

Important Ways You Can Help Birds!

1. Stay off the bottle!

Not only is bottled water more expensive per gallon than gasoline, bottled water incurs a huge carbon footprint from its transportation, and the discarded bottles are a blight. At least 25% of bottled water sold is actually municipal water, such as Pepsi's Aquafina and Coke's Dasani.



2. Naturalize your landscape

Use locally appropriate lawn grasses and native plants that are hardy and use less water. You'll have the added benefit of attracting butterflies and hummingbirds!

3. Support your local Farmers' Market

The fewer miles from farm to table the better. Consider the energy and pollution required to bring products to your shopping cart - then shop locally whenever you can!



4. Reduce - Reuse - Recycle!

- The best way to help the earth is by reducing the amount you consume. Ask yourself - Do I really need this?
- Whenever possible reuse rather than buying new. Reusing saves the energy required to produce a product and transport it to you.
- Educate yourself on recycling in your area.

Southern Adirondack Audubon Society, Inc.

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