

TREATS FOR YOUR FLOCK



FOODS TO GIVE:

- Bread – Only in small quantities, always dry and fresh
- Grains – Rice (always cooked), wheat, corn, oats
- Fruits – Almost all fruits. Watermelon, strawberries, blueberries, & apples are favorites
- Vegetables – Cooked or raw, most are safe. Dark leafy vegetables, lettuce, kale, broccoli, carrots, cucumber, pumpkin, and sweet corn, are all excellent options.
- Beans – always cooked
- Eggshells – Great source of calcium. Just make sure you crush them into small pieces.
- Eggs – Always cooked, provides great protein.
- Grass cuttings that don't have any pesticides or fertilizers applied.
- Beans – They should always be cooked.
- Herbs – Basil and oregano are great for the immune system.

FOODS TO AVOID:

- Salt and salty foods – Salt can cause excessively wet feces and be toxic.
- Processed and very greasy foods – No brainer ;–)
- Avocado pits & skins – These contain a toxin called persin which can be fatal for fowls.
- Undercooked or dried beans – May prohibit the digestion of any other foods and has a naturally occurring insecticide that can be fatal to birds, even in small amounts.
- Rhubarb – It contains anthraquinones, which can have a laxative effect.
- Garlic and onion – Onions contain thiosulphate, a toxin that can kill healthy red blood cells and will also affect your eggs' flavors.
- Raw white potatoes and peels – These contain a toxin called alkaloid solanine, so rather avoid this. Sweet potato peels are, however, safe.
- Citrus & Spinach – Citrus fruit can interrupt a ducks' ability to absorb calcium.
- Tomato & eggplant leaves – They are both members of the nightshade family and can be toxic for poultry
- The pits and seeds of many fruits – Contain small amounts of cyanide, a toxin that can be lethal.
- Dairy – To be safe it's best to avoid dairy as it could cause digestive issues.
- Chocolate, coffee, and soft drinks – Remember they are still animals :–)

