

AFRICAN GREY CARE SHEET



COMMON NAMES: Grey parrot, African grey parrot, Congo grey parrot, Congo African grey parrot

SCIENTIFIC NAME: Psittacus erithacus

ADULT SIZE: Measuring about 13 inches, weighing just under 1 pound

LIFE EXPECTANCY: On average, 40 to 60 years in captivity

Caring for an African Grey Parrot

The African grey is a medium- to large-sized parrot that needs adequate living space. Minimum cage size should have a 2-foot by 2-foot footprint and 3 feet in height. Larger cages are preferable.

Without plenty of interaction and training, an African grey parrot may become depressed and exhibit self-mutilating behaviors, such as feather-plucking.

These birds thrive when they have lots of opportunities for playing with toys, interacting with their owners, and learning words and tricks. Expect to spend several hours each day interacting with and training your African grey. Many owners report that African greys enjoy having television or radio playing when they are left alone.

African greys are said to be somewhat sensitive and easily affected by stress and commotion. They may be more relaxed if the cage is placed in a quiet corner of the room rather than in the center.

Diet and Nutrition

In the wild, African greys eat fruits, leaves, insects, bark, and flowers. The best food for an African grey in captivity is a high-quality, formulated pellet supplemented with fruits such as pomegranate, organic mango, and melon. Also, provide fresh vegetables, including leafy greens like arugula, watercress, kale, sprouts, and healthy seeds such as hemp and flaxseed. You can premake chop, a salad for birds, that will help keep your African grey parrot healthy and thriving.

Many greys also enjoy a variety of treats and snacks, such as nuts and healthy table foods like steamed green beans, breakfast toast, and salad.

Offer you bird a half cup of pellet-based parrot mix and a 1/4 cup of fruits and vegetables daily and adjust the quantity according to their appetite. Remove and discard all uneaten fresh food by the end of each day.

