



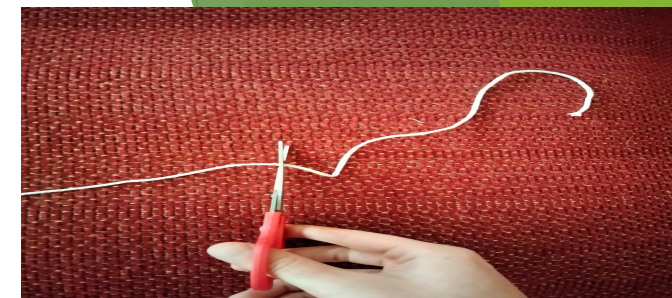
## Parrot kebab enrichment

### Equipment

- String
- Fruit and veg including: Apples, Pear, Orange, watermelon, kiwi, grapes, blueberries, strawberries, pineapple, melon (without skin), peach, plum, banana, apricots, pepper and carrots.
- Make sure all fruits have seeds or stones removed before giving to parrots.
- Other vegetables can be used but make sure they are low in iron or do not stop the absorbing of calcium (i.e., spinach and tomato).
- Scissors to cut the string-**This will require adult supervision for children under 10**
- Knife to cut the fruit and veg into smaller pieces. **Adult supervision will be required for under 10s**

### Steps

**1.** Cut a piece of string with the length depending on the size of cage the parrot is housed in but allow enough string to tie to the cage bar. **For under 10s seek adult supervision when using scissors to cut the string**



**2.** Grab a selection of different fruit and vegetables, preferably at least 5 different types and cut them into 2-3cm pieces and create a hole in the middle of each piece to allow the string to pass through. **Parents of under 10s should complete this step to avoid injury using sharp knives.**



**3.** Now thread the string through the fruit and vegetables alternating different pieces so that no same fruit or veg is touching each other. Once the last piece has been threaded tie a knot in the string so that the fruit and veg do not fall off.



**4.** Finally tie the other end of the string to the top of the parrots aviary and allow him to enjoy his new treat.



(@Filmfoto)

### DO NOT FEED

- Avocado
- Fruit seeds and stones
- Melon skin
- Onion
- Garlic
- Dried beans
- Mushrooms
- Raw peanuts

This can also be used for tortoises and small rodents but change the food so that it is suitable for these species

Lewis Chapman