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# Vital Times

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## Friends to Farmers, Help to Hens

### Vital Support from Vital Farms

Our farmers don't choose the Vital Farms life because it's easy. They choose it because they believe in ethical food. And because they want to build a business their whole family can help with, and be proud of.

Their personal commitment deserves our personal support. After all, working with Vital Farms means working day-in, day-out to elevate industry standards, give every girl a healthy, happy outdoor lifestyle and deliver perfectly pasture-raised eggs. So we've created a team just for them! .....▶

Our farmer support team helps our farmers do good – and their businesses do well. They safely meet on front porches, socially distanced around dining tables or in the pastures on a

regular basis. They check on the girls and make sure our high standards are being met, but they also connect farmers with advice and information to help keep flocks and farms healthy and thriving.

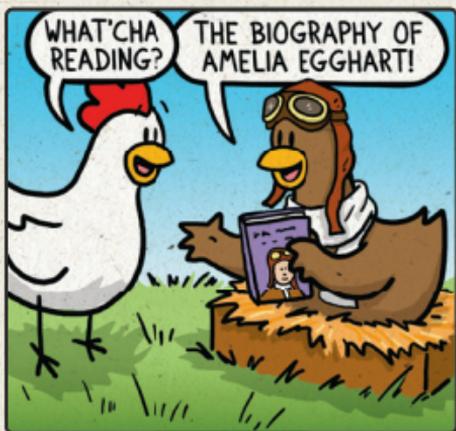
It's pretty simple. Our farmers are invested in animal welfare and doing things the right way. And we're invested in them. By bringing this carton home, you are too. Thank you for helping us take care of the families who take care of our girls.



*Photo taken pre-COVID-19*

# Feeling Cooped Up?

Unlike our hens, too many of us are spending too much time stuck inside staring at screens. When we're feeling peckish, we take a tip from our girls and go outside. Even 10-15 minutes of fresh air and sunshine can help humans concentrate better, heal faster and feel happier. And the Vitamin D we can absorb on a sunny day may even help protect against depression, cancer, heart attacks and stroke. Turns out what's good for the girls is good for us too!



## Bird of the Month



**Sophisticated Susan occasionally enjoys a little “me time” away from the rest of the flock.**

**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!*

