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This Year's Theme:

Feeding Bunnies Better

This year, RAW is all about helping rabbits live their happiest, healthiest lives by focusing on what, and how we feed them.

With the right balance of fibre, fresh foods, and feeding habits that support their natural behaviours, we can help our rabbits stay healthy, active, and full of life.

This newspaper is packed with guides, top tips, fun facts, and activities to help you build better feeding routines, from understanding the importance of hay to creating enriching mealtimes your rabbits will love.

Join us as we celebrate rabbits and explore how feeding them better can make a real difference to their health, happiness, and wellbeing.



Find the hidden bunnies

LOOK CAREFULLY!

Can you spot all 20 🐾 rabbits hiding throughout this newspaper?

Count them carefully and scan the QR code to enter your answer for a chance to **WIN a Burgess Excel bundle for your rabbit!**

Scan here
to learn more



What is Rabbit Awareness Week?

Rabbit Awareness Week (RAW) is a national week dedicated to celebrating rabbits and promoting their health and welfare.



Now in its 20th year, RAW helps owners and animal lovers understand how to give these much-loved pets the best care possible.

Endorsed by the British Veterinary Association and the British Small Animal Veterinary Association, the week focuses on the five key welfare needs of rabbits: diet, environment, health, behaviour, and companionship.

We're proud to be working with our supporters of RAW, Blue Cross, RSPCA, Woodgreen, and the Rabbit Welfare Association & Fund and Raystede, to share expert advice, practical tips, and fun activities for both rabbits and their owners.

Whether you're a seasoned rabbit owner or learning about them for the first time, RAW is the perfect chance to discover how to help your rabbits live happier and healthier lives.

RAW Supporters:



What's on The Menu?

Rabbits don't eat set meals like we do, they're natural grazers. But thinking about their meals across the day can help you build better feeding habits and add variety along the way.

BREAKFAST LUNCH DINNER

(Rabbits should have constant access to hay, think of everything else as a topper, not the main meal)

Build the perfect bunny shopping basket

Nipping to the supermarket? Don't forget your bun's bits too!

Here's a simple shopping list to help you pick up fresh, rabbit-safe foods for the week ahead.

bunny SHOPPING LIST

- ☐ Kale
- ☐ Romaine lettuce
- ☐ Spinach (small amounts)
- ☐ Mint
- ☐ Parsley
- ☐ Coriander
- ☐ Basil
- ☐ Red pepper
- ☐ Green pepper
- ☐ Broccoli
- ☐ Courgette
- ☐ Carrot tops (occasional treat)

DON'T FORGET AT HOME

- Plenty of feeding hay
- Daily nuggets
- Fresh, clean water

Top Tip:

Pick 2-3 different items each shop and rotate them through the week, variety keeps things interesting and encourages natural feeding behaviour.

TODAY'S SPECIAL:

THE GARDEN GRAZER

A simple, balanced mix to add variety and enrichment to your rabbit's day:



A small portion of nuggets

A sprinkle of fresh herbs such as mint & parsley

Serve scattered or in different spots to encourage natural foraging

Want more ideas like this?

Scan the QR code to download your FREE rabbit recipe book included in our RAW packs, full of seasonal feeding ideas and enrichment inspiration.

Scan here to learn more



Hay, Hay and More Hay!

The one thing your rabbit needs most

If you change just one thing about your rabbit's diet, make it more hay! Hay should make up the majority of what your rabbit eats every day, supporting their digestion, dental health, and natural grazing behaviour.



Not all hay is the same

Some hay is made for bedding, not for eating, so it's important to choose good quality feeding hay that's fresh, fragrant and full of fibre.

There are different types to try, including:

- Timothy hay
- Meadow hay
- Orchard grass
- Oat hay
- Alfafa hay (for pregnant, nursing and growing bunnies)

Every rabbit has their favourites

Just like us, rabbits can be fussy eaters. Some prefer softer strands, others enjoy more texture, so it can take a little trial and error to find what they love most.

Top Tip:

If your rabbit isn't eating much hay, don't give up, try a different type, texture or blend. But, if you are concerned about your rabbits' hay intake seek veterinary advice.

Why it matters

A fibre-rich diet is essential for keeping your rabbit healthy. Eating plenty of hay or grass helps keep their teeth worn down, their digestive system working properly, and their minds stimulated through natural foraging.

Make it more inviting

Offering hay in different ways can make all the difference, pile it high, refresh it daily, add different mixes of forages and try placing it in different areas to encourage grazing throughout the day.



