

As the days grow longer and the earth wakes up from its winter rest, we're not the only ones feeling the shift, but animals are starting to come out after winter hibernation. This spring, let's extend our compassion beyond our kitchens and out into the wild. Here are a few safe, animal-friendly vegan foods you can leave out to support local wildlife; always in moderation and with care for their natural habits.

For Birds:

- Unsalted sunflower seeds (in the shell or hulled)
- Oats (raw, rolled or steel-cut—not instant)
- Chopped fruits like apples, pears, and berries (no added sugar)
- Cooked brown rice or quinoa (plain and cooled)

For Squirrels & Chipmunks:

- Raw, unsalted nuts like almonds, walnuts, and hazelnuts
- Carrot sticks and apple slices
- Pumpkin seeds (no salt or seasoning)

For Deer (if safe and legal in your area):

- Rolled oats or cracked corn
- Sliced sweet potatoes or carrots
- Fallen fruit from trees (natural and pesticide-free)

A Few Tips:

- Always research what's appropriate for animals in your region—some species have sensitive diets.
- Avoid processed foods, oils, salts, and sweeteners.
- Place food away from roads or human traffic to keep animals safe.
- Keep feeders and dishes clean to prevent disease spread.

Let Nature Lead: We believe in helping wildlife without making them dependent. The best approach is to supplement their diets during tough times (like early spring), not replace what they naturally forage.

