



What can chickens eat?

WHICH OF THE FOLLOWING FOODS
MAKE SAFE SNACKS FOR YOUR FLOCK?



VEGETABLES

- ✓ Asparagus
- ✓ Beets
- ✓ Broccoli
- ✓ Brussel sprouts
- ✓ Cabbage
- ✓ Carrots
- ✓ Cauliflower
- ✓ Corn, husks & cob
- ✓ Kale
- ✓ Lettuce
- ✓ and ✗ **Mushrooms**
if it's toxic for humans - avoid it
- ✓ **Onion**
onions can change the flavor of eggs
- ✓ **Potatoes**
green potato skins are toxic
- ✓ Radishes
- ✓ Spinach
- ✓ Squash
- ✓ **Sweet potato**
green potato skins are toxic

too much spinach leads to soft eggshells



SEEDS & GRAINS

- ✓ Birdseed
- ✓ Bread
- ✓ Mesquite pods/seeds
- ✓ Oatmeal
- ✓ Oats
- ✓ Rice (cooked or uncooked)
- ✓ Sunflower seeds

Moldy bread is toxic.

NUTS & LEGUMES

- ✓ Almonds
- ✓ and ✗ **Beans (cooked only)**
chickens can only eat cooked beans
- ✓ Green beans
- ✓ Nuts
- ✓ Peanut butter
- ✓ Peanuts
- ✓ Peas
- ✓ Walnuts



HERBS & PLANTS

- ✓ Basil
- ✓ Celery
- ✓ Cilantro
- ✓ Dandelions
- ✓ Garlic
- ✓ Mint
- ✓ Parsley

Great for the respiratory system & orange yolks



FRUITS

- ✓ Apple
- ✓ Apricots
- ✓ Avocado
flesh only (remove seeds and skins)
- ✓ Banana & peel
- ✓ Bell peppers
- ✓ Blackberries
- ✓ Blueberries
- ✓ Cantaloupe & seeds
- ✓ Cantaloupe seeds
- ✓ Cherries
- ✓ Cranberries
- ✓ Cucumber
- ✓ Eggplant
- ✓ Grapes
- ✓ Green peppers
- ✓ Jalapenos
- ✓ Kiwi
- ✓ Lemons
- ✓ Mango
- ✓ Okra
- ✗ Orange peels
- ✓ Oranges
- ✓ Papaya
- ✓ Peaches
- ✓ Pears
- ✓ Peppers
- ✓ Pineapple
- ✓ Plums
- ✓ Pomegranate
- ✓ Pumpkin
- ✓ Pumpkin guts
- ✓ Pumpkin seeds
- ✓ Raisins
- ✓ Raspberries
- ✗ Rhubarb
- ✓ Strawberries & tops
- ✓ Tomatoes
- ✓ Watermelon & rind
- ✓ Zucchini

Seeds are toxic

yay Superfoods!

great winter Snacks!

Chickens don't taste spice. Avoid stems, leaves and flowers

PROTEIN & DAIRY

- ✓ Cheese
- ✓ Cicadas
- ✓ Eggs
- ✓ Fish
- ✓ Grubs
- ✓ Ham
- ✓ Maggots
- ✓ Meat
- ✓ Shrimp
can eat tails & shells (rich in calcium)
- ✓ Yogurt

A great source of protein & calcium

OTHER

- ✗ Cat food
- ✗ Chocolate
theobromine & caffeine are toxic
- ✗ Coffee beans
- ✗ Coffee grounds
- ✗ Dog food
- ✗ Lawn clippings
- ✓ Pickles
- ✓ Popcorn

in Moderation

Choose a safe source of extra protein like grubs for molting season.