

CHECKLIST: THE THINGS I DO TO HELP BIRDS

- ☐ 1. I keep my cat(s) indoors or leashed (or I don't have a cat).
- ☐ 2. I've taken steps to make my windows "bird friendly."
- ☐ 3. I avoid lawn and garden pesticide types that could harm birds.
- ☐ 4. I garden organically.
- ☐ 5. I am replacing mowed lawn with more bird habitat.
- ☐ 6. I am transitioning to native plants on my property, and leave some brush-piles and dead snags for habitat.
- ☐ 7. I feed birds, but in the winter only. I provide water year-round.
- ☐ 8. I have nest boxes and nest platforms for native bird species, and clean them each fall.
- ☐ 9. I buy only shade-grown, organic, "bird-friendly" coffee, and I avoid products using habitat-destroying palm oil.
- ☐ 10. I avoid single-use, throwaway plastics as much as possible.
- ☐ 11. I buy and eat "organic" food to keep pesticide use lower in other places.
- ☐ 12. I try to be a "citizen scientist" by participating in organized bird counts and surveys.
- ☐ 13. I avoid driving and walk/bike when I can, and avoid idling my car.
- ☐ 14. I try to use less fossil fuel indirectly by completely turning off electronics and appliances (no standby power settings), and keeping heat lower in winter and higher in summer.
- ☐ 15. I let my elected leaders know how important birds are to humans, and promote bird-friendly legislation and rules, including:
 - Bird-friendly glass on large buildings (new and retro-fit)
 - Encouraging developers to leave bird habitat in developments
 - Encouraging accelerated conversion from fossil fuels to alternative energies
 - Encouraging conversion to blinking white lights on towers and powerlines for aviation safety
 - Turning off yard lights at night, and encouraging governments and businesses to minimize lighting
 - Working to promote lower-intensity and down-direction lighting for homes and businesses
 - Evaluating and voting for politicians who are willing to listen and empathize, and make science-based and balanced decisions
- ☐ 16. I have reasonable expectations for myself about all of the above.
- ☐ 17. I let birds entertain me whenever I can!