



For the Farmer in All of Us!™

# 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.

### GOOD TREATS:

#### FRUIT & VEGETABLES SCRAPS:

- Watermelon and Cantaloupe (including seeds and rind)
- Berries; Strawberries, Blueberries, Raspberries etc.
- Cherries, Grapes, Tomatoes, Banana, Apples etc.
- Broccoli and Cauliflower (flowers, leaves or stems)
- Pumpkin and Squash (fresh and cooked)
- Leafy Greens; Spinach, Kales, Cloves, 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)
- Slate Bread (given sparingly)

### BAD TREATS (What NOT to give and why):

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

