



Fun fact ↪ African Greys can learn hundreds of words.

African Grey Parrot at a Glance

Difficulty of care: **Advanced; not recommended for beginners**

Average lifespan: **30–50+ years with proper care**

Average adult size: **9–16 inches (Congo larger than Timneh)**

Diet: **60–70% fortified pellets, 30% fresh fruits, vegetables, and grains**

Minimum habitat size: **At least 36" L x 36" W x 48" H**

Temperature: **65–80 F**



Enclosure Setup & Maintenance

- Choose a stainless-steel or powder-coated metal cage at least 3 feet on each side and 4 feet tall. Bar spacing should be no wider than $\frac{3}{4}$ inch. Place the cage in an active area of the home, away from kitchens, fumes, drafts, and other pets. Keep it off the floor in a well-lit room.
- Install a full-spectrum UV light for 10–12 hours daily, placed 12–18 inches from the highest perch. Provide perches of different materials no wider than $2\frac{1}{2}$ inches in diameter. Do not place perches above food or water bowls. Offer a variety of toys and rotate them regularly, introducing new toys one at a time.
- Spot-clean daily, wash bowls every day, and replace liners weekly. Deep-clean the cage and accessories regularly, rinse thoroughly, and let everything dry before reassembling.

Supply Checklist

- Large, secure cage
- Habitat paper or liner
- Three bowls (dry food, fresh food, water)
- Full-spectrum UV light
- Perches (varied materials and sizes)
- Assorted toys and foraging toys
- High-quality pelleted food
- Fresh fruits and vegetables
- Cuttlebone and holder
- Spray mister
- Play gym



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Diet

Feed high-quality fortified pellets as 60–70% of the diet. The remaining 30% should include fresh foods like sweet potatoes, berries, broccoli, melons, papaya, dark leafy greens, and bell peppers.

Seeds and millet can be offered as treats. Table foods should make up no more than 5% of the diet. Avoid avocados, chocolate, caffeine, alcohol, and fruit seeds. Provide a cuttlebone for calcium support.

Fun fact ↪ Some can tell jokes and speak foreign languages.

Health

Healthy African Greys are social, talkative, and alert. Their beak should be symmetrical, and wings should move freely. Schedule annual veterinary visits for your bird.

Call your vet if you notice discharge, appetite loss, regurgitation, limping, overgrown beak, or constant feather fluffing.



Fun fact ↪ They don't just mimic—they understand meaning.