

Safe Food For Chickens: 4-2020

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

- Garden weeds (such as dandelion, lambs quarter, and purslane)
- Fermented feed
- Tomatoes
- Cooked Turnips
- Watermelon
- Yogurt (plain is best, and a good source of probiotics)
- Milk (sour or curdled is fine)
- Sweet potatoes
- 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)
- Bone meal
- Garlic (beneficial for immune functioning)
- Grass clippings (do not use clippings when pesticides or fertilizers were applied)
- Cover crops (such as alfalfa, oats, sorghum, or buckwheat)
- Butchering scraps (ideally cooked)

Do NOT feed your chickens:

- Raw potato peel (while these aren't necessarily toxic raw or cooked, any green parts of potatoes can be dangerous to chickens, just as they are to humans)
- Citrus (very little is okay, but go easy on it)
- Asparagus
- Dried or undercooked beans
- Avocado skin or pit
- Raw eggs (encourages them to eat their own eggs)
- Sugary stuff
- Butter (too fatty)
- Really salty stuff
- Rotten or moldy food
- Chocolate or candy
- Anything containing caffeine
- 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)
- Seeds or pits from fruits like apples, apricots, peaches, and pears (these contain cyanide)
- Wild mushrooms
- Rhubarb
- Onions
- Spinach (fine in moderation, but only as an occasional treat)
- Maggots (many people buy these commercially, which is typically fine, but be careful as maggots carry the risk of botulism)