



Quaker Parrot at a Glance

Difficulty of care: **Intermediate**

Average lifespan: **15+ years with proper care**

Average adult size: **Up to 24 inches (head to tail)**

Diet: **60–70% high-quality pellets, 30% fresh foods (treats under 10%)**

Minimum habitat size: **At least 30" L x 24" D x 30" H**

Temperature: **65–80 F**

Fun fact  They're also known as monk parakeets.



Enclosure Setup & Maintenance

- Provide a cage at least 30 inches long, 24 inches deep, and 30 inches high, with bar spacing ½ inch or less. Choose a cage taller than wide to allow climbing and perching. Place it in a draft-free area away from direct sunlight, kitchens, fumes, and other pets. Maintain temperatures between 65–80 F.
- Line the bottom with paper-based bedding or a cage liner. Install a full-spectrum UV light for 10–12 hours daily, positioned 12–18 inches from the highest perch. Add perches of different textures and materials, at least 5 inches long, and avoid sandpaper or gravel-coated perches. Do not place perches above food or water bowls.
- Provide separate bowls for food and water, plus a larger bowl for bathing. Offer toys made of cardboard, paper, or soft wood, and rotate them regularly.
- Spot-clean daily, wash bowls every day, and deep-clean the cage weekly using a bird-safe cleaner or 3% bleach solution. Rinse thoroughly and dry before reassembling.

Supply Checklist

- Appropriately sized cage
- Paper-based bedding or liner
- Food and water bowls (separate for each bird)
- High-quality pelleted food
- Fresh fruits and vegetables
- Cuttlebone and holder
- Variety of perches
- Assorted toys
- Full-spectrum UV light
- Spray bottle mister
- Play gym



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Diet

Feed high-quality pellets as 60–70% of the diet. Offer fruits and vegetables (such as berries, greens, sweet potatoes, and bell peppers) for up to 30%. Treats, including seeds and millet, should be no more than 10%.

Avoid avocados, fruit seeds, and chocolate. Egg-laying birds benefit from a cuttlebone for calcium. Always provide fresh, clean water, and separate bowls for fresh and dry foods.

Fun fact ↻ Quaker parrots can be trained to talk and mimic human sounds.

Health

Schedule yearly veterinary checkups. Healthy Quaker parrots are vocal, social, and bright. They should have clear eyes, smooth feathers, and normal movement.

Contact a vet if you notice discharge, rapid breathing, wheezing, sneezing, overgrown beak, feather plucking, appetite loss, regurgitation, or constant feather fluffing.



Fun fact ↻ They're very vocal, especially at dawn and dusk.