

# Frozen Treat for Winter Birds

This little activity is so rewarding! Start with a walk outdoors to collect fallen bits of evergreens and twigs. Follow the steps below to make a 'popsicle' treat for the birds. Go on another outing to hang up your treat for the birds to enjoy. Collect more twigs, greens and repeat the project!

**Supplies:** for 1 popsicle feeder (medium sized cup)

- \* A paper or plastic cup for a mould
- \* 60 cm of twine, string or yarn
- \* Handful of found twigs and evergreen bits
- \* 1 cup or so of bird seed, as many varieties as you have on hand (avoid corn — wet corn is not safe for birds to eat)
- \* 1/4 cup or so of nuts (free of salt and sugar-coating)
- \* 1/2 cup or so of fruit — dried and or chopped fresh fruit
- \* Water



## Procedure:

1. Place the twine in the cup so there is some excess in the bottom of the cup. Leave a enough twine out of the cup to use for hanging the finished treat outside.
2. Loosely fill the cup with the twigs and greens. This will help hold the twine in place. Be sure some twigs stick out above the cup's rim for the birds to perch on.
3. Mix the seeds, nuts and fruit together. Spoon or pour the mix into the cup. Pack in as much as you can. Tap the sides and thump the bottom to make sure all the space around the greens is filled with the seed mixture. (Remember to keep one end of the string free.)
4. Gently fill with water just to the top of the seeds. Be sure to leave some seeds exposed the birds to start with.
5. Freeze the treat until it is solid all the way through.
6. Slip the frozen treat out of the cup and hang it outdoors in a safe place for the birds.
7. Enjoy watching the birds appreciate the treat!

## More Bird Treat ideas



Use a shallow container, such as a cake pan, for a pretty looking feeder. Position a loop of twine in the pan, see photo, leaving one half free for hanging you feeder. Be sure to have lots of twigs and greens sticking out for the birds to perch on. Pack the pan full of seeds, nuts, and fruits as above. Fill with water and freeze solid. Hang this treat outside once it is frozen.

Mix bird seed with peanut butter, lard, or shortening and pack into a mug or teacup. Add a stick for a perch and you are ready to hang it outside for the birds to enjoy.

