

## Diet

African Pygmy Dormice need a VERY varied diet; including provisions made for nectar, since a wild Dormouse diet would not only include nectar and pollen but also saps and other sweet gums. Live food such as crickets, mealworms and fly larvae can also be introduced and provide vital natural enrichment. Dormice love their fruits, which should be given daily in small quantity to avoid an obese Dormouse. Citrus fruits are NOT approved, but the following are: apples, bananas, blueberries, cherries, mango, melon, papaya, pear, persimmon, physalis, sharon fruit and tomato. Dried fruit is often ignored, so fresh fruit is best. You can choose to chop fresh fruits or there is the alternative utilizing organic baby food (Fruit only) Just be sure to change every other day, to keep fresh. You can provide a nice quality hamster/gerbil food mix that can comprise of items such as hemp, millet, linseed, macadamias, maize, nyjer seed, pinhead oatmeal, pine nuts, pumpkin seeds, rolled oats, safflower, sunflower seeds together with finch/parakeet seed base. Fennel seed can be added to reduce the smell of urine. Millet sprays can be hung from your enclosure as well, for enrichment. Scientist say Dormice CANNOT digest plant cellulose, the material of plant cell walls, fiber such as wood, plant leaves and stalks they will ignore the majority of a hamster or mouse mix. Remember to place food somewhere high up where it is less likely to be fouled and change the dishes as needed. Although they get a lot of moisture from their fresh fruit, you must supply a source of water in either a dish or bowl; refreshed daily. As for a Nectar food source; provide locally sourced pollen, organic honey and organic maple syrup; you can mix it altogether or provide separately in a dish. They also sell pre-made Nectar pods for sugar gliders, in which they love. If Not providing insects dried or alive in addition to their seed mix; then you can provide an insectivore diet, quality cat food (Blue buffalo Wilderness Kitten), boiled or scrambled eggs, small amounts of boiled chicken, salmon or tuna (in spring water preferred) into their dietary regimen.

Remember: Scientists say they cannot digest vegetable matter as they lack a cecum, however several keepers have fed mixed veggies consisting of carrot, peas, corn and green beans with success. We however stick with the Scientists with our recommendations, to avoid veggies.

Mealworms, monkey nuts, sunflower seeds, and pumpkin seeds are great as a treat to assist with taming or simply bonding.

Honey soaked seed bars suitable for parakeets and cuttle bones are also a great enrichment tools to be added into any habitat.