

## **GOOD FRUIT & VEGATBLES FOR YOUR FREE-RANGE CHICKENS TO EACH**

**YOU CAN GROW THIS IN YOUR GARDEN OR YOU COULD SPEAK TO YOUR LOCAL RETAILER AND ASK IF THEY WOULD SELL YOU OR GIVE YOU THE EXPIRED FRUIT & VEG OR IF YOU SEE A BARGAIN THEN BUY IT – FEED THEM AS TREATS**

**Fruit can be soft or damaged  
but shouldn't be moldy**



**BANANAS  
&  
PINEAPPLE**



**WATERMELON**



**GRAPES  
&  
GUAVA**



**SPAN SPEC  
&  
MANGOS**



**ALL KINDS OF  
BERRIES**



**PAW PAW**



**APPLES & PAIRS**  
Remove the seeds  
of the apple

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**TOMATOES**



**LETTUCE**



**SPINACH**



**GRATED CARROTS**



**PEAS**



**CORN ON THE COB**



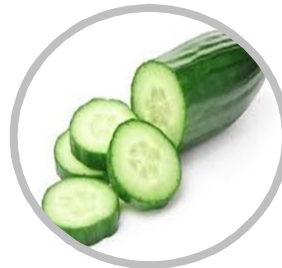
**SPROUTS**



**BETROOT LEAVES**



**CABBAGE LEAVES**



**CUCUMBER**



**FERMENTED BEANS**



**SCRABBLED EGGS**



**SUNFLOWER SEEDS**



**PEANUTS**



**EGG SHELLS**



**PUMPKIN SEEDS**

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**APPLE CIDER  
VINEGAR**



**SALT CRYSTALS**



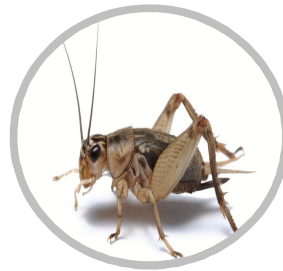
**WORMS**



**GOAT MILK  
YOGURT**



**MAGGOTS**



**BUGS**

