

INVITE A ROBIN TO TEA!

Robins need high energy food during the cold winter weather to help maintain their fat reserves. You can help them keep their energy up by inviting them to a tea party!

Recipe 1—fat blocks for birds

Ingredients

Block of lard (or dripping)

Mixed bird seed

Raisins, roughly chopped

Chopped nuts (optional)

String & sticky tape

Empty yoghurt pot



Method

- Poke a hole through the bottom of the yoghurt pot and feed some string through the hole, from the bottom to the top. Pull the string up and over the top of the pot, leaving a length dangling over the side. At the other end, tie a knot in the string on the outside of the pot to secure it.
- Melt the lard in a saucepan then leave to cool slightly until it is quite soft.
- Mix in your seeds, fruit and nuts until you have a gloopy messy mixture (it should be quite wet).
- Holding onto the dangling length of string, spoon the mixture into the yoghurt pot, then leave in the fridge or cool place to allow the fat to set.
- Once set, you can remove the pot (if this is difficult, pop the pot into some warm water to make it slide off easier).
- Now you have the perfect meal ready to hang out in the garden for your birds to enjoy!



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Recipe 2—peanut butter bird feeder

Ingredients

Peanut butter	Two twigs
Mixed bird seed	String
Empty toilet roll	



Method

- Make 4 holes near the bottom of the toilet roll and feed some twigs through the holes. These will be the perches for the birds to land on.
- Make a hole on each side of the toilet roll near the top, and loop some string through the holes, so you can hang your bird feeder up.
- With a spoon, carefully spread peanut butter all around the outside of the toilet roll.
- Sprinkle bird seed onto the peanut butter, so that it sticks.
- Now you have the perfect meal ready to hang out in the garden for your birds to enjoy!

