



**1** Fill the teacup with a nice mix of seeds and nuts. Find out what your local wildlife likes to eat at [tinyurl.com/SN-birdseed](https://tinyurl.com/SN-birdseed)



**2** Melt the oil in a bowl in the microwave, stirring every 30 seconds until it is melted. Pour it over the seeds until they are well coated.



**3** Pop a small stick into your teacup at the side opposite the handle. This is for birds to perch on while they eat.



**4** Leave your teacup feeder to set in the fridge. Then, tie a loop of ribbon around the handle of your teacup and hang it somewhere outside where birds will find it, such as on the branch of a tree.

# Feed winter birdlife

Food is scarce over winter, so give your local birds a helping hand with this easy-to-make seed teacup.

## What you need

- Old teacup
- Seeds and nuts
- Enough coconut oil to fill the cup
- Bowl
- Microwave
- A small stick
- Ribbon

## How does it work?

Survival for birds and other wildlife can be challenging at any time of year but particularly during the cold winter months. Food is scarce and animals must use more energy to keep warm. Nuts, seeds and coconut oil are all energy-rich foods that will help out your local wildlife and see them through the winter safely. Feeding birds also encourages them to visit your garden, giving you some good birdwatching opportunities. Turn to page 52 to find out how you can get involved in the RSPB's Big Garden Birdwatch.

## TOP TIP

*If you don't normally have bird feeders out, you'll need to put the teacup somewhere really obvious so that passing birds will be able to see it.*