

# The Importance of Birds Foraging for Their Food

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When it comes to avian fun, foraging can't be beat! This instinctive act of searching for food isn't just entertaining, it's also nourishing. Pet birds most often forage for treats alone. But foraging can also become a daily mealtime activity. Take your bird "back to nature" as you cater to her natural desire to seek out her meals.

- ▶ If you make mealtime a foraging activity, do so as often as possible (daily is best). Also, vary foraging activities to keep your bird interested and entertained.
- ▶ Keep foraging activities relatively simple, especially at first. Otherwise, your bird may not ingest enough food to remain healthy.
- ▶ Avoid overfeeding - measure food prior to placing it in a foraging toy/puzzle.
- ▶ If you supplement her foraging diet with treats, remember that treats should constitute no more than 10% of the daily diet.
- ▶ Introduce foraging slowly to prevent confusion/aversion to toys. First, try simply covering her food dish with a coffee filter so she has to uncover the food. Later, use the filters like taffy wrappers - enclose small amounts of food inside for her to unwrap.
- ▶ If your bird loves to chew and destroy, feed meals in a shreddable [Foraging System](#) or a [Treat Piñata](#).
- ▶ Advanced foragers will enjoy eating meals from a puzzle toy like a [Buffet Ball and Kabob](#), the [Push/Pull Forager Bird Toy](#), or [Caitec Tug N Slide Tower](#).



**Increase mealtime merriment with foraging. Ask your veterinarian if you have questions about mealtime foraging.**