

# FOODS TO HAVE READY FOR YOUR NEW TIMNEH

By Anita M. Golden

**Beans/Rice/Veggies mix** (recipe link on [www.nitasnest.com/birdstogo.html](http://www.nitasnest.com/birdstogo.html))

**Apples, grapes, oranges**

**Weaning Pellets**

I keep both Scenic and Pretty Bird on hand. The kids like both, but often prefer one over the other.

**Regular Pellets**

I get the Fruit Flavored Zupreem, both cockatiel and conure sized. Some people object to the added color, but the birds really like these and that's a very important consideration. I also use Pretty Bird Species Specific – African. The birds also really like the Higgins In Tune pellets.

**Dried Fruits/Nuts mix** (Human grade)

Wal-Mart carries a good-sized bag of this in their nut section in the snack aisle.

**Human Grade Peanuts in Shell**

IF you feed these, look for clear, unblemished shells. Spots could mean fungus or bacteria. Steer clear of those.

**Unsweetened Cereal**

Cheerios are good, and there are many other “healthy” varieties that contain oats and natural grains and dried fruit and are a nice addition to the diet. You don't want to feed too much of this because of the added vitamins, but a teaspoon added to a dish of seed mix is nice.

**A good parrot seed mix**

I buy several brands and types (large hookbill, conure-sized, etc) and mix them together. My favorites are the Higgins Safflower Gold mixes, both the parrot size as well as the cockatiel/conure sized. Mixed together is really nice.

**Hand-feeding Formula**

A good thing to have on hand, though not a necessity. I like the Zupreem Plus, and so do the babies. Keep the bulk of it in the freezer and it will last for AGES. You could also give the baby a few spoonfuls of warm oatmeal.

**Spray Millet and Seed Sticks**

Growing kids need lots of food staring them in the face, and this is especially true when they first go to a new home!