Our Best Friends Gallery

Rabbits are social animals who thrive in the company of their own kind. From grooming each other and sharing their favourite spots, to flopping side by side, life is always better with a bunny buddy.

This gallery is a celebration of those special rabbit friendships, the pairs that eat together, relax together, and keep each other happy every day.



Nelly & Dudley



Gerry & Lola



Space & Raider



Jerry & Bella



Elsie & Doris

Share your bunnies' bond!

Do you have a pair of bunny besties? We'd love to see them! Share your photos with us for a chance to be featured on social during Rabbit Awareness Week and help us showcase just how special rabbit companionship really is.

Tag us and use **#RAW** to join our community of rabbit lovers!



If you're looking to adopt your own, we recommend that you get in touch with the supporters of RAW, including Blue Cross, RSPCA, Woodgreen The Animals Charity and Raystede.

A Guide to Bonding your Buns

Helping rabbits become best friends

Rabbits are naturally social animals and need the company of their own kind to feel safe and secure. But building that bond takes time.

Bonding isn't something to rush, it's about allowing rabbits to get used to each other gradually, in a way that feels calm and positive for both of them.

Taking the first steps

Before introducing rabbits, it's important they are neutered, healthy, and eating well. Choosing the right pairing can also make a big difference, with neutered male and neutered female combinations often forming the strongest bonds. Start by letting rabbits see each other through a safe divider. Swapping bedding or toys can help them become familiar with each other's scent before they meet face to face.

Building trust over time

When the time comes to introduce them, use a neutral space where neither rabbit feels territorial. Keep things calm and supervised and allow them to interact at their own pace.

Some behaviours, like chasing or mounting, can be part of establishing a bond, but it's important to step in if things escalate into fighting. Over time, as they begin to relax around each other, you'll start to see signs that the bond is forming.

Using feeding to bring them together

Food can be a powerful way to create positive associations. Offering food side by side, or scattering it across their space, encourages rabbits to share experiences and feel more comfortable together. Feeding together helps build trust, turning mealtimes into moments of connection, not competition.

Good signs:

Sitting or lying close together

Grooming each other

Eating calmly side by side

Relaxed body language

Warning signs:

Lunging or biting

Persistent chasing

Raised tails or tense posture

One rabbit hiding or avoiding the other



Room to Be a Rabbit

Rabbits are active animals who need space to run, stretch upright and explore. A hutch alone is not enough. Their home should include a secure sleeping area permanently attached to a much larger exercise space.

As a guide, rabbits should have access to a minimum of 3m x 2m permanent space, with enough height (around 1m) to stand upright comfortably. More space is always better.



Outdoor Living

Outdoor housing should include a weatherproof shelter attached to a large, secure run.

The sleeping area must be dry, well ventilated and free from draughts. Housing should be fully predator-proof and escape-proof, with shade in summer and extra bedding in winter. Rabbits should have constant access to their run, not just occasional exercise time.



Indoor Living



Rabbits can thrive indoors when given a large pen or rabbit-proofed room. Protect electrical cables, remove unsafe plants and provide non-slip flooring. Indoor rabbits still need room to move freely, along with safe hiding places and enrichment.

A dig box will also need to be provided to encourage their natural behaviours for their wellbeing.

What Every Rabbit Home Needs

Cleaning & Care

A quick daily tidy helps keep your rabbits comfortable, remove wet or dirty bedding, replace it with fresh, and refresh hay and water. Once a week, give the enclosure a thorough clean and once a month, carry out a deep clean by taking everything out and cleaning the housing fully using an animal-safe product before setting it back up with fresh bedding.

Keeping Your Rabbits' Home Clean, Safe and Happy

A clean environment isn't just about appearance, it plays an important role in your rabbits' health, behaviour and feeding habits. Keeping on top of simple daily and weekly tasks helps create a space where your rabbits feel comfortable, relaxed, and ready to eat, explore and thrive.

Rabbits feel safest when they have a quiet hideaway to retreat to. Each rabbit should have access to shelter, with separate sleeping and toilet areas.

Provide unlimited feeding hay at all times, fresh water and a large litter tray with paper-based litter.

Enrichment is essential. Tunnels, platforms and dig boxes help rabbits express natural behaviours and prevent boredom.

