



## *Checklist for What Chickens Can Eat*

- ✓ Almonds
- ✓ Artichokes
- ✓ Herbs, such as basil, nettles, chives, comfrey, chickweed, and cilantro (basil, in particular, boosts the immune system)
- ✓ Beets
- ✓ Breads (feed bread and other starches in moderation, as they have little nutritional value)
- ✓ Cauliflower
- ✓ Brussel Sprouts
- ✓ Kiwi
- ✓ Quinoa
- ✓ Cereal (not a sugary kind)
- ✓ Cooked meat, including chicken
- ✓ Cucumbers
- ✓ Eggplant
- ✓ Fruit
- ✓ Seedless Grapes
- ✓ Lettuce and other leafy greens
- ✓ Oatmeal (raw or cooked)
- ✓ Peas
- ✓ Pomegranates
- ✓ Cooked Potatoes (no green skins!)
- ✓ Pumpkin seeds
- ✓ Winter and summer squash (cut them in half and let the chickens eat the seeds and flesh)
- ✓ Sprouted lentils and grains
- ✓ Duckweed (exceptionally high in protein and easy to grow)
- ✓ Black soldier fly larvae or Japanese beetles (you can easily make traps and bags to contain these and then feed them to your birds)
- ✓ Fermented feed
- ✓ Tomatoes
- ✓ Apples
- ✓ Peeled Bananas
- ✓ Cooked Beans (though I read this can make the eggs taste funny.)
- ✓ Berries
- ✓ Broccoli
- ✓ Cabbage
- ✓ Carrots'
- ✓ Avocado flesh
- ✓ Lemons (in moderation, they're good for them but they probably won't eat them)
- ✓ Cheese (including cottage cheese, not too much though)
- ✓ Corn
- ✓ Cooked Eggs
- ✓ Fish/Seafood
- ✓ Grains
- ✓ Cooked Grits
- ✓ Melon
- ✓ Cooked Pasta (in moderation – too many carbs)
- ✓ Peppers
- ✓ Popped Popcorn (no butter or salt)
- ✓ Pumpkins
- ✓ Fodder
- ✓ Raisins
- ✓ Cooked Rice
- ✓ Sunflower Seeds
- ✓ Garden weeds (such as dandelion, lambs quarter, and purslane)
- ✓ Cantaloupe seeds
- ✓ Cranberries

- ✓ Cooked Turnips
- ✓ Yogurt (plain is best, and a good source of probiotics)
- ✓ Sweet potatoes
- ✓ Nuts (in moderation)

- ✓ Bone meal
- ✓ Grass clippings (do not use clippings when pesticides or fertilizers were applied)
- ✓ Butchering scraps (ideally cooked)

- ✓ Watermelon
- ✓ Milk (sour or curdled is fine)

- ✓ Cornbread
- ✓ Pet or livestock food, such as dog, cat, or goat feed (wet cat food, in particular, is a great option when hens are molting, as it provides necessary nutrients)
- ✓ Garlic (beneficial for immune functioning)
- ✓ Cover crops (such as alfalfa, oats, sorghum, or buckwheat)

## *Checklist for What Chickens CANNOT Eat*

- ✗ Raw potato peel
- ✗ Dried or undercooked beans
- ✗ Avocado skin or pit

- ✗ Sugary stuff
- ✗ Really salty stuff
- ✗ Chocolate or candy
- ✗ Leaves from tomato or eggplant leaves (these are part of the nightshade family, and while the fruits of these plants are fine, unripened fruits or the plant itself should be avoided)
- ✗ Wild mushrooms
- ✗ Raw meat
- ✗ Uncooked Rice

- ✗ Maggots (many people buy these commercially, which is typically fine, but be careful as maggots carry the risk of botulism)

- ✗ Green tomatoes
- ✗ Asparagus
- ✗ Raw eggs (encourages them to eat their own eggs)
- ✗ Butter (too fatty)
- ✗ Rotten or moldy food
- ✗ Anything containing caffeine
- ✗ Seeds or pits from fruits like apples, apricots, peaches, and pears (these contain cyanide)

- ✗ Rhubarb
- ✗ Onions
- ✗ Spinach (fine in moderation, but only as an occasional treat as the oxalic acid in it isn't good for your girls)