

Lucky Hens Rescue

Hen Treats Ideas List

Everyone has their own likes and dislikes, so do chickens, these are what our hens enjoy -

Don't over treat your hens! the layers/mash contains everything your hen really needs!

- Apples - Raw and apple sauce - Apple seeds contain cyanide, but not in sufficient quantities to kill
- Asparagus - Raw or cooked - Okay to feed, but not a favourite
- Bananas - Without the peel - High in potassium, a good treat
- Beans - Well-cooked only, never dry - also, green beans. Beets Greens
- Berries All kinds - A treat, especially strawberries
- Broccoli & Cauliflower - Tuck into a suet cage and they will pick at it all day
- Cabbage & Brussels Sprouts - Whole head - Hang a whole cabbage from their coop ceiling in winter so they have something to play with and greens to eat
- Carrots - Raw and cooked - They like carrot foliage too
- Cereal - Cheerios, etc. Avoid highly sugared cereal such as Coco-puffs
- Cheese - Including cottage cheese - Feed in moderation, fatty but a good source of protein and calcium
- Corn - On cob and canned, raw and cooked
- Crickets (alive) - Can be bought at bait or pet-supply stores.- Great treat – provides protein and it's fun to watch the chickens catch them
- Cucumbers - Let mature for yummy seeds and flesh
- Flowers - Make sure they haven't been treated with pesticides, such as florist flowers might be. - Marigolds, nasturtiums, pansies
- Fruit - Pears, peaches, cherries, apples
- Grains - Bulgur, flax, niger, wheat berries
- Grapes - Seedless only
- Grits - Cooked
- "Leftovers" - Only feed your chickens that which is still considered edible by humans, don't feed anything spoiled, mouldy, oily, salty or unidentifiable
- Lettuce / Kale - Any leafy greens, spinach collards, chickweed included.- A big treat, depending on how much other greenery they have access to
- Meal worms - Alive or dried - They go mad for these (home bargains are the cheapest I have found - 99p 100g bags)
- Melon - Cantelope, etc. -Both seeds and flesh are good chicken treats
- Oatmeal - Raw or cooked - Cooked is nutritionally better
- Pasta / Macaroni - Cooked spaghetti, etc. - A favourite treat, fun to watch them eat it, but not much nutrition
- Potatoes- Sweet Potatoes/Yams - Cooked only - avoid green parts of peels! - Starchy, not much nutrition
- Pumpkins - Winter Squash - Raw or cooked - Both seeds and flesh are a nutritious treat
- Rice - COOKED ONLY - Pilaf mixes are okay too, plain white rice has little nutrition
- Sunflower seeds - with the shell still on is fine to feed, as well as with the shell off. - A good treat, helps hens lay eggs and grow healthy feathers
- Tomato's - Raw and cooked
- Turnips – Cooked
- Watermelon - Served cold, it can keep chickens cool and hydrated during hot summers
- Yogurt - Plain or flavoured - A big favourite and good for their digestive systems. Plain is better.

Before you print think about the ENVIRONMENT!