



Parrot foraging enrichment



Equipment

- 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).
- A plastic container like a lunchbox or tray
- A4 paper
- Knife to cut the fruit and veg into smaller pieces. **Adult supervision will be required for under 10s**



(@Filmfoto)

DO NOT FEED

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

Steps

1. Tear the A4 paper into long strips with varying lengths .



2. Then place the strips of paper into the plastic container.



3. Grab a selection of different fruit and vegetables, preferably at least 5 different types and cut them into 2-3cm pieces **Parents of under 10s should complete this step to avoid injury using sharp knives.**



4. Next hid the pieces of fruit and veg within the shredded paper and allow your parrot to enjoy.

Why not try this with some other animals including mice, rats, gerbils, hamsters and hedgehogs. Adjust the food used to suit each animal.

Lewis Chapman