Preparing Fruit & Veggies for the Baby Bird Trailer

1. Collect a clean plate for the food
   a. You do not bring any other dish with you; they have every bowl they need in the Baby Bird Trailer

2. Collect some fruits and vegetables
   a. Depending on the birds in the Baby Bird Trailer, a staff member may ask for something specific

Remember, the birds in the Trailer are very small. They are learning to eat and have small mouths

3. Prepare broccoli
   a. Save off the top and collect florets
   b. Place florets on plate

4. Prepare grapes and blueberries
   a. Cut the skin all the way through
   b. A baby bird could choke on connected pieces of fruit
   c. Cut fruit in half 6-7 times to get the appropriate size

Do not squish produce to get the appropriate size. It’s not healthy for the birds and they won’t be able to recognize them in the wild.

5. Prepare watermelon and oranges
   a. Cut a palm sized chunk of watermelon/oranges
      i. Any less, the bird wouldn’t be able to recognize it in the wild
      ii. Any more, would be wasteful
   b. These fruits will be skewered for almost adult birds and crows
   c. The Baby Bird Trailer does not have skewers these so take these prepared with the rest of the produce

6. Skewer the fruit through the rind so it doesn’t fall off

7. Prepare carrots
   a. Use the small slots on the grater

8. Reach inside of the grater to collect carrot bits
   a. Try not to waste food
   b. Be careful

*Leftover produce may be used if it is from the same morning, ask a staff member to check if they are appropriate.

**Any leftover food must be thrown away into the compost at the end of the day.

9. Bring the plate to the Baby Bird Trailer
   a. Each produce should be separated and not touching
   b. Soggy produce doesn’t keep well throughout the day and is not nutritious for the birds. Have any questions? Ask a staff member! ☺
WATCH A VIDEO ON HOW TO PREP FRUIT & VEGGIES FOR THE BABY BIRD TRAILER

VIDEO LENGTH: 3:47

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