

**FEED THE
BIRDS
ALL YEAR
ROUND**

SPRING

Feeding birds in spring is important because it provides nutritious food for adult birds (parents) while they are working hard to find insects and grubs for their growing young (babies). Peanuts should only be fed through suitable feeders. Never put out loose whole peanuts, dry hard foods, or large chunks of bread during the spring or summer months as the chicks can choke on them.



SUMMER

During summer when the ground begins to get hard and natural foods that birds eat like earth worms go deeper underground, feeding a high protein food is recommended. Good hygiene is extremely important during warm months so make sure your bird feeders are cleaned regularly.



WINTER

The cold winter months bring their own set of hardship with snow, frost and strong winds making food hard to find. Birds need high energy (high fat) foods such as suet balls and sunflower seeds during this time of year. Some smaller birds need to eat 30-40% of their body weight daily to survive the winter. Don't forget to put out fresh water as birds will find it hard to find in freezing weather!



AUTUMN

Put out food and water regularly, the extra food will help the birds prepare for their autumn moult (when they renew their feathers) and challenges of the upcoming cold months. Migratory birds need extra food to build body weight for migration.



**MIGRATORY
BIRDS ARRIVE**

**MIGRATORY
BIRDS LEAVE**

Feeding wild birds is fun and rewarding. But this is not only limited to cold winter months as natural shortage of food can happen any time of the year. By providing the right food and clean fresh water all year round you will help your garden birds survive the times of food shortage whenever they happen.

