

9. Feed the birds

What wild creature is more accessible to our eyes and ears, as close to us and everyone in the world, as universal as a bird?

- David Attenborough (Naturalist)

Apart from being amazing to watch, birds are a vital part of our ecosystem, in that they are brilliant at keeping garden pests away. You don't need much to encourage birds into your garden, or to your balcony, window or street. Experts don't recommend giving birds bread these days because it doesn't have much nutritional value for them and because it quickly goes off and mould is harmful to many birds. However there are plenty of other things you can put out for the birds, such as seeds, mealworms and fat balls. Making fat balls is fun, recycles kitchen scraps and birds absolutely love them! Remember not to leave them out in hot weather though as the fat can melt and stick to the birds' feathers.

