

# The Wildlife Garden Project

## Mini Guide to Feeding the Birds

Take some time to feed the birds and not only will you be helping them through natural food shortages but you'll be rewarded with a wonderful spectacle of colour and behaviour as an array of birds come and go. Try to incorporate a good range of plants and shrubs which fruit at different times of the year and supplement these with bird seed and kitchen scraps. Position feeders in a quiet, sheltered spot and out of pouncing distance from local cats!



Birds sometimes take a while to find food so don't worry if they don't find your new feeder straight away. Once they do, make sure you continue feeding them as they will come to rely on you. Be especially generous in winter, during the breeding season and when it is dry. Don't forget to always provide fresh, clean water and to keep feeding stations and bird baths clean to prevent the spread of diseases. Now sit back, relax, and enjoy your new feathered friends!

Variety is key when feeding the birds, and a basic seed mix with added black sunflower seeds is a good place to start. Finches love nyger seeds, and mealworms are great for robins. Fat balls provide essential extra calories for many birds in the winter. Kitchen scraps such as meat trimmings, fruit, dog food, cake crumbs and cooked rice go down well too! Sprinkle some on the ground too so ground feeders don't miss out on the feast!



The Wildlife Garden Project is both a film and a website. We are transforming an ordinary garden into a haven for wildlife and making a film of the whole thing! Watch videos, get wildlife gardening tips, join our forum and get involved at [www.wildlifegardenproject.com](http://www.wildlifegardenproject.com)