

**remember:**

**NO Earthworms:** Chickens may find and eat them themselves, however eating earthworms may cause Gapeworm, so please do not dig them up and feed them to your chickens!

**NO Citrus Fruit:** Chickens may *not* be given any type of citrus.

**NO Candy, Chocolate, Anything Salty or Sugary:** These are bad for their digestive systems and can even kill them

**NO moldy food.**



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<b>GOOD treats</b>	<b>type</b>	<b>general opinions</b>
apples	raw and applesauce	apple seeds contain cyanide but not in sufficient quantities to harm
asparagus	raw or cooked	okay but not a favorite
bananas	without the peel	high in potassium. Great treat
beans	well-cooked only—never dry	also green beans
beets	greens also	n/a
berries	any kind—blueberries, strawberries, blackberries, boysenberries, etc	chickens love berries! A cause of many chicken keep-away games!
bread	all kinds—good use for stale bread rolls	only on rare occasions as food starches need to be kept in moderation
broccoli & cauliflower	raw or cooked	tuck into suet feeder and they will peck at it all day!
cabbage and Brussels sprouts	whole head	hang a whole cabbage from their coop ceiling in the winter, so they have greens and entertainment!
carrots	raw or cooked	they also enjoy the greens
cereal	cheerios, corn flakes, etc	avoid highly sugared cereals!
cheese	including cottage cheese	feed in moderation—fatty but good source of protein and calcium
corn	on the cob, canned, raw, or cooked	
crickets (alive)	can be bought at pet supply stores	great treat! Provides protein and it's fun to watch chickens catch them.
cucumbers		Let the cucumbers mature for yummy seeds and flesh.
eggplant		
fish/ seafood	cooked only	
flowers	make sure they have not been treated with pesticides like many florist flowers might be	marigolds, pansies, etc
fruit	pears, peaches, cherries! Anything that is not citrus	
grains	bulgar, flax, niger, wheatberries, etc	
grapes	seedless only! For chicks, cut them in half—makes it easier for them to	

	swallow	
grits	cooked	
'leftovers'	only feed chickens that which would be considered edible by humans—no spoiled, moldy, oily, salty, etc.	
lettuce or kale	any leafy greens, spinach collards, chickweed	a big treat depending no how much other greens they have access to
meal worms	available at pet supply stores or on the internet	a favorite treat and great source of protein
meat scraps	not too fatty	in moderation—good source of protein
melon	cantelope, etc	both seeds and flesh make great treats
oatmeal	raw or cooked	cooked is nutritionally better. Great treat on cold winter day!
pasta or macaroni	cooked	a favorite treat but not much nutrition. It's fun to watch them eat it!
peas	peas and pea tendrils and flowers	
peppers-bell		
pomegranate	raw	
popcorn	popped popcorn without butter or salt	
potatoes/ sweet potatoes	cooked only. Avoid the green parts of peels! Can also eat yams	starchy—not much nutrition
pumpkins	raw or cooked	both seeds and flesh are a nutritious treat
raisins		
rice	cooked only	pilaf mixes are okay too. Plain white rice has little nutrition
scratch	chicken scratch is cracked corn with grains such as wheat, oats, and rye mixed in	Treat during cold weather, not a complete meal! Toss on ground to give them something to do.
sprouts	wheat and oat sprouts are great	good for greens in mid-winter
summer or winter squash		yellow squash is not a huge favorite but okay to feed
sunflower seeds	with or without shell is fine	a good treat that helps hens lay eggs and grow healthy feathers
tomatoes	raw or cooked	
turnips	cooked	not a huge favorite
watermelon	served cold. can keep them cool and hydrated on hot summer days	seeds and flesh are both okay to feed
yogurt	plain or flavored	A big favorite and good for their digestive system—plain is much better!
zucchini		