

BIRD FEEDERS

Make your own bird feeder to hang in the garden of a care home. Older people will enjoy watching different birds visit the garden to feed from your creation! We have three different types of bird feeder for you to choose from.

1) Apple feeder

Equipment needed

- Apple
- Sunflower seeds
- 2 twigs
- String

Method

1. Select an apple of your choice.
2. Take the core out the centre of the apple. You may need an adult to help you.
3. Push the sunflower seeds into the top half of the apple. These are for the birds to eat.
4. Push one twig into either side of the apple, near the bottom. This makes a perch for your birds.
5. Your apple bird feeder is finished! Take it to your local care home for older people to enjoy.
6. Ask someone to tie it to the branch of a tree and wait for the birds to descend and enjoy their feast!



2) Fat ball

Equipment needed

- Lard or suet (room temperature)
- A handful of bird seed
- A handful of peanuts (unsalted)
- Grated cheese or raisins
- Dry leftovers (e.g. oats, bread or cake)
- Old clean yoghurt pots
- String & a pen

Method

1. Use one part fat to two parts dry mixture – e.g. if you use 100g of fat, double that and use 200g of seeds, nuts, cheese/ raisins and dry leftovers.

2. If the fat is too hard, you may need to melt it – try leaving it in a warm place, heating it slightly in the microwave or melting it above hot water. Make sure you ask an adult before you do this.



3. Mix all the ingredients listed above together in a bowl.

Top tip - If you find the mixture is a bit crumbly, add a little more fat and a little less dry mixture.



4. Using a pen, make a small hole in the bottom of each of your yoghurt pots.

You may need to ask an adult for help with this step.



5. Thread a length of string through the hole and tie a knot to secure it.



6. Pack each yoghurt pot tightly with the mixture.
Put the pots into the fridge until the mixture has set hard.



7. Once they are fully set, carefully cut away each yoghurt pot and recycle it.

The pot should crack off quite easily if the mixture is cold enough.



8. Take the fat ball to your local care home! Ask someone to tie the string over a tree or branch in the care home garden. Make sure you pick somewhere that cats can't reach.

Hopefully birds will come into the garden for older people to enjoy!



3) Recycled milk carton

Equipment needed

- 1 milk carton
- 2 twigs
- 1 shoelace or piece of string
- Seeds (we recommend sunflower seeds or bird seed)
- Scissors
- Pen

Method

1. Using your scissors, cut out 4 rectangles from your milk carton – one on each side of the carton. You may need to ask an adult to help you with this.



2. Using your pen, pierce a hole near the base of the carton.

Repeat this step a further 3 times so every side has a hole. The holes need to be big enough for a twig to fit through.



3. Push the twigs in through one hole and out through the hole on the other side. This will make a perch for the birds to stand on.



4. Add the seeds inside the carton.

Please check that the seeds you're using are safe for birds to eat, as some can be poisonous - we recommend sunflower seeds or birdseed.



5. Finally, tie the shoelace or string around the lid of the milk carton. Then take your new bird feeder to your local care home! Ask someone to hang it on a tree so that the older people can watch the birds as they feed.