



Pre-Breeding Austerity Program for Gouldians and Finches

This Austere diet simulates as closely as possible the waning nutritional period of mid to late winter in the wild, where the Gouldian finch will stop breeding due to a lack of nutritional resources.

Following the resting season, it is now time to prepare the Gouldian's body for the upcoming breeding season, which is done through a simulation of the scarce nutritional resources in the wild that occurs typically in September and October, just prior to the Wet Season.

The austerity period should last 4 weeks in captivity, with a diet consisting of a blend of low fat mix, such as our [Dry Resting Seed Mix](#) and fresh water. No other foods should be made available during this period. No softfood, sprouted seed, calcium grit, vitamins, fruits, vegetables, or greens should be provided during the Austerity 30 day Period.

During this austere period, hormone flow ceases, allowing the gonads and ovaries to shrink to a vestige of their normal size and rest. Another desirable effect of the austerity period is the burning of excess body fat, as fat Gouldians typically have low fertility or simply won't come into breeding condition at all. *This Program should only last for 30 days.*

Day of Week	Water Supplements	Food Supplements	Health Information
Monday	KD Water Cleanser	Dry Resting Seed Mix	KD: 1/4 teaspoon per liter of drinking water to maintain the gut's ph level.
Tuesday	Fresh Water	Dry Resting Seed Mix	No softfood, charcoal, egg shells, fresh or dried greens or veggies are fed during the 30 day period.
Wednesday	Fresh Water	Dry Resting Seed Mix	
Thursday	Fresh Water	Dry Resting Seed Mix	
Friday	S76 once a month	Dry Resting Seed Mix	Air-Sac Mite Treatment controls air sac mites and in so doing helps protect your birds from all other diseases. S76 - 2.5mls per liter of water
Saturday	Fresh Water	Dry Resting Seed Mix	
Sunday	Fresh Water	Dry Resting Seed Mix	

Notes on Soft Food Supplements

This **Austerity Program** was designed through the studies and research performed by the [Save the Gouldian Foundation](#) research facilities in Sydney, Australia. Using the Austere period for one month just prior to the breeding season, helps to ensure your males and females will come into breeding condition synchronously when placed on the breeding diet.

Gouldians not placed on the austerity diet can become difficult to breed with males and females coming into breeding condition at different times, resulting in a lower percentage of pairs forming and lower fertility rates.

