

Eco-friendly reindeer food

Christmas can be a hectic time of year for everyone, and Santa's famous reindeer are no exception! There might be a carrot for Rudolph alongside the traditional mince pie, but it's a very long work night, and even a magic reindeer might need something more substantial to power them through that full festive flightpath.

So what's a good reindeer dinner?

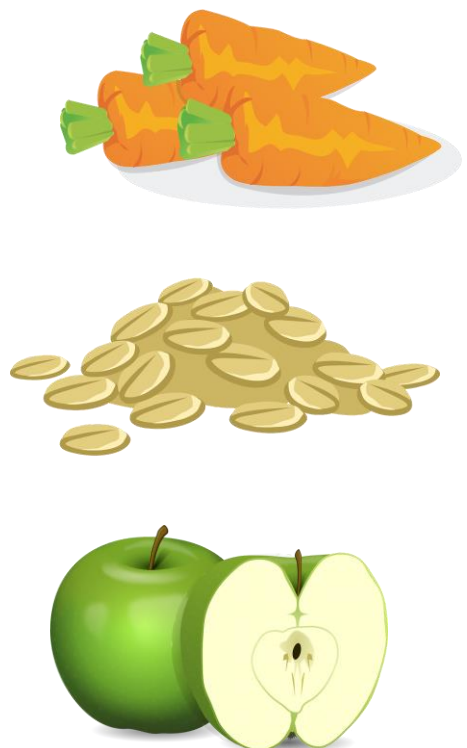
Reindeer **do** enjoy carrots as a delicious snack, but their natural diet is full of herbs, mosses, mushrooms, ferns and other vegetation that would naturally grow in the cold climates they live in. They are particularly fond of 'Reindeer moss', which is actually a [lichen](#) - a unique type of organism that is made up of an algae and a fungus working together to live in places they could not manage alone.

Reindeer moss can grow in the UK, and you can actually buy bags of it preserved and dyed for use in craft projects! But all those preservatives wouldn't be good to eat, so we need something else for Rudolph and pals.

Natural reindeer diet



Tasty treats



Dinner for Rudolph

- 1) Find a nice bowl or plate (that you are okay putting outside!)
- 2) Collect vegetation from your garden. Reindeer can eat leaves and bark and lots of things **we** can't, so you can be creative.
Make sure everything is safe for *you* to handle; if you're not sure, skip that one.
- 3) Arrange the vegetation. Think 'Christmas wreath on a plate'!
- 4) Add some tasty treats, such as carrots, fruit, or oats.
- 5) Add a little festive sparkle – such as a sprinkle of icing sugar for that frosty look, or even some **edible** glitter.

Please make sure you use **edible** glitter / baking glitter if you do this! Craft glitter is made of plastic, metal or even glass - which is very bad for reindeers to eat (and for the environment generally, since it's often a **microplastic**). We don't want to give Rudolph a tummy ache!

- 6) Pop your reindeer buffet outside on Christmas eve so they can tuck in while Santa works!



Linda used edible silver balls, as these are the most sparkly edible thing she owns!