Your Bunny Housekeeping Routine

Daily To-Dos

- ☐ Remove soiled bedding and litter
- ☐ Top up fresh feeding hay
- ☐ Refresh water bowls or bottles
- ☐ Remove uneaten fresh food
- ☐ Quick check: eating, droppings, behaviour

Weekly Tasks

- ☐ Clean litter trays thoroughly
- ☐ Replace bedding
- ☐ Wipe down feeding areas
- ☐ Check hay supply and storage
- ☐ Rotate toys and enrichment

Monthly Checks

- ☐ Deep clean enclosure or hutch
- ☐ Check for wear and tear
- ☐ Refresh enrichment setups
- ☐ Review feeding areas and layout

Why it Matters

Keeping your rabbits' home clean and well maintained helps create a space where they feel safe, comfortable and relaxed. Fresh hay and clean feeding areas make food more appealing, encouraging natural grazing throughout the day. A clean environment also helps reduce the risk of health issues, while supporting natural behaviours like exploring, foraging and resting. When their space is cared for, your rabbits are much more likely to feel settled, happy and ready to thrive.



When Diet Goes Wrong

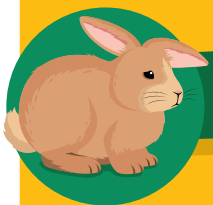
Getting your rabbit's diet right is one of the most important parts of their care. Too little fibre, too many sugary foods, or not enough hay can quickly lead to health problems, some of which can become serious if left untreated.

What Can Happen?



Dental problems

Rabbits' teeth grow continuously. Without enough hay to wear them down, teeth can become overgrown and painful.



Digestive issues

A low-fibre diet can slow down the gut, leading to problems like gut stasis — a serious condition that needs urgent attention.



Weight problems

Too many treats or the wrong balance of food can lead to weight gain, affecting mobility and overall health.



Behaviour changes

Diet can impact behaviour too. Rabbits may become bored, less active, or show signs of frustration without the right feeding routine.

STOP!

spot the signs of gut stasis

Gut stasis is a serious condition where a rabbit's digestive system slows down or stops. It can be caused by a lack of fibre in the diet, sudden changes in feeding, stress, or an underlying health issue, and it needs urgent attention.

The good news is, by understanding the signs and keeping an eye on your rabbit's eating habits, you can spot problems early and take action quickly.

S

Slowed or absent faecal output

Is your rabbit producing their normal number of faecal droppings. Has this reduced or stopped completely? Are these droppings smaller in size?

T

Tense abdomen, pain or bloating

Is your rabbit allowing you to touch them, is their stomach bloated or tense. When you touch their abdomen do they react as if they are pained?

O

Off their food, reluctance to eat

Has your rabbit's appetite reduced, have they stopped eating completely? Are they refusing to eat their favourite hay and veggies?

P

Posture changes

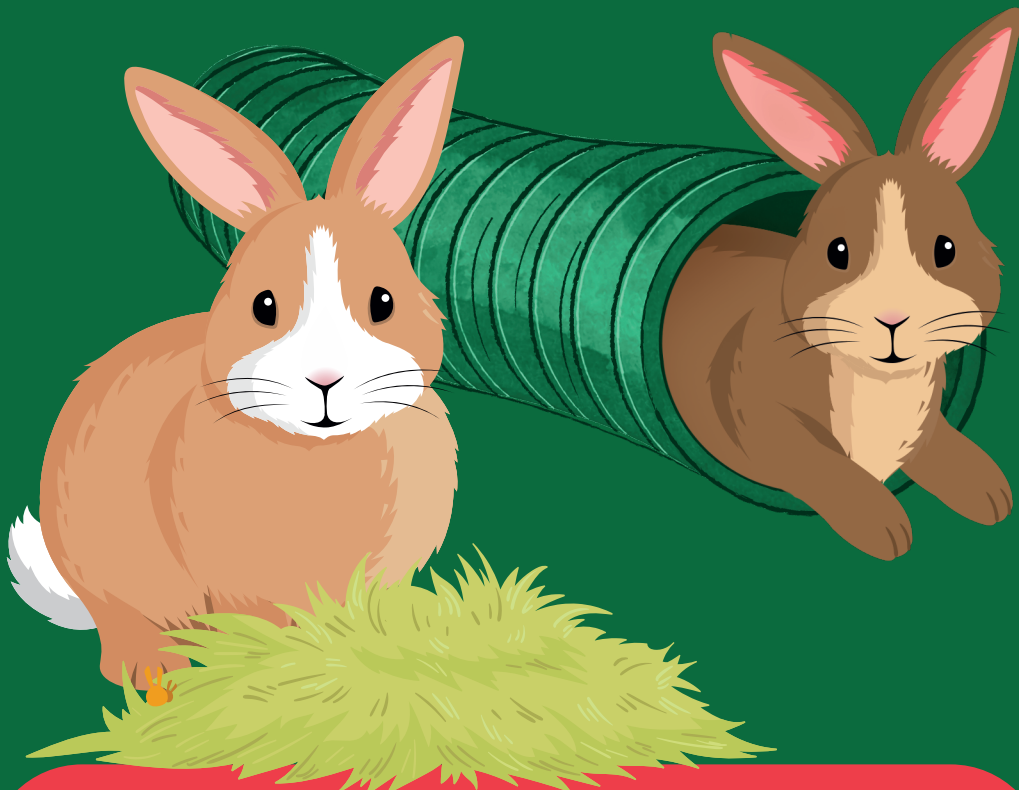
Does your rabbit have a hunched posture? Are they hiding out of sight with limited displays of their natural behaviours?



