

## WILD BIRD FEEDING DURING THE AUTUMN & WINTER TIME

MARRIAGE'S

Early autumn is filled with natural food for birds and wildlife. However by putting out extra food during this time will help the birds in their preparation for the Autumn Moulting, when they renew their features.

The bird's natural food can be quickly depleted with the onset of the first winter frosts. Days are becoming shorter with night's drawing in giving the birds less time to look and forage for food. Garden worms are going deeper underground as the ground itself gets harder so birds such as Thrushes, Blackbirds and Robins will need extra protein. Not forgetting the wild birds that are getting ready to migrate to a warmer climate, they also need plenty of energy and fat to build up their body weight for their long journey ahead.

The colder UK winter months bring along frost, snow, floods and strong winds, all of which make it hard for our wild birds and wildlife. 'Instant' high energy boosting foods during this time are invaluable to birds especially some of our smaller birds who need to consume at least 30-40% of their body weight daily just to survive.

This is a good time to get new nesting boxes put up in the garden, and get the used ones emptied. It can not only offer the birds some protection during the winter months but gets them established and the birds use to them prior to the breeding season in the spring.

Don't forget fresh water! Keep an eye on the drinking water you put out that it doesn't freeze. Birds will find it hard to find during freezing temperatures and can lose valuable energy searching.

### The Best Foods

**Marriage's High Energy seed mixes** and our **Honeyfield's specific winter mixes** are ideal as have been formulated to offer the birds exactly what they need during the colder months. Instant energy ingredients are included such as suet pellets and sunflower hearts. These are vital to smaller birds that need to consume at least 30-40% of their body weight daily just to survive, along with other high energy oil seeds and cereals which provide longer release energy. Meal worms offer high protein and are ideal for insect feeding birds.

Fat balls are a perfect quick food for hungry birds, be aware of the cheap ones though which can be more full of fillers than fat. **Honeyfield's Nutri Bombs** are a full of just good stuff, no fillers, with added vitamins for year round health.

Suet is enjoyed by most garden birds, maximum energy and quick to eat it is a perfect winter treat. Honeyfield's have various flavours to tickle any taste buds on a cold winter morning!

