

Table Scraps Guide

THE DOS AND DON'TS TO FEEDING CHICKENS

DAILY

Vegetable scraps

Lettuce Kale
Cabbage
Spinach
Carrot tops
Peas
Cucumber
Bell peppers
Corn (cooked or fresh, off the cob)
Beet greens
Swiss chard
Green beans

Fruit

Watermelon
Berries (blueberries, strawberries, raspberries)
Apples (no seeds)
Grapes (cut in half)
Mango (no pit)
Melons (honeydew, cantaloupe)

Grains/Breads

Cooked rice (brown or white)
Oatmeal (unsweetened)
Barley
Quinoa
Whole grain bread (small amounts)

Proteins

Cooked eggs (scrambled or boiled)
Mealworms
Cooked fish (plain, unseasoned)
Earthworms (from garden)

Every 3 Days

Vegetable scraps
Broccoli stems
Zucchini
Cauliflower
Celery

Fruit

Bananas
Pears (no seeds)
Peaches (no pit)
Kiwi

Grains/Breads

Pasta (whole grain, unsalted)
Couscous (plain, unsalted)

Proteins

Cheese (small amounts, not daily)

Weekly

Vegetable scraps
Sweet potatoes (cooked)
Squash (cooked)
Beets (cooked)
Pumpkins (cooked or raw seeds, no seasoning)

Fruit

Pineapple (small amounts, no skin)
Mango (small amounts)

Proteins

Meat (cooked, unseasoned, no fat)
Tuna (canned in water, no salt)

Never

Onions
Garlic
Avocado
Citrus fruits (oranges, lemons, limes)
Raw potatoes (especially green parts)
Chocolate
Junk food (chips, candy, etc.)
Moldy or spoiled food
Dairy (except occasional cheese)
Salty or sugary foods
Raw beans
Eggplant
Coffee grounds
Tea bags

