

## January / February: Encouraging Biodiversity.

*Laudato Si #14 "All of us can cooperate as instruments of God for the care of creation".*



can be a difficult time for wildlife. Temperatures drop and food becomes difficult for birds to find, so we can help by providing an extra food source.

You may also be taking part in the RSPB Big Schools' Birdwatch and you want to record the birds that visit your outside space, click [here](#) to find out more.

Providing food for the birds encourages them to visit that area and then you can begin to identify and count the different species.



### Did you know?

Birds are one of the most seen species in our urban areas.

Most of our urban bird species have adapted to living in parks, gardens, green spaces and other areas around our towns and cities.

## Can I feed waste food to the birds?

You can, but look at the list below for what food is safe to feed to the birds. **Remember to check with an adult first.**

Here are some foods that can go on a bird table or in a ground feeder.

- ✓ Stale bread, cakes and cookies are all tasty to wild birds. Crumble into small pieces and soak in water before putting outside.
- ✓ Grate a bit of stale (not mouldy) hard cheese like mild cheddar. High fat foods are great especially in the winter months. Use a cheese grater so the cheese is easy to eat and digest. 
- ✓ Cooked plain pasta or rice (no sauce) provides carbohydrates for birds. Wash any left-over pasta or rice really well to remove any oil or salt. Cut the pasta up into small pieces.  
Click [here](#) to find out how to make a bird food kebab!

**Remember to check with an adult first, you may need some help with the cutting!**

**Make a bird feeder from the bottles you would throw away:**

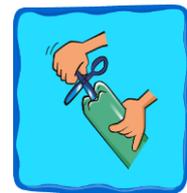
You will need:

- Plastic drinks bottles
- Yoghurt pots or milk cartons (make sure they are clean)
- Wire or string
- Bird seed
- Scissors

1. Cut a hole in the side large enough to allow a free flow of seeds, but in such a way that it won't all fall out on the ground in the slightest puff of wind, and won't get wet if it rains.



2. Make a few small holes in the bottom of your feeder to allow any rainwater to drain away.



3. Hang it with wire, or even strong string from a tree or your washing line.



4. If your feeder starts to wear out or the food in it goes mouldy, recycle it and make another one! Remember to keep your feeders well stocked, especially in winter. Birds come to rely on them and will go hungry if you forget.



**Thank you to the RSPB where our ideas were taken from.**

**You can find out more about their work [here](#).**

**It would be great to see how you have helped the birds in your local area, maybe you could ask an adult to send some pictures to the Laudato Si Team, please send to [laudatosi@dioceseofsalford.org.uk](mailto:laudatosi@dioceseofsalford.org.uk)**