

Healthy Chicken Treats - and What **NOT** to Give

Giving yummy treats to your chickens is a great way to bond and earn their adoration. Generally speaking, foods that are healthy for us are healthy for our chickens.

Here is a quick list of the good treats for your flock... and the foods to avoid.

Fruits & Vegetable Scraps:

- Watermelon and Cantaloupe (including seeds and rind)
- Berries: Strawberries, Blueberries, Raspberries, etc.
- Cherries, Grapes, Tomatoes, Bananas, Apples... etc.
- Broccoli and Cauliflower (flowers, leaves or stems)
- Pumpkin and Squash (Fresh or Cooked)
- Leafy Greens: Spinach, Kale, Clover, Mustard Greens

Protein Sources:

- Eggs; (Scrambled or Hard Boiled only)
- Fish or Shellfish (flesh only, no bones)
- Mealworms, Earthworms, Crickets (freeze dried or fresh)

Other Fun Treats:

- Cooked Oatmeal (cold or warm)
- Flaxseed (mixed in with food or straight)
- Sunflower Seeds (unsalted)
- Plain Yogurt (protein and probiotics!)
- Rice, Pasta, Spaghetti (cooked)
- Stale Bread (given sparingly)

What **NOT** to Give (and why):

- Raw green potato peels: Toxicity
- Citrus: Acidity
- Avocado skin and pit: Toxicity
- Candy, Chocolate, Sugar: Toxicity
- Garlic & Onions: Not toxic in small doses, but may change the flavor of the eggs
- Cut Grass: Short pieces are ok, but long pieces are dangerous.
- Dried Beans: Toxicity
- Moldy Food: Toxicity (Fruits and veggies that have gone a little soft are still safe)

