

✓ Foods Chickens Can Eat

✓ Vegetables:

Lettuce, Kale, Spinach, Carrots, Cucumbers, Peas, Broccoli, Zucchini, Celery, Asparagus, Cooked Potatoes, Cabbage, Pumpkin, Sweet Potatoes, Green Beans, Tomatoes, Peppers, Radishes, Brussel sprouts, Squash, Cauliflower

✓ Fruits:

Apples (without seeds), Berries (strawberries, blueberries, raspberries), Bananas, Melons (watermelon, cantaloupe), Grapes, Pineapple, Cherries, Banana Peels, Peaches (without pit), Pears, Mangoes, Plums

✓ Grains and Seeds:

Corn, Oats, Barley, Rice, Sunflower seeds, Pumpkin seeds, Walnuts, Chia seeds

✓ Protein:

Mealworms, Cooked eggs, Fish (in moderation), Yogurt

✓ Other:

Bread (in moderation), Cooked pasta, Cooked rice

✗ Foods Chickens Should Not Eat

✗ Toxic Foods:

Avocado, Chocolate, Caffeine (coffee, tea), Alcohol, Raw or dried beans, Green potato skins and sprouts, Onions, Rhubarb leaves, Pickles, Peanuts, Eggplant, Tomato leaves, Citrus fruits and citrus peels, Seeds and pits from fruit, Uncooked Spinach, Elderberries, Maggots, Xylitol

✗ Moldy or Spoiled Foods:

Any moldy food, Rotten fruits and vegetables

✗ Excessively Salty or Sugary Foods:

Junk food (chips, candy, etc.), Salted meats, Processed foods

✗ Uncooked or Processed Grains:

Uncooked rice, Uncooked pasta, Uncooked Amaranth

✗ Forage:

Azalea, Ferns, Foxglove, Holly, Lawn clippings, Lobelia, Lupine, Mushrooms, Nightshades, Rhododendron, Oak leaves and acorns, Toads, Hyacinth, Periwinkle, Ivy, Hydrangea, Tulips, Irises, Jasmine, Daffodils