' back from inside the egg. Chicks can also walk and feed themselves just hours after they are born.



CHICKEN RESCUED FROM A MEAT FARM



MALE CHICKS ARE KILLED WHEN THEY ARE ONE-DAY OLD BECAUSE THEY DON'T LAY EGGS



HENS RAISED FOR EGGS

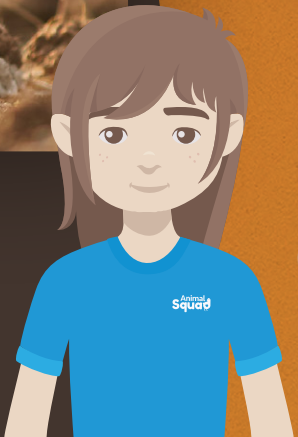


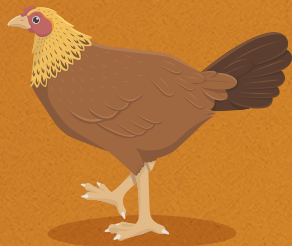
JUNGLE FOWL HEN

WHY DO HENS LAY EGGS? - BECAUSE IF THEY DROPPED THEM, THEY'D BREAK!

DID YOU KNOW?

The first Europeans to live permanently in Aotearoa were chickens! James Cook and his crew brought chickens in their ship from Britain and gave some of them to several iwi they met almost 250 years ago!





WILD CHICKENS

Wild chickens lay about 20 eggs a year

Wild chickens are small and light, weighing less than a pineapple. Roosters are brightly coloured, and hens are dark brown.

Wild chickens live around 12 to 14 years.

Wild chickens live in forests and are able to forage, dust bathe and move freely in family groups of about 20 birds.



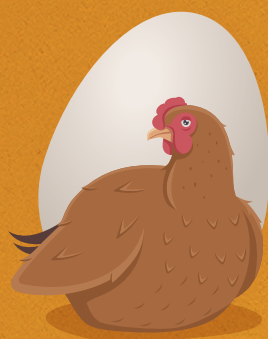
CHICKENS BRED FOR MEAT

The chickens bred for meat who are female are normally killed before they would be old enough to lay eggs.

Chickens bred for meat are mostly white and can be four times as heavy as wild chickens. This weight causes strain on their joints, often meaning they can't stand or walk normally.

Chickens bred for meat grow extremely quickly and are slaughtered at six weeks of age.

Most chickens bred for meat live in cramped barns with 40,000 other birds.



CHICKENS KEPT TO LAY EGGS

Chickens kept to lay eggs can be made to lay 300 eggs a year! This often causes painful damage to their reproductive systems and increases their risk of cancer.

Hens kept to lay eggs on farms in New Zealand are mostly reddish-brown. However, living in cages means that they often lose lots of their feathers.

All chickens kept to lay eggs are killed when they are 18 months old. Even chickens who have been rescued from farms may die before they are five years old due to the effects of having to lay so many eggs.

The majority of chickens kept to lay eggs in New Zealand are kept in small cages with up to 80 other birds.

WHERE WOULD YOU LIKE TO LIVE IF YOU WERE A CHICKEN?



TAKE ACTION

A year for chickens in New Zealand

120 MILLION KILLED FOR MEAT

4 MILLION ONE-DAY-OLD MALE CHICKS KILLED

2.3 MILLION IN CAGES TO LAY EGGS

MAKE A POSTER

Why not share your new knowledge of chickens with your friends or classmates and let them know how different types of chickens are treated in Aotearoa?



WHAT CAN I DO TO HELP CHICKENS?

CONSIDER NOT EATING CHICKENS

There are so many yummy recipes to satisfy cravings and fill you up. Why not try one and keep these beautiful birds off your plate?



CHICKEN FREE CHIC'N BURGER

WRITE A LETTER

Write to Jacinda Arden, our Prime Minister, and tell her why you think chickens in Aotearoa deserve better lives.
Jacinda.Arden@parliament.govt.nz

EGGDUICATION, GO EGG-FREE

Try making a 'flax egg.' Mix 1 Tbsp of ground flaxseed and 2 Tbsp of water then pop the mixture in the fridge for 15 minutes. Voilà! You've made a flax egg! These are perfect to replace a chicken egg when baking a cake.

KIND FOOD

CHICKPEA OMELETTES

BATTER

- 1 ½ cups chickpea flour
- ½ cup coconut milk
- ¼ cup water
- ½ tsp baking powder
- 1 tbsp tamari or vegan miso paste
- ½ smoked paprika
- 1 tsp ground turmeric
- ½ fine salt (for an 'eggier' flavour use black salt)
- 2 tbsp extra virgin olive oil

FILLING

- Garlic
- Mushrooms
- Cherry tomatoes
- Spinach
- Spring onions

TOPPINGS

- Grated vegan cheese
- Fresh basil
- Salt and pepper



HOW ABOUT A KIND, EGG-FREE BREAKFAST?

