Moors Valley
Country Park and Forest

MOORS VALLEY CHALLENGE

Feed the birds

Making a fat feeder is a fun (and messy!) way of helping out our resident birds during the colder months when their natural food is in short supply.

You will need

A large pine cone (put it in the airing cupboard or on a radiator to open up), some string or wire, block of lard and some bird seed.

1. Tie string or wire around the pine cone leaving a hanging loop.
2. Soften the lard in a bowl and then mix in the bird seed - you'll find it easiest (but messiest!) to use your hands. Don't worry about exact quantities but the mixture shouldn't really be more lard than seed.
3. Stuff the lard mixture into the gaps between the pine cone scales until you have filled all the holes.
4. Hang on a tree and wait for the birds!

Or use the mixture to fill a cookie cutter and use a straw to make a hole for hanging. let it set in the fridge.

Ingredients

Sunflower seeds

mealworms

nyjer seeds

general bird seed

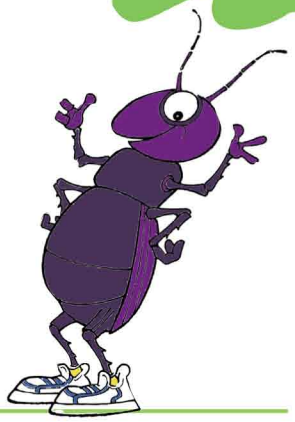
Other bird friendly foods and foods to avoid...

Cheese
Mild grated cheese is a good way of attracting robins and wrens

Cooked rice
Brown or white (without salt added) is beneficial for all birds during severe winter weather

Polyunsaturated spreads or oils
Unsuitable for birds

Milk
Never give milk to birds. It can result in serious stomach upsets, or even death



Produced by Rangers from East Dorset District Council
www.moors-valley.co.uk/moorsvalleychallenge