

# 5 STEPS to Better Bird WELFARE



JANUARY 5<sup>TH</sup>  
NATIONAL BIRD DAY  
MORE BEAUTIFUL WILD

## 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).



Photo by: Project Perry

[avianwelfare.org/nationalbirdday](http://avianwelfare.org/nationalbirdday)