



Green-Cheeked Conure at a Glance

Difficulty of care: **Moderate**

Average Lifespan: **20+ years with proper care**

Average Adult Size: **Small parrot**

Diet: **Pellets (60–70%), plus limited fruits, vegetables, and treats**

Minimum habitat size:

At least 24" W x 22" D x 30" H for one bird

Temperature: **65–80 F**



Fun fact ↻ Conures are very intelligent and love learning tricks.

Enclosure Setup & Maintenance

- Choose the largest cage possible, at least 24" x 22" x 30" for one bird. Bar spacing should be no more than ½ inch. Place the cage in a well-lit, draft-free area away from vents and direct sunlight.
- Line the bottom tray with paper-based bedding or cage liner and provide safe, non-toxic toys, rotated often to keep your bird engaged.
- Add perches of different textures and materials, no wider than ½ inch in diameter. Avoid sandpaper perches and keep perches away from food and water bowls.
- Conures also need 10–12 hours of UV light daily, either outdoors in a secure cage (never unattended) or from a full-spectrum UVB 5.0 bulb.
- Spot-clean daily and wash bowls every day. Replace liners weekly or more often if needed. Deep-clean the cage regularly using a bird-safe cleaner or 3% bleach solution. Make sure to rinse well and dry fully before returning your bird.

Supply Checklist

- Properly sized cage
- Paper-based liner or bedding
- Food and water bowls
- High-quality pelleted food
- Millet and treats
- Perches (varied materials)
- Enrichment toys and play gyms
- UV light
- Grooming supplies



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Fun fact ↻ As active birds, they are great climbers and dancers.

Diet

Pellets should make up 60–70% of the diet. Fruits, vegetables, and treats should be no more than 10%. Offer orange vegetables and dark leafy greens.

Do not feed avocado, fruit pits or seeds, onions, garlic, chocolate, caffeine, or alcohol. Remove uneaten fresh food after 10 hours. You should provide separate bowls for dry food, fresh food, and water.

Fun fact ↪ Green-cheeked conures bond with the whole family, not just one person.

Health

Schedule yearly vet visits for your bird. Watch for discharge, feather plucking, appetite loss, breathing changes, weight loss, droopy wings, or sitting at the cage bottom.

Healthy birds have bright eyes, clean nostrils, smooth feathers, and strong grip. Contact your veterinarian if you notice changes.

Fun fact ↪ Conures chirp and chatter often.

