



How to make Fat Balls for Garden Birds

What you need to make fat ball:

1 block of lard or any sort of fat, stirrer, dried mealworms and/or a wild bird seed, an orange (cut in half and juiced), some string, small bag

Method:

1) The best ratio for this recipe is one part fat to two parts dry mixture. Mix all your dry ingredients together in a bowl.

2) Melt some lard or suet in a pan and add the dry mix. Stir well until all the fat has been absorbed and the mixture sticks together. **(The fat only needs warming – make sure you don't leave fat heating too long on the oven – be careful with hot fat – ask an adult for help).**

3) Make some holes in the sides of the orange and thread through a length of twine or string, and then pack the ½ orange with your warm fat mixture.

4) Place in the fridge overnight to set. Tie a big knot at the end of the twine to secure the orange to the tree.

5) Hang the orange in a tree or shrub and wait for the birds to come and feast. You can use the other half of the orange as feed.

