

# 5 KEY STEPS to Better Bird WELFARE



## The 5 Fs:

### 1/ FRESH FOOD!

Provide a healthy and varied diet—not just seeds, but grains, beans, vegetables (cooked and raw) formulated pellets, and some fruit. (Harmful foods include chocolate, avocado, highly processed or overly salted foods, human junk food, and caffeine).



### 2/ FLIGHT!

Provide daily exercise and ample out-of-cage time, preferably to include free flying in a safe, supervised environment. Give your bird the largest enclosure possible.

THINK  
OUTSIDE  
THE  
CAGE!



### 3/ FUN!

Provide toys and enrichment activities. No more barren cages. Birds love toys that can be chewed up – this means buying or making bird toys frequently.



### 4/ FLOCK!

Provide plenty of socialization with other birds and/or human caretakers. Birds are social flock animals. In the wild, they are rarely if ever alone.



### 5/ FRESHEN UP!

Birds need access to water for bathing. Some birds prefer to bathe in a shallow dish while others will enjoy being misted with a water bottle – some may even enjoy to perch in a cool human shower.

