



Feeding Birds

1. Help set up a feeding station.
2. Put it in a good location. Make sure you can see the feeders often. Outside a window near your breakfast area is ideal.
3. Keep a bird book near so you can identify feeding birds. A good one is: "Stokes Beginning Guide to Birds". Small binoculars will help give close up views.
4. Keep a journal of the different birds you see and when you see them. Paper and crayons for sketching birds will cause you to look more carefully at the bird's markings.
5. Offer a variety of feeders. Bird seed, thistle seed, and suet are examples.
6. Keep the feeders filled.
7. Squirrels can be a problem. Research this and ask your parents to help prevent these intruders.
8. Offer bird baths, hummingbird feeders, and try building your own birdhouse.

Suet

Definition: Suet is a high energy formulation of animal fat and other ingredients to attract insect eating birds. It is a quick source of energy and heat for birds whose metabolism is set on fast-forward. It traditionally has been used as a good substitute for insects that are not plentiful in cold weather. Today, many suets are made of a year-round formula.

Insect eating birds that are attracted to suet feeders are:

Woodpeckers

Chickadees

Blue Birds

Titmice

Jays

Starlings

Kinglets

Warblers

Mockingbirds

Nuthatches

Robins

Wrens

Suet Recipe for Pinecones

- 1 $\frac{1}{4}$ Cup Lard
- 1 $\frac{1}{4}$ C Crunchy Peanut Butter
- 1/3 Cup sugar
- 2 Cups quick cooking oats
- 2 Cups Cornmeal
- 1 Cup Flour
- 1 C Birdseed

Melt Lard and peanut butter. Add sugar to melted mix. Combine remaining ingredients. Put in pinecones. Refrigerate or freeze until ready to use. Makes 6 + cones.

Suet Blocks

- 2 Cups lard
- 2 Cups crunchy peanut butter
- 4 cups rolled oats
- 2/3 Cup sugar
- 1 Cup birdseed
- 4 Cups cornmeal
- 1 Cup raisins

Slowly heat lard and peanut butter to soften them. Add remaining ingredients. Place scoops in sandwich bags, flatten and refrigerate or freeze until ready to use.