TIP: Get creative and make up your own filling and topping combinations! Aim for about 1 cup of filling per omelette

METHOD

- 1 Using a whisk, combine all the batter ingredients, except the olive oil. Whisk until smooth.
- 2 Heat the olive oil in a pan over a medium heat then pour in half the batter, allowing it to spread and bubble like a pancake.
- 3 Once bubbles appear on the surface (2 – 4 mins), turn over and cook both sides equally.
- 4 In a separate pan, lightly fry your filling ingredients.
- 5 Serve the omelette folded over with the filling inside, then sprinkle over the vegan cheese and other toppings. Enjoy!



ANIMAL SQUAD

profile

GABRIELLE (11)

Favourite Animal? Cats.

Favourite vegetarian food?

I love baking vegan muffins.

What got you interested in helping animals?

I've always loved animals and wanted them to be treated with respect. I feel really sad when I hear about the terrible things some people do to animals!

Tell us about a kind thing you have done for animals.

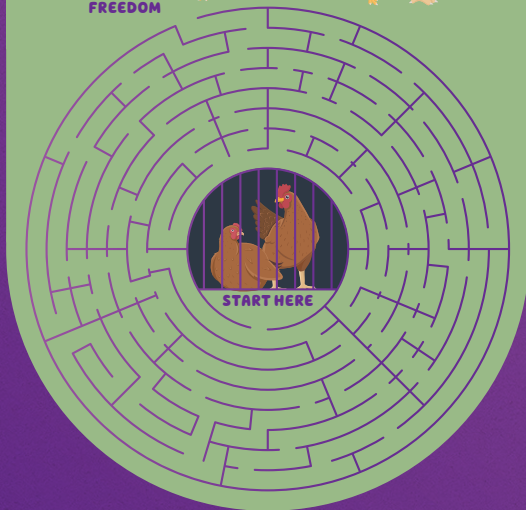
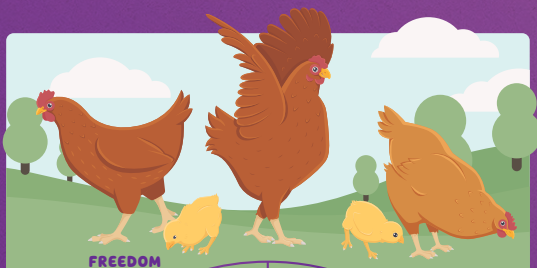
My class is going to have a movie and dinner at KFC for the end of term. I felt really sad about how we were going to support the cruel ways they treat chickens so I spoke up to the teacher. He agreed with me and I got a prize for speaking up!

Want to feature in an upcoming newsletter? Head to our website for more info!

[Safeanimalsquad.org.nz/profile](https://safeanimalsquad.org.nz/profile)

AMAZING ESCAPE

Henrietta and her cage mates are kept in cages in New Zealand for their eggs. Can you help them escape the factory farm and reach the sanctuary?



[SAFEANIMALSQUAD.ORG.NZ](https://safeanimalsquad.org.nz)

ANIMAL SQUAD

AMAZING ANIMAL ACTIONS

Great work on your hard mahi and creativity guys!



KATIE (12)

Made a kind meal for her family. Yum!



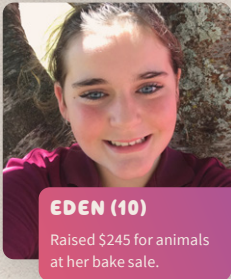
KANCHAN (12)

Grew up with cows and buffaloes in India and still raises money to help look after them.



DAISY (9)

Wants to be an animal rights lawyer when she grows up and made these vegan cookies.



EDEN (10)

Raised \$245 for animals at her bake sale.



LILLY (13)

Built this sanctuary to protect the caterpillars in her garden.

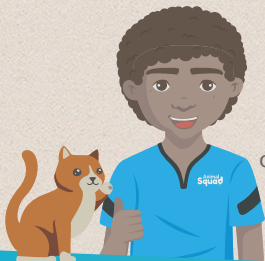


ROMAN (10)

Wrote a letter to Jacinda Arden. He told her why he thinks cows are not treated kindly in NZ.

WANT TO TAKE ACTION FOR ANIMALS, TOO?

Submit your action online and you may be featured on our website or in an upcoming newsletter. Check out the Action Kit on our website!



JOIN SAFE ANIMAL SQUAD

If you are 14 and under you can join for free.

Sign-up online at safeanimalsquad.org.nz

Or email animalsquad@safe.org.nz

Animal Squad



For Animals
Ngā Kararehe Haumaru