



Hamster
BASICS
OHLONE HUMANE SOCIETY

HAMSTER ESSENTIALS



TOYS



FOOD BOWL AND
WATER BOTTLE



LARGE WIDE ONE-LEVEL
CRATE AND SOFT
BEDDING



VETERINARIANS



SOFT
CARRIER



LITTER OPTIONS -
PAPER, FABRICS,
OTHER



A FAMILY TO LOVE



HAMSTER FOOD
PELLETS, CERTAIN
FRESH PRODUCE

READING HAMSTER Body Language

HAPPY



Body relaxed , ears up

Enjoys running around

Likes to leap into the air

UNSURE OR WORRIED

May hide or avoid coming out

May try to run away when handled

Pupils dilated and freeze



NOT FEELING WELL/SICK

Not eating or drinking

Laying hunched and not playing

Limping or difficulty walking



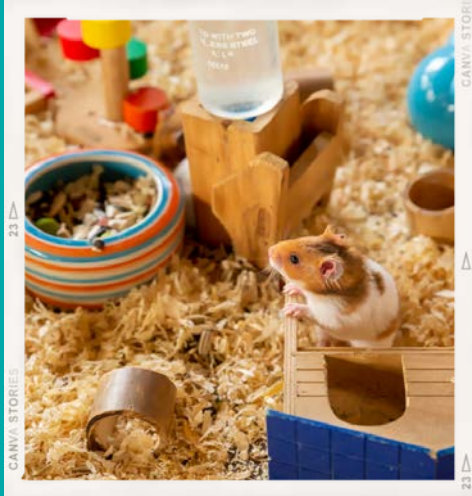
THE MOST POPULAR BREED: THE SYRIAN HAMSTER

- **The most popular hamster pet breed is the Syrian hamster.**
- **The Syrian hamster can be about 5-9 inches long and lives about 2-3.5 years.**
- **Hamsters are nocturnal, so they tend to sleep during the day and play at night time. If awakened during the day for a child to play with him, the hamster may be grumpy and may even nip when startled.**
- **Hamsters prefer to be the only pet in their habitat.**
- **Hamsters are small and squiggly and young children may have trouble handling them safely.**
- **Try to adopt first from a rescue rather than a pet store where hamsters may not have been properly socialized or handled.**
- **Hamsters need a lot of litter to dig in, tubes to crawl through, soft paper or cardboard to chew up for nests, a wheel to run on and daily supervised play time outside their cages.**
- **Hamsters require hard biscuits or wood chews to gnaw on to keep their teeth from growing.**
- **Bedding of cellulose fiber or some untreated wood shavings are appropriate choices. Avoid pine or cedar shavings as the fumes and oils from these woods are harmful to hamsters. Timothy hay can also be used. Remove soiled bedding, droppings, and stale food daily.**
- **Thoroughly clean the cage with warm, soapy water once a week.**



ENRICHMENT

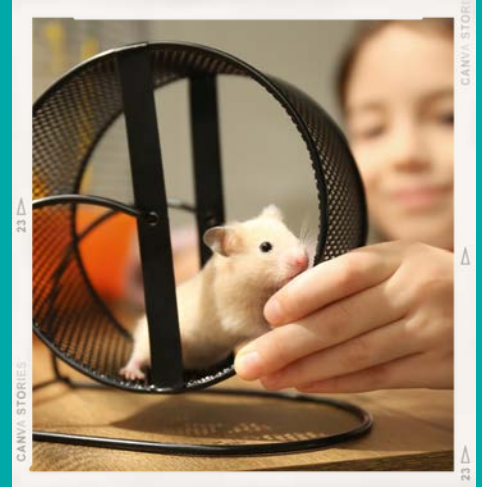
HAMSTERS enjoy toys and stimulation



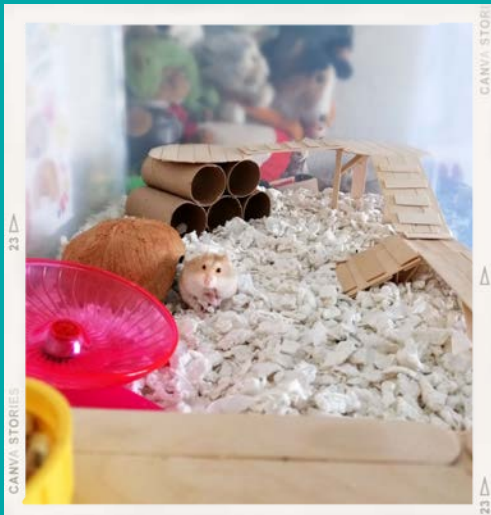
**Digging and burying food
in litter**



**Burrowing in paper bags,
baskets, bowls**



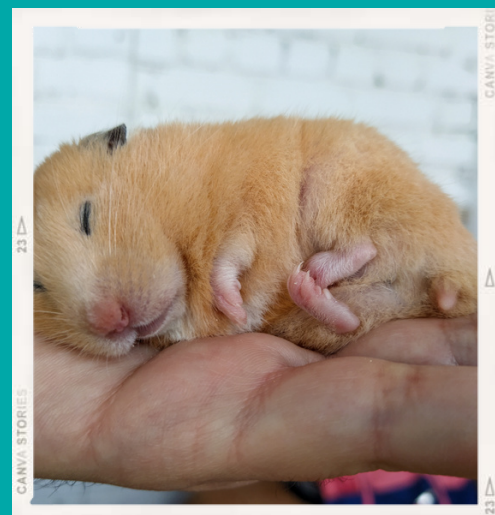
**Exercising out of
their cage**



**Climbing, and finding
new spaces**



**Chewing to keep their
teeth short**



**Playing at night and
sleeping during the
day**

What Do Hamsters LIKE to EAT, but... what SHOULD they eat?

