



## WHERE DO MY GOLDFINCHES GO IN WINTER?

Good news, they stay right here!

The American Goldfinch undergoes a molt twice a year. During the winter molt it sheds all of its beautiful bright yellow plumage to become a medium tan/grey color, sometimes with an olive tint. Due to the color change, many people do not realize it is the Goldfinch.

So, continue to feed these beautiful birds **fresh** Nyjer seed . You can even add some black oil sunflower seeds to their diet. It has a high oil and fat content which gives them extra energy to help them get through a cold winter!