



Emerald Ark

Subscribe

National Nutrition Month & Bird Flu in Cats

Published 12 months ago • 6 min read



Hello Everyone,

Here in the US March is National Nutrition Month. With this in mind, what are your thoughts about the quality of foods that you are eating? And extending this to your fur and feathered kids, how is the quality of food that you are feeding them?

With such a wide variety of information online it can be difficult to know the sources that you can trust. Because here at Emerald Ark we focus on using only human-grade organic food ingredients. Quality nutrition is at the top of our list when caring for and feeding our animals.

Therapeutic Nutrition

We use food as medicine. And when doing this we attain results for the animals, and their caregivers, that surpass what can be gained from feeding commercial grade dog, cat and parrots foods. In February, 2025, the Rockefeller Foundation funded \$3.5 million in their Food is Medicine (FIM) initiative. While FIM focuses on human health, Emerald Ark's "Food First" model demonstrates how animal care can catalyze animal lovers to start taking better care of themselves regarding the food they eat. Through science-backed therapeutic nutrition, including our ongoing trials of our homemade Cat Food Stew, for preventing feline kidney disease, we create opportunities for people to witness the transformative power of nutrition firsthand.

Make it Personal

We invite you to bring the power of therapeutic nutrition into your home today. For more information on doing this for your animals and for yourself please reply to this newsletter and explain what you would like help with.

You can also purchase 2 hours towards a personalized consultation for your dog, cat, parrot or yourself. This link below will take to to the Best Bird Food Ever! website. Our Emerald Ark permanent website is being built.

Personalized Consultation

If you live in northern Nevada you can purchase our Cat Food Stew for your feline family members. Reply to this newsletter and ask for more information.

Bird Flu and Cats: Why Keep Yours Indoors

Cats are kept indoors to reduce their risks of injuries, accidents, starvation and exposure to diseases that can endanger their lives. Indoor cats are known to be happier and easier to handle when they have a personal space where they can relax indoors, bask in a safe sunny window, enjoy wholesome meals and socialize with humans. Here are three reasons why everyone who loves and cares for a cat should have comforting safe places for their cats indoors.

1. Outdoor Cats Are More Susceptible to Infections and Illnesses

Cats are predators by nature. When outside cats are more likely to roam, hunt and scavenge for food, they are more likely to eat healthy foods, dried kibble, or diseased wild animals.

Bird Flu

In California, Texas, Colorado and other states, several cats have fallen sick or died after consuming raw pet food products that were contaminated with Bird Flu (also called H5N1).

Twenty-five cases of illnesses were reported in late 2024. Most of these cats lived on farms and in rural areas, and the pet owners bought these infected foods from farmer's markets.(1) In addition to consuming raw meat or milk, outdoor cats may

be exposed to bird flu by touching, rubbing against or eating infected birds or livestock on farms and in wilderness areas.(2)

Indoor cats also can contract bird flu from eating raw meat and freeze-dried poultry cays foods. All types of commercial pet food have come under scrutiny for being unsafe and unhealthy. However, both outdoor and indoor cats that are fed a raw food or freeze-dried diet are more likely to be exposed to bird flu.

I had made and fed homemade raw cat food to her cats for decades. However, with bird flu having contaminated our human-grade poultry meats, many holistic sources are advising against feeding raw or freeze-dried cat foods to your cats.(2)

Outdoor Cats Are Prey

Here in northern Nevada, as in many parts of the US, we have a very healthy Great Horned Owl population. Also called the 'Tigers of the Sky', these majestic hunters are absolutely silent in flight. This combined with their remarkable eyesight and keen hearing make them an unstoppable adversary for any small to medium-sized animal outdoors, including rodents, skunks, moles, squirrels, porcupines, opossums, marmots, all species and sizes of birds, young alligators, frogs, toads, salamanders, snakes, centipedes, catfish, eels, worms, scorpions, crayfish and cats.(3)



Great Horned Owl in flight. Photo courtesy of the Peregrine Fund. (3)

They hunt from dusk to dawn and when striking their prey from flight can easily break a cat's back.

If you must allow your cat outdoors, you can take them on a supervised walk during the day, or you can build them an outdoor cat garden, or catio (a patio for cats). These outdoor cat-safe spaces can be built adjacent to a window or specialized cat door so that your kitty can come and go freely and safe from all harm yet still enjoy the earth beneath their feet.