HEALTHY FOOD FOR HAMSTERS

Hamster pellets, fresh water in a special bottle with a drinking tube.

Hamsters literally STUFF their face with seeds and food and put it in their cheek pouches until later when they may hide food at the bottom of their cage.

Bite size fresh vegetables and fruit 2-3 times a week.

Vegetables

- Arugula, Kale
- Ginger
- Artichoke
- Green Beans
- Asparagus
- Beet
- Mushroom
- Bell Pepper
- Parsnip
- Bok Choy
- Peas
- Broccoli
- Potato (cooked)
- Brussels Sprouts
- Pumpkin
- Cabbage
- Carrot
- Romaine Lettuce/Endive
- Cauliflower
- Soybeans
- Celery
- Snow Peas
- Collards
- Spinach
- Corn
- Radicchio
- Squash
- Cucumber
- Sweet Potato (cooked)
- Edamame
- Swiss Chard
- Zucchini

Fruits

- Acai
- Kiwi
- Apple (no seeds)
- Kumquat
- Apricot
- Lychee
- Banana
- Mango
- Blackberries
- Nectarines
- Blueberries
- Papaya
- Boysenberries
- Passion Fruit
- Cantaloupe
- Peach (no pit)
- Cherries (no pit)
- Pear
- Cranberries
- Pineapple
- Currants
- Plum (no pit)
- Dates
- Pomegranate
- Elderberries
- Raspberry
- Figs
- Starfruit
- Gooseberries
- Strawberries
- Grapes (no seeds)
- Tomatoes (ripe)
- Guava
- Watermelon
- Honeydew Melon

Nuts, Legumes & Seeds - unsalted & unflavored

- Hazelnuts
- Black eyed peas
- Lentils
- Cashews
- Peanuts
- Chickpeas
- Split peas
- Coconut
- Walnuts
- Chia seeds
- Pumpkin, flax, sesame, hemp or sunflower seeds

Herbs & Flowers

- Basil
- Nettle
- Calendula
- Oregano
- Chamomile
- Parsley
- Cornflowers
- Raspberry or marigold leaves
- Dandelion
- Rose, sunflower or hibiscus petals
- Dill
- Thyme

Grains

- Amaranth
- Oats
- Barley
- Popcorn
- Buckwheat
- Quinoa
- Bulgur wheat
- Cooked brown rice
- Corn flakes (plain)
- Rye flakes
- Couscous
- Wheat germ
- Mill

Protein

- Cheese
- Cooked plain chicken, turkey, or beef
- Cottage cheese
- Crickets
- Hard boiled eggs
- Salmon
- Grasshoppers
- Tofu
- Mealworms
- Unflavored yogurt



WHAT NOT TO FEED HAMSTERS

AVOID THESE FOODS
FOR YOUR HAMSTER



- Uncooked beans
- Packaged or canned meats and deli meats
- Chili peppers and any hot pepper
- Blue Cheese and other mold cheeses
- Eggplant (Aubergine)
- Raw potato
- Rhubarb leaves
- Onions
- Chocolate
- Candy
- Snack and junk food
- Sugar
- Pickles
- Garlic
- Citrus fruit
- Avocado
- Salt
- Chives
- Bacon or ham



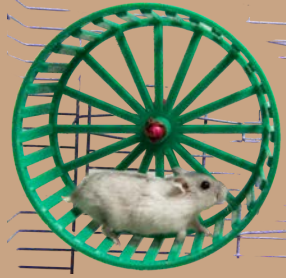


HAMSTER FUN! CAN YOU COMPLETE THESE SENTENCES?

HINT :USE THE WORDS AT THE BOTTOM!

- Hamsters will _____ by themselves a long time.
- To be happy, they need a _____ cleaned every _____.
- The hamster also needs to be able to keep busy with _____.
- Hamsters like to _____ high and low, and go through _____.
- Some hamsters also like to _____ on an exercise _____ for a long time.
- If you want to sleep though with a hamster in your room, you might have to take out their exercise area because hamsters like to play at _____ and sleep during the _____.
- Hamsters like to dig in their _____ or bedding and hide their _____.
- Sometimes they stuff food into their _____ and then hide it in their bedding for later.
- Although hamsters play a lot on their own, they need to _____ of their cage every day to play with you and be loved.

USE THESE WORDS TO FILL IN THE BLANKS: play, cage, week, toys, tunnels, climb, cheek pouches, run, food, wheel, night, day, handled, come out



ADOPT FROM A RESCUE OR SHELTER! EDUCATE!

