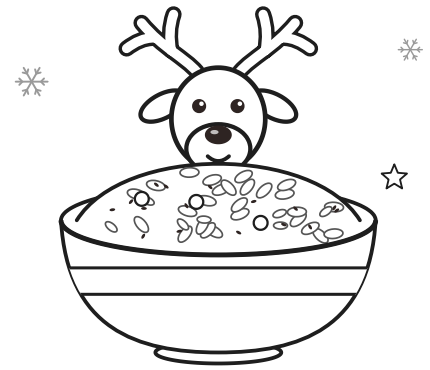


Reindeer food

Oats and seeds, and not one speck of glitter. It takes five minutes, and the birds finish whatever the reindeer leave.

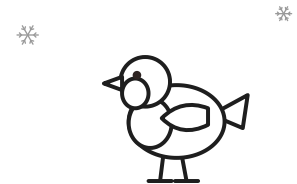


YOU NEED

- **1 cup of rolled oats**
porridge oats, about 80 g
- **2 tablespoons of shelled sunflower seeds**
sunflower hearts
- **1 teaspoon of nyjer seeds**
if you have some, for tiny dark specks
- **A little chopped apple or a few blueberries**
if you like, for color
- **A shallow bowl or a tray**
for Christmas Eve

HOW TO MAKE IT

- ① Tip the oats and seeds into a mixing bowl and let your child stir. Count the stirs out loud. Twenty is plenty.
- ② Spoon it into a little bag and fold a topper over the top. It keeps in the cupboard until Christmas Eve.
- ③ On Christmas Eve, just before bed, pour it into a shallow bowl or a tray. Add the apple or blueberries now, so they're fresh.
- ④ Set it on a step, a wall or a bird table, not on the lawn. In the morning, go and see who came.



NEVER IN THE BOWL

✗ Glitter, even the edible kind

✗ Sequins

✗ Cake sprinkles

✗ Chocolate

✗ Raisins, sultanas, currants or grapes

We leave out peanuts too (in case of nut allergies at home) and chili (little hands, little eyes).

Where it goes: In a bowl or a tray on a step, a wall or a bird table. Keep it off the lawn, because loose food on the ground isn't safe for hedgehogs that wake up in winter.

From the advice of the RSPB and the RSPCA, the UK's bird and animal charities, and the ASPCA on foods that harm pets.