3. Indoor Cats Have a Permanent Place to Call Home

There are countless reasons why keeping your cat indoors is healthier for his or her physical safety, mental health and emotional well-being. Cats must actually be taught to hunt. They do not develop this survival skill on their own. For feral cats, their lives are constantly in search of food and sometimes going for days without any. If they were taught to hunt, they

must catch, kill and eat small wild animals not knowing which foods are infected with disease-causing bacteria, viruses or parasites.

Feral cats are more likely to fall ill from the recently increasing number of bird flu cases. Indoor cats are not immune to problems, but they still have forever homes to live in and enjoy every day and every night of their lives.

References at end of newsletter.

FFURRR

Our Feral Feline Ultimate Rescue, Rehab and Re-home Project (FFURRR) is a multipurpose program. By bringing feral cats indoors, we protect wild birds that are essential for the health and welfare of our entire planet. As we acquire our new facility, we will then provide transitional housing to members of northern Nevada's unhoused community members who have graduated from a sister organization's program. Providing these people with hope, purpose and a small community for rebuilding their lives.

Feral cats are known to adapt easily to new indoor environments. Even a well-socialized domesticated cat can act frightened when outdoors, running away from unknown people.



Tunia, one of our FFURRR formerly feral cats basks in a sunny window, safe, well cared for and loved.

It is possible for almost every feral cat to become fully adapted to an entirely different style of living. The speed and effectiveness at which feral cats adapt to their homes depends on the safe, reliable indoor home where trust can be learned and depended upon. Those socializing feral cats are encouraged to remain patient and understanding during the animal's process of transitioning from the wild outdoors to the calm indoors.

Support Our Lifesaving Nutritional Work

Emerald Ark is unique in how we gain our science-based information for improving the nutrition for dogs, cats and parrots. Traditional research practices keep animals caged, in small areas, for a brief amount of time, then euthanize and necropsy them. The results gained from this type of artificial research project expects to show that the nutritional results of

the food that had been fed would be evident within the 4 to 8 week time frame of the study.

Whereas, here at Emerald Ark we allow animals to live out their normal life spans being well cared for, provided with enrichment, exercise and play. During this time they are fed a balanced homemade recipe made from human-grade whole, real foods. Always organic when ever possible. And we gauge their responses to the food by documenting their physical and emotional well-being.

If you love this new standard of animal nutritional research and have personally benefited from our nutritional work I invite you to donate and continue supporting this approach to health and wellness for dogs, cats and parrots that full respects their sentience as unique and amazing individuals.

Donate to Emerald Ark NOW!

All donations to Emerald Ark are fully tax deductible as specified by the IRS. Thank you for your support!

Would You Like to Help in Other Ways?

If you love what we are creating and would like to donate your time, your skills, your creativity and receive the joys of donating your gifts please reply to this newsletter. Presently, we need a reliable volunteer to take over our newsletter production and social media posts. If you have a desire to help, please let us know.

The good health and well being of you dogs, cats and parrots is my passion.

Warm regards,

Leslie Moran

Executive Director

Emerald Ark



References:

1. Carroll, Linda. "Another raw pet food brand contaminated with bird flu infects more cats." NBC News, 2 Jan. 2025, www.nbcnews.com/health/health-news/raw-pet-food-avoid-bird-flu-infection-milk-meat-rcna185541. Accessed 24 Mar. 2025.
2. Cuevas, Eduardo. "Cats keep catching and spreading a puzzling and deadly disease: Is your cat safe?" USA Today, 27 Dec. 2024, www.usatoday.com/story/news/health/2024/12/27/cats-bird-flu-risk-humans/77236773007/. Accessed 24 Mar. 2025.

3. "Great Horned Owl." The Peregrine Fund, peregrinefund.org/explore-raptors-species/owls/great-horned-owl#:~:text=Great%20Horned%20Owls%20are%20referred%20to%20as,larger%20or%20heavier%20than%20the%20owls%20themselves.&text=Like%20man. Accessed 26 Mar. 2025.

Emerald Ark

Subscribe

Read more from Emerald Ark



Spring Prep: And Why It Matters More Tha...

Humming bird nest in our big Silver Maple tree out front. Spring Prep: And Why It...

17 days ago • 3 min read



Emerald Ark Valentine's Day...

A Love Letter to Our Community To every pet parent, donor, volunteer, and supporter:...

about 1 month ago • 1 min read



February 2026 Newsletter: Holistic...

Every face here represents a life touched by your compassion. Our Integrative Approach...

about 1 month ago • 4 min read

Share this post



Built with Kit