What to feed a baby squirrel

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Fridge cheat sheet

BEFORE YOU FEED ANYTHING

1. Warm the baby first. Put a heating pad on low under half the box, or a warm rice sock wrapped in cloth.
2. Try to reunite it with its mother.
3. Do not give food or milk yet. A dehydrated baby needs unflavored electrolyte fluid first, in small drops.
4. Never give cow's milk. It causes severe stomach upset and diarrhea in baby squirrels.
5. Feed belly down or upright with a 1 ml syringe, one drop at a time.
6. Call a licensed wildlife rehabilitator today.

Find a wildlife rehabilitator near you: ahnow.org

✓ Safe staples

- **Fox Valley 32/40 squirrel formula** – Main formula. 1 part powder to 2 parts water
- **Fox Valley 20/50 squirrel formula** – Higher-fat formula from about 4 weeks
- **Pedialyte (unflavored)** – Unflavored, to rehydrate before formula
- **Water** – Bottle or dish once eating solids
- **Rodent block** – First solid food. Calcium for strong bones
- **Broccoli** – Good first vegetable, one new food at a time
- **Leafy greens (romaine, bok choy, arugula)** – Feed freely once weaning. Chop small

! Small amounts only

- **Puppy milk replacer powder (Esbilac)** – Fallback formula if Fox Valley isn't available
- **Goat milk** – Only in Henry's stopgap recipe, 2 weeks max
- **Sweet potato** – Starchy, small pieces only
- **Carrots** – Small pieces only
- **Kale** – Mix with other greens, not alone
- **Banana** – Treat after 16 weeks, sugary
- **Apple** – After 16 weeks, seeds removed
- **Grapes** – After 16 weeks, seedless, cut small
- **Strawberries** – After 16 weeks, max 2 fruit pieces a day
- **Blueberries** – After 16 weeks, a few as a treat
- **Walnuts and pecans** – After 16 weeks, max 2 nuts a day
- **Almonds** – Unsalted, after 16 weeks, max 2 nuts a day

⊗ Never feed

- **Cow's milk** – Severe stomach upset and diarrhea
- **Kitten formula (KMR)** – Linked to bone disease in squirrels
- **Human baby formula** – Wrong nutrient balance for squirrels
- **Gatorade and sports drinks** – Not a safe rehydration fluid
- **Bread** – Filler with no calcium
- **Peanuts** – Aflatoxin mold risk. No nuts for babies
- **Acorns** – Can hold aflatoxin you can't see
- **Sunflower seeds** – Fatty, low calcium, causes bone disease
- **Corn** – Low calcium, aflatoxin risk when dried
- **Popcorn, chips and salty snacks** – Salt causes dehydration
- **Chocolate** – Theobromine and caffeine are toxic
- **Cheese** – Dairy upsets a young gut
- **Avocado** – Very fatty. Skin and pit are toxic

Feeding schedule

Age	Looks like	Food	Amount	How often
0–1 week	Pink, hairless, eyes and ears sealed	Rehydrate first, then formula only	A few drops, building to 5% of body weight in ml	Every 2 hours, day and night
1–3 weeks	Dark skin on head and back, eye slits, then short fur except belly	Formula only	5% of body weight in ml per feed	Every 2–3 hours, including night
3–5 weeks	Thicker fur, lower front teeth, eyes open around 4–5 weeks	Formula; switch to Fox Valley 20/50 near 4 weeks	5–7% of body weight in ml per feed	Every 3–4 hours, night feeds still needed
5–7 weeks	Fully furred incl. belly, eyes open, upper teeth showing	Formula, plus rodent block left in the box	5–7% of body weight in ml per feed	Every 4 hours, night feeds only if needed
7–10 weeks	Tail starts to fluff, climbs and explores	Formula, rodent block, one new vegetable at a time	Formula 5–7% of body weight; blocks free choice	Formula 3–4 times a day
10–16 weeks	Near adult look, full bushy tail	Formula as it wants, blocks, vegetables; nuts and fruit as treats near 16 weeks	Up to 2 fruit pieces and 2 nuts a day	Formula 2–3 times a day until it weans itself

Feeding log (weigh before feeding, same time each day)

Date	Time	Weight (g)	Amount (ml)	Peed/pooped	Notes