



TasteWiseKids

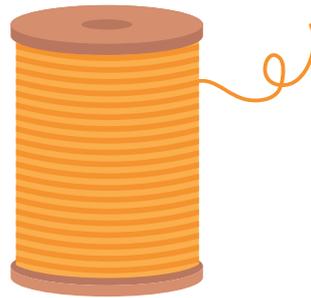
Follow the directions below to make
DIY bird feeders perfect for these
chilly months when food is scarce.

LET'S MAKE A
TREAT

What You'll Need:



Pinecones



String



Peanut Butter



Nuts or Seeds

You can find most of these materials around the house or out in the yard. If you don't have birdseed or other nuts on hand, check out the second page for ideas on what other humans foods are safe for birds to eat

Instructions

Step 1: Gather your materials. If you have large nuts or seeds have an adult help you chop them into smaller bits. Place them on a plate or in a shallow bowl. You will also need a knife to help spread the peanut butter and scissor to cut your string.

Step 2: If your pinecone has a stem you can tie your string to that. If not, loop the string under the top few wings and tie a tight knot. Make sure to leave plenty of extra string on the ends so you can tie your treats to a tree later.

Step 3: Use your knife to dab and spread peanut butter all over your pinecone. Make sure to get inside those nooks!

Step 4: Once your pinecone is thoroughly covered, roll it in the plate of seeds so that they stick to all your peanut butter.

Step 5: Time to decide where to put your treats! Birds don't like to eat out in the open so try to pick a spot in your yard that is a little more protected. Hand the pinecones from branches of a tree with the help of an adult. Don't have a yard or that many trees? Take a walk to a nearby park and hang your pinecones there. You can also try hanging them from your porch or balcony if you have one.



There are actually lots of human foods that birds like to eat. But there are some that aren't good for them. If you are looking for other ways to share some treats with our flying friends check out the list below.

WHAT ELSE DO BIRDS EAT?

Foods Safe for Birds

- **Apples:** Like you, lots of backyard birds love apples. Slice them and thread a string through one end, you can hang them in trees just like our pinecone treats!
- **Cooked Pasta or Rice:** Who said birds can't like Italian cuisine? Blue jays especially love a dinner of cooked pasta chopped into smaller pieces.
- **Egg Shells:** Egg shells are a great source of calcium for birds. It might sounds strange, but you can bake eggshells in the oven for 15 minutes and then crush and use just like birdseed.
- **Hard Cheese:** Everyone loves parmesan! Hard cheeses have less lactose and are therefore safe for birds. Shave or chop onto a small dish and place outside for a tasty snack.
- **Raisins:** Woodpeckers and bright red cardinals love the sweet little raisins. Try soaking them in warm water to soften before putting outside for your bird friends to munch on.
- **Pumpkin Seeds:** Still have leftover decorative pumpkins from Halloween or Thanksgiving? Don't throw them in the compost yet! Scoop out the seeds and roast them without seasoning, they are a favorite of many common birds.
- **Cereal:** Breakfast is the most important meal of the day! Many plain cereals like Rice Krispies or Cornflakes are perfectly safe to feed to birds.
- **Dog or Cat Food:** We're talking about dry kibble not the canned type. Most foods that are safe for our pets are also safe for birds.

FUN FACT: *Tired of the neighborhood squirrels stealing all the treats you left out for the birds? Unlike mammals, birds can't taste spice. Try adding cayenne pepper or even hot sauce to your bird treats--the squirrels will avoid it and the birds won't even notice!*

Foods Not Safe for Birds

- **Bread:** Despite what you see in the movies, bread actually isn't a great snack for most birds. Bread can expand in their stomachs and cause them to be bloated and uncomfortable.
- **Chocolate:** Just like our beloved dogs and cats, chocolate is dangerous for birds. Oh well, more for us!
- **Table Scraps:** Many table scraps like cooked meat or seasoned vegetables aren't great for birds and are more likely to just attract scavengers like raccoons and mice or to rot and get stinky!
- **Salty Snacks:** We love salt on our food, but just like for us, too much can be harmful. Avoid salty potato chips or pretzel bits as even the small amount of salt can unbalance their small bodies.

