

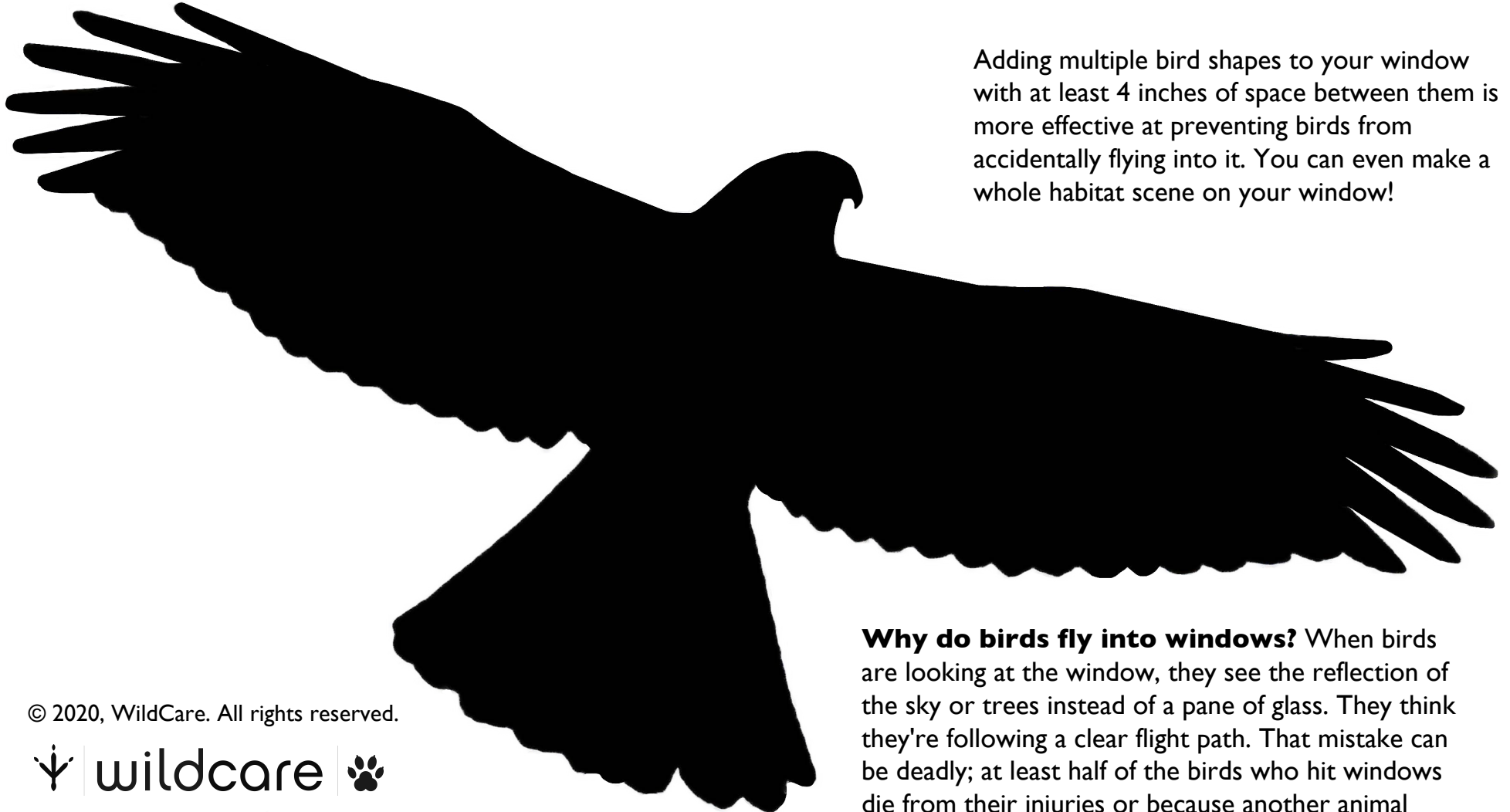
Birds and Windows

Help wild birds around your home with this Nature Super Hero activity!

Simply create hawk-shaped cut outs to display in windows to discourage birds from flying into them and causing injury.

1. Carefully cut out the hawk shape.
2. Decorate the white side of your hawk cut-out however you like, by drawing, coloring, or collaging on it.
3. Tape the hawk to the inside of your window so that the black side of the cut-out faces outside, and the decorated side faces inside.

Adding multiple bird shapes to your window with at least 4 inches of space between them is more effective at preventing birds from accidentally flying into it. You can even make a whole habitat scene on your window!

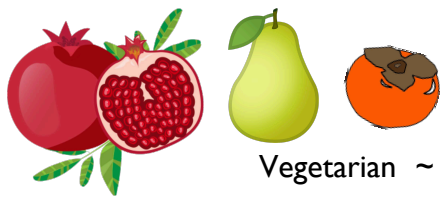


Why do birds fly into windows? When birds are looking at the window, they see the reflection of the sky or trees instead of a pane of glass. They think they're following a clear flight path. That mistake can be deadly; at least half of the birds who hit windows die from their injuries or because another animal preyed upon them while the bird was stunned.

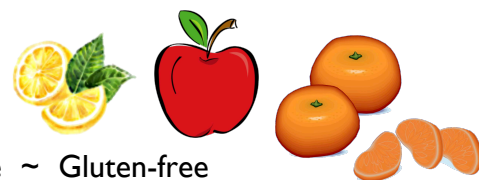
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76 Albert Park Lane, San Rafael, CA 94901
415-453-1000 www.discoverwildcare.org



Bird Fruit Salad



Vegetarian ~ Dairy-free ~ Nut-free ~ Egg-free ~ Gluten-free



Photo by Richard Cronberg

Many birds will feast on fruits and berries to fuel up during their migration. Other birds that don't migrate will also eat fruits and berries to have enough energy to stay active throughout the day and stay warm throughout the cold winter night. Different plants grow at different times of year, and this recipe includes some of winter's tastiest seasonal fruits.

Try this Bird Fruit Salad recipe to find out just how tasty some birds' meals are!

Substitute any of these seasonal winter fruits for your personal favorite fruit salad ingredients. This recipe makes enough salad for 2-3 people to share.

Ingredients:

- ½ pomegranate
- 1 pear
- 1 apple
- 2 fuyu persimmons
- 2 clementines

For the dressing:

- 1 Tablespoon honey
- 2 Tablespoons freshly squeezed lemon juice
- ½ teaspoon lemon zest
- A few chopped mint leaves

Steps:

1. Wash your hands!
2. Wash all of the fruit.
3. With the help of an **adult**, prepare all of the fruit. Remove the seeds from the pomegranate. Cut the pear and apple into slices or bite size pieces. Peel the persimmons and cut into bite size pieces. Peel the clementines and separate the sections.
4. Add all of the cut fruit into a bowl.
5. Mix the honey, lemon juice, and lemon zest in a small mason jar. Make sure the lid is on tightly, and then shake to combine.
6. Pour the dressing over the fruit salad and gently toss to combine.
7. Add a few chopped mint leaves on top, and it's done!

Enjoy your Bird Fruit Salad!



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