

NEW PARROT CHECKLIST



PARROT GEAR

- ☐ Parrot Food
- ☐ Parrot Treats
- ☐ Parrot Enclosure/Bowls
- ☐ Food Storage Containers
- ☐ Parrot Traveling Carrier
- ☐ Perches: Wood or Rope
- ☐ Parrot Toys
- ☐ Cage Liners/ Newspaper
- ☐ Avian First Aid Kit
- ☐ Safe Cage Cleaners
- ☐ Clean sink and faucet
- ☐ Avian Harness
- ☐ Parrot Stand Play Area Outside of the Cage
- ☐ Parrot Cage Cover
- ☐ Showering/ Bathing Supplies
- ☐ Avian Behavior Books

THINGS TO DO

- ☐ Find A Trusted Avian Vet and Make an Appointment
- ☐ Find Avian Groomer
- ☐ Research Pet Insurance
- ☐ Research Avian Microchip
- ☐ Research Avian Boarding or Daycare
- ☐ Construct A List of Emergency Numbers
- ☐ Research Local Bird Clubs

SPECIAL GEAR

- ☐ Bird Swing
- ☐ Parrot Ladders
- ☐ Gram Scale
- ☐ Air Purifier
- ☐ Humidifier
- ☐ Ear Plugs



NOTES

DIFFERENT SPECIES REQUIRE DIFFERENT DIET. PLEASE,
DO YOUR OWN RESEARCH ON SPECIFIC SPECIES OF
PARROTS WHEN EXPLORING DIETS FOR YOUR PARROT.

FOODS NOT RECOMMENDED FOR BIRDS

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| ☐ Alcohol | ☐ Fruit Pits |
| ☐ Avocados | ☐ Fried Foods |
| ☐ Caffeine | ☐ Fatty Animal Meats |
| ☐ Dairy Products | ☐ Raw Beans |
| ☐ Dried Fruits (Sugar) | ☐ Honey |
| ☐ Fruit Juice (Sugar) | ☐ Human Box Mixes |
| ☐ Chocolate | ☐ Human Foods |
| ☐ Apple Seeds | ☐ Food Sweetened with Natural or |
| ☐ Grapes (High in Sugar) | Artificial Flavoring |

DO NOT FEED PITS, PIPS, OR SEEDS FROM APRICOT,
APRIUM, CHERRY, LYCHEE, NECTARINE, PEACH, PLUM,
PLUOT, OR RAMBUTAN.

ANIMAL BASED FOOD HAS BEEN LINKED TO THE
DEVELOPMENT OF CARDIOVASCULAR DISEASE IN
PARROTS.

SEEDS, DEPENDING ON YOUR PARROTS ACTIVITY,
SHOULD BE GIVEN IN LESS THAN A MODERATE
AMOUNT.

PLEASE CONSULT YOUR VETERINARIAN IF YOU HAVE
QUESTIONS REGARDING FEEDING.



BIRD CHOP SHOPPING LIST

GRAINS

- ☐ Spelt
- ☐ Oat Groats
- ☐ Barley
- ☐ Oats
- ☐ Buckwheat
- ☐ Millet
- ☐ Rye Berries
- ☐ Farro
- ☐ Brown Rice
- ☐ Quinoa



RAINBOW OF FRUITS

- ☐ Kiwi
- ☐ Guava
- ☐ Pomegranate
- ☐ Figs
- ☐ Mango
- ☐ Melon
- ☐ Coconut
- ☐ Papaya
- ☐ Banana
- ☐ Plum/ Peach
- ☐ Dragon Fruit
- ☐ Passion Fruit
- ☐ Lychee
- ☐ Cactus Fruit
- ☐ Persimmon
- ☐ Pear
- ☐ Apple
- ☐ Cherry

GRAINS

- ☐ Bell Peppers
- ☐ Jalapeno Peppers
- ☐ Yams/ Sweet Potatoes
- ☐ Cucumbers
- ☐ Squash
- ☐ Carrots
- ☐ Okra
- ☐ Zucchini
- ☐ Corn
- ☐ Broccoli
- ☐ Fennel
- ☐ Pea
- ☐ Green Beans
- ☐ Parsnip

LEAFY GREENS

- ☐ Dandelion
- ☐ Chard
- ☐ Kale
- ☐ Collard Greens
- ☐ Mustard Greens
- ☐ Bok Choy
- ☐ Turnip Greens
- ☐ Carrot Tops
- ☐ Beet Tops
- ☐ Rapini



CONTINUED...



BIRD CHOP SHOPPING LIST CONTINUED

VIBRANT BERRIES

- ☐ Raspberry
- ☐ Blackberry
- ☐ Bluesberry
- ☐ Strawberry
- ☐ Cranberry

BEANS AND LENTILS

- ☐ Mung Bean
- ☐ Kidney Beans
- ☐ Adzuki Beans
- ☐ Lima Beans
- ☐ Garbanzo Beans
- ☐ Pinto Beans
- ☐ Split Peas
- ☐ Black Beans
- ☐ Green Lentils
- ☐ Brown Lentils
- ☐ Red Lentils
- ☐ Yellow Lentils

NUTS

- ☐ Walnuts
- ☐ Brazil Nuts
- ☐ Almonds
- ☐ Cashews
- ☐ Pistachio
- ☐ Pecans
- ☐ Pinenuts
- ☐ Macadamia Nuts
- ☐ Hazelnuts



HEALTHY SEEDS

- ☐ Flax Seeds
- ☐ Fennel Seeds
- ☐ Hemp Seeds
- ☐ Rapeseeds
- ☐ Sesame Seeds
- ☐ Safflower
- ☐ Canary Seeds
- ☐ Pumpkin Seeds
- ☐ Chia Seeds

FUN STUFF

- ☐ Anise
- ☐ Herbs Fresh or Dry
- ☐ Dry Flowers
- ☐ Unsweetened Coconut
- ☐ Hemp Hearts

