

Skunk diet

Protein should be offered daily and it can come in the form of cooked chicken or turkey, dog kibble, or Mazuri omnivore diet. If you chose to give kibble, it's important to find a brand that has *taurine which is an essential amino acid for skunks. We prefer grain-free brands such as Pure Balance or 4Health.

Vegetables should be offered almost daily. Skunks will eat almost any vegetable. Broccoli is especially good for them. Squash and zucchini are also great options. Raw vegetables are best. You can also give them frozen veggies that have been thawed. Canned vegetables have too much sodium and contain harmful preservatives. NO asparagus or onions.

Calcium is a must for growing skunks and can be offered daily. This can come in the form of low-fat cheeses, cottage cheese, or plain yogurt. If calcium rich foods are being offered daily there is no need for a calcium supplement.

Fruit. Skunks may have bits of fruit here and there. Fruits are high in sugar and should only be given once or twice a week. NO citrus fruit.

Carbohydrates. Skunks can have carbs in moderation, once or twice a week. They can eat cooked whole grains, sweet potatoes, plain cheerios, or small pieces of whole grain bread.

Fats. Healthy fats can be given sparingly, once or twice a week. This includes nuts, avocado, olive oil, and eggs. Skunks enjoy eating eggs and will even eat the eggshell, which is a good source of calcium.

Insects. Skunks love insects. If you find worms, grubs, grasshoppers, dead wasps, or spiders, offer them to your skunk! These are very beneficial and natural to their diet.

Portions. In the wild, skunks will naturally scavenge for bits of food throughout the night. They are not biologically accustomed to bellying up to a big buffet. Adult skunks should only eat 1/4 cup of food, twice a day. Obesity is very dangerous and can lead to a shorter life span.

Baby skunks should eat 3 x day until 8-10 weeks of age to keep their blood sugar levels up. Each meal for them should not be larger than a rounded spoonful. Your baby skunk's stomach should be nice and round after a meal, but not tight, hard, or distended. Loose stools can be a sign of overeating.

Weight. You can check your skunk's weight by feeling the base of their tail, where it joins their body. If you can very easily feel their tail bones, they are underweight. If their tail is big around and you cannot feel any bones, even with applied pressure, they're overweight. A sign of healthy weight is being able to feel the tail bones after applying moderate pressure. An adult skunk typically weighs 6-12 pounds.

Winter habits: You may notice that your skunk begins to eat less and sleep more during the winter. This is normal, especially if they are kept in an outdoor enclosure. They may "bulk up" a little in the warm months then slim down during the cold months. Seasonal weight fluctuation is to be expected. However, if your skunk suddenly stops eating for 2-3 days, see a veterinarian.



Pictured above: 4Health dog kibble, sliced low-fat string cheese, apple slices, egg, broccoli.

*Please note, this is enough to feed 2 adult skunks.

***DO NOT** give your skunk cat food, sweets, salt, fatty foods, or junk food!