

Bird Nutrition

All pet birds need a varied diet. 70-90% of their diet should consist of a high quality pellet. The remaining 10-30% can consist of fresh fruit, veggies or seeds in moderation. Young birds may look all grown up but they could still be learning to forage for food and recognizing what is edible and what is not. Help them initially by placing low dishes of pellets and seeds on the cage floor. Eventually they will learn their cage set up/changes and find these new food dishes. Use both until you are confident and have seen them eating and drinking from the dishes up higher in their cage. The move to a new family, cage or schedule of what is familiar can be a stressful time. This adjustment can be made more comfortable by keeping some things consistent with their past routine (if known) and allowing periods of privacy and rest. You may wish to cover their cage at night but provide a night light as some breeds like cockatiels are prone to night frights.

Our store birds are fed a varied pellet diet consisting of; Tropicana, Tropimix & Roudybush pellets topped up daily with a good mixed seed available at all times. If you find they are picking out and just eating seeds, discontinue seeds until you know they are eating their pellets as their main diet.

Daily they are also offered a warm dish of our Ziggy's Chop, the recipe is provided below. It is topped with fresh fruits, veggies or greens. Experiment with the veggies that you have on hand and enjoy yourself. Sprouts are very nutritious and we offer a variety of options to try!

SAFE fruits, vegetables and greens

Apples	Lentils (boiled)
Beans (boiled kidney, lima, navy, pinto)	Mango
Bell peppers	Papaya
Broccoli	Pineapple
Cantaloupe	Rice (white or brown, boiled)
Carrots	Silverbeet (also known as Swiss chard)
Chickpeas (boiled)	Squash
Dandelion leaves	Sweet potatoes
Dark leafy vegetables (bok choy, carrot tops, kale, spinach)	Yams
Dates	

Ziggy's Chop Recipe

Thawed rice & bean mash (cooked recipe below)

Thawed, frozen veggies mix (corn, green beans, peas, carrots) *NO LIMA BEANS*

Hard boiled egg

Super Seed mix (hemp, chia, flax at Bulk Barn 003228)

Almond milk (added moisture)

This is offered warm then topped with fresh fruit, veggies and greens or sprouts.

Rice and bean mash recipe is:

In a large pot, or Instant Pot mix,

1 part brown basmati rice

1 part of soup mix (whole green peas, dark red kidney beans, white beans, whole yellow peas, yellow split peas, pearled barley, green split peas, green lentils, pinto beans, small red beans, black beans, long grain white rice 000450 at Bulk Barn) Quick Soak Method: For every 120 g (1 cup) of soup mix, add 750 ml (3 cups) of cold water. Slowly bring to boil and boil gently for 2 minutes. Remove from heat, cover and let stand for 1 hour. Discard soaking water and cook according to your recipe.

6 parts water.

Cook 30 minutes in a pot until soft, or 18 minutes in a pressure cooker.

Let cool and freeze in ice cube trays.

