

# Food Choices for Birds

Black oil sunflower	Best bang for your buck!
Striped sunflower	A little more than oil sunflower with fewer consumers.
Hulled sunflower	Cost more but no hulls left on the ground
Nyjer	THISTLE \$\$ but draws many species
Millet	More per pound than sunflower but small and fully consumable.
Safflower	Mid priced seed, test small amounts
Cracked corn	Least expensive but draws bigger birds
Flax seed	High cost but high energy food, blizzard food
Rapeseed	\$\$\$ add to a mix to ease the cost
Canary seed	Not always eaten so test first
Seed mixes	Blend to attract

Source: Peggy Doty, Energy & Environmental Stewardship Educator