

# 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

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

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

