

# HELP! MY PARROT IS A PICKY EATER!



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This has to be the most frequently asked question when owning a parrot. We collected a few tips from all over and present them here to you. Remember consistency pays off. If at first you do not succeed, try and try again 😊

## 6 WAYS TO PREPARE A CARROT



## CHANGE THE WAY YOU CUT YOUR VEG

- ♥ Parrots are tactile animals
- ♥ A large amount of nerves can be found in the tips of their beaks
- ♥ They love playing with their food
- ♥ Change the way you prepare raw veggies to keep them interested.
- ♥ Smaller pieces are usually better.

## COOK / STEAM / STIR FRY / BAKE VEGGIES FOR VARIETY

- ♥ Veg can be given raw or cooked
- ♥ EXCEPT for Potato and Sweet Potato that ALWAYS have to be given cooked.
- ♥ Treat yourself and your parrots to some healthy meals
- ♥ Steam veggies for you and your parrot
- ♥ Add a bit of organic coconut oil / flaxseed oil in a stainless steel pan / cast iron pan, and fry up some yummy veg.
- ♥ Boil in stainless steel or cast iron pot

## JUICE IT / PUREE IT

- ♥ Great for baby parrots that are learning to eat veg
- ♥ Also good for parrots that are sick or have been sick or injured.
- ♥ Make your own fresh juice or puree to maintain all the healthy and natural nutrients with no added preservatives.

## CHANGE YOUR FEEDING TIMES

- ♥ If you give a cook mix in the morning, and your parrot does not eat it then, try changing your time, and feed in the afternoon instead or vice versa.
- ♥ The same goes for a fresh chop
- ♥ Birds are hungriest in the morning, so give new food then.



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## CHANGE THE FOOD BOWL

- ♥ Something as simple as changing the food bowl might make all the difference.
- ♥ Increasing bowl size often helps that parrots don't fling as much food out.
- ♥ Good pet shops will stock a variety of pet bowls.
- ♥ Some parrots prefer a flat plate or tray to eat from.



## EAT WITH YOUR PARROT

- ♥ Parrots are flock animals, and they associate us as their flock.
- ♥ Eating together is a way a flock identifies with each other.
- ♥ In some instances eating in front of your parrot may encourage her to eat too.
- ♥ Try to keep your parrot away from your plate, and at their own bowl.
- ♥ Make a big show of adding food from your plate to theirs.



Valentyna Verena

## TURN FOOD INTO TOYS

- ♥ Weave leafy greens (Spinach / Kale / Cabbage/ Carrot tops / Beetroot Tops/ Radish Tops/ Amaranth leaves/ Mulberry leaves through the bars of cage as foraging.
- ♥ Make Birdy 'Sosaties' Kebabs by cutting fruit and veg in chunks and threading it onto stainless steel Kebab stick (Get at local pet shop)
- ♥ Stuff some bell peppers with chop, place on floor of cage and allow your parrot to make a huge mess while having fun
- ♥ With an apple corer, make some holes into a carrot and thread some beans, grapes, nuts etc into the holes.
- ♥ The ideas are endless. Think creatively!

