





Reviewed December 2024

Because birds do not have teeth the grinding of their food takes place in their muscular stomach (gizzard). Birds will ingest small stones for this purpose, but it is beneficial to provide them with a mixture of digestible and indigestible grit to help this process. The indigestible grit aids grinding of food and the digestible grit is a very important source of calcium for laying hens. Grit should always be provided in a separate bowl and chickens will moderate their own intake.

Chickens are classed as production animals, and it is therefore against the law to feed kitchen scraps. Vegetables and fruit can be offered for enrichment but must be fed directly from the allotment or shop, not allowed to pass through a kitchen. Note that feeding dried mealworms is also not permitted.