Health Check

Vet checks:

Book a health check at least once a year. Your vet will assess weight, teeth, digestion and overall condition.



**IF A RABBIT STOPS EATING,
THIS IS AN EMERGENCY AND
YOU SHOULD CONTACT YOUR
VET IMMEDIATELY!**

Rabbits are prey animals, which means they instinctively hide signs of illness. Regular checks and preventative care are essential to help them live long, healthy lives.

Vaccinations

Your vet can advise on protection against serious diseases such as myxomatosis and Rabbit Viral Haemorrhagic Disease

Insurance

Pet insurance can help manage unexpected veterinary costs and ensure prompt treatment when needed.

Daily checks

Make sure your rabbits are:

- Eating normally (especially hay)
- Drinking
- Passing plenty of droppings
- Bright and alert



A Day in the Life of a Rabbit

Follow a day in the life of two happy, well-fed rabbits...

Morning

Afternoon

Evening

Wake up & Stretch



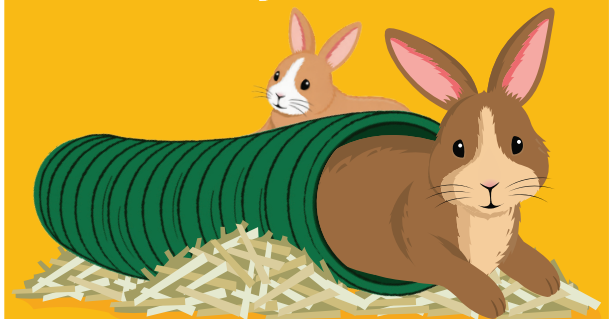
As our owner refreshes our hay and cleans out our litter area we stretch, hop and explore. There's plenty of room to run, with platforms to jump on to and tunnels to dash through, perfect for waking up our bodies.

Breakfast Time



Fresh hay is topped up (our favourite!), along with a small portion of nuggets and some leafy greens. We like to eat side by side, grazing as we move around rather than sitting still. Sharing food is part of how we bond and feel comfortable together.

Play & Explore



We zoom around, jump on and off platforms, and dart through tunnels. There are always things to investigate, and sometimes our food is hidden or hung up, so we have to stretch and forage to find it.

Rest & Relax



After all that activity, it's time to rest. We'll flop out near each other or snuggle up, feeling safe in our space. Even while we relax, we'll keep going back to nibble on hay, little and often, just as rabbits should.

Foraging Together



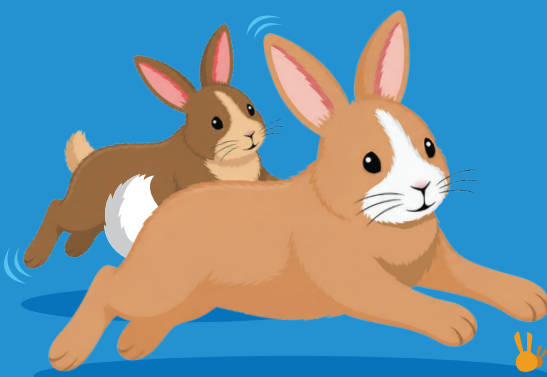
More food appears, but it's not just placed in one spot. It's scattered around to encourage us to move, search and explore. We might even have to stand up or stretch to reach it, great for keeping us active and engaged.

Social Time



This is when we really enjoy each other's company. We groom one another, sit side by side, and sometimes share a pile of hay. These quiet moments help strengthen our bond and keep us feeling calm and secure.

