



# Connecting To Nature

## Making a Bird Bath

And a reminder of other things we can do to keep local birds healthy!



### What to feed (and not to feed) garden birds

**Fats, margarines and oils**—Please don't give birds left over fat from cooking—the fat has mixed in with other food that may not be good for the birds. Lard and beef suet are fine on their own—and we would suggest using lard or suet when making bird feeders. Also be careful when using polyunsaturated margarines or vegetable oils, as these soft fats can easily get onto feathers, reducing their waterproof and insulating qualities.

**Cheese**—cheese is a particular favourite for robins! Even though birds can digest fermented dairy products, they cannot digest milk so please don't feed milk to birds (or any other garden visitor for that matter!).

**Bread**—leftover bread is OKAY for the birds—as long as it is given in small amounts and isn't the main food source provided. Bread provides very little nutritional value to birds. Soaked bread is better than dry bread and brown is better than white! Please don't feed bread to ducks down at your local pond, park, canal or river. As well as providing little benefits to birds, left over bread can also cause algal build up and other issues in the water itself,

This information has been taken from <https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/feeding-birds/safe-food-for-birds/> . Find out more from the RSPB website.





# Connecting To Nature

## Feeding the birds

And a reminder of other things we can do to keep local birds healthy!



### What to feed (and not to feed) garden birds

Birds can be quite picky, and some species like other types of food more than others! You may put food out that you know definitely gets eaten or just whatever you have in. But some foods are definitely better than others!

**Seed Mixtures**— there are lots of different seed mixes available specifically for birds. These may include things like millet, flaked maize, peanuts and sunflower seeds. Try and avoid mixes with larger contributions such as beans or dried rice, as only larger species can eat these.

**Single seeds**— some birds particularly enjoy certain types of seeds, so these may be put out as just a single seed food source. These may include black sunflower seeds, peanuts or nyjer seeds.

**Live foods**—mealworms are a favourite for the insect eating birds, and these can be available to purchase throughout the year.

**Dog and cat food**—Meaty tinned dog or cat food can be a good substitute to earth worms, but never put out dry pet biscuits for birds as they are too large and dry for them to swallow. Pet food can also attract more problematic, larger birds such as magpies and gulls— and of course cats! So we would only suggest putting out pet food if these things wouldn't be an issue.

**Rice and cereals**—Cooked rice can be a good food to provide in winter weather (but it must be cooked!) And left over dry breakfast cereals can be offered, but only small amounts at a time