Evening Zoomies



We run, jump and binky - making the most of the space around us. Having room to move freely is so important for our physical and mental wellbeing.

Wind Down



As things quieten down, we settle into our favourite spots. Our hay is topped up again, and we continue to graze while relaxing together.

Overnight - Graze, Rest, Repeat

Even while you're asleep, we're still up and nibbling. Our bodies are designed to keep food moving through our system, so having constant access to hay is essential.

Supporting Natural Behaviours

Rabbits are at their happiest when they're able to behave naturally, grazing, exploring, digging, jumping and spending time with their companion. Creating the right environment, offering a fibre-rich diet and giving them space to move and interact helps support both their physical and mental wellbeing. From constant access to hay, to places to hide, climb and play, every part of their daily routine should encourage them to stay active, curious and engaged.

What Are Your Rabbits Telling You?

Rabbits might be quiet, but they're always communicating through their body language and behaviour. By learning what to look for, you can better understand how your rabbits are feeling, and whether their environment, diet and routine are meeting their needs.

Happy & Relaxed



Binky
(jump, twist or kick in the air). A joyful leap, often with a twist

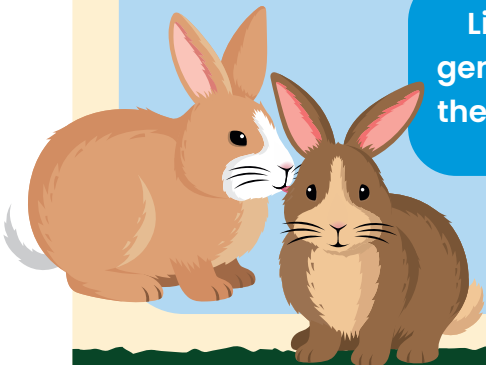
A clear sign your rabbit is feeling happy, energetic and full of life

Flopping onto their side

Suddenly dropping and lying stretched out
This means your rabbit feels safe, relaxed and completely comfortable in their environment

Grooming (themselves or each other)

Licking fur or gently grooming their companion



Curious & Engaged

- Foraging and exploring
- Sniffing, digging, moving around and searching for food



- Standing up or stretching
- Reaching up on their back legs

Stressed, Uncomfortable or hiding

- **Thumping**
A loud stomp with the back feet
- Ears pinned back
- Hunched posture / sitting still
- Tucked in, reluctant to move
- Hiding



Behaviour & Feeding

- A rabbit's behaviour is closely linked to how they're fed and how their environment is set up.
- Rabbits need to graze regularly, move around, and work a little for their food. Scatter feeding, fresh hay, and a varied diet all help encourage natural behaviours like foraging, chewing and exploring.
- When these needs are met, rabbits are more likely to be active, engaged and content.



Changes in behaviour are often one of the first signs that something isn't right, always keep an eye on how your rabbits are acting.

How to Take Part in RAW

Join in the fun and help celebrate rabbits this Rabbit Awareness Week! There are lots of simple ways you can get involved, whether you're a rabbit owner, animal lover, or just keen to learn more about giving rabbits the best life possible.

How you can get involved:

- Visit our website for expert tips, advice and resources on rabbit care
- Download your FREE RAW pack, filled with guides, posters and activities
- Try some of the feeding, enrichment and housing ideas featured in this newspaper
- Share your rabbits' daily routines, setups and mealtimes
- Spread the word and help others learn how to care for rabbits

Why it matters

Getting involved is an easy way to make a real difference. By making small changes, from improving diet and feeding routines, to creating better environments and understanding behaviour, you're helping rabbits live healthier, happier lives. Together, we can continue to raise awareness and improve rabbit welfare across the UK.



Don't forget to share your photos and tag us!

Use #RAW to show us how you're taking part, we'd love to see your happy, healthy bunnies.

Want to learn more?

Visit the Rabbit Awareness Week website for expert advice, downloadable resources and your FREE campaign pack, packed with even more ways to support your rabbits.

Scan here to get started



Instagram Facebook @rabbitawarenessweek

A Big Thank You from Team RAW!



A huge thank you to everyone helping to make Rabbit Awareness Week so special. Whether you're taking part, sharing advice, or simply spending more time caring for your rabbits, you're playing an important role in improving their lives.

Your support helps raise awareness of the five key welfare needs, diet, environment, health, behaviour and companionship, and ensures more rabbits get the care they deserve.

Working together

We're proud to work alongside our charity partners, including:



Together, we're helping to create a better future for rabbits.