



## WAYS TO HELP POLLINATORS

### *Intermediate*



### **Provide bee hotels/nesting sites**

- Nesting sites provide shelter and protection from pollinators.
- You could make a bee hotel (see instructions of how to make one).
- You could also leave plant debris and wood around.
- Or leave an area of soil undisturbed for pollinators such as ground nesting bees.
- Leave your grass to grow long.
- If hanging a bee hotel, make sure to hang it away from bird feeders so they aren't eaten.

### **Plant nectar and pollen rich flowers**

- Nectar provides energy and pollen provides protein to pollinators.
- Some examples of nectar and pollen rich flowers are:
- Plant native flowers to prevent invasive species.
- Plant pollinator safe flowers throughout all seasons.
- You could plant the flowers in your garden, in a pot on your windowsill or on your balcony.

**Spring:** lungwort, crocus

**Summer:** monarda, phacelia

**Autum:** sedum, perennial wallflower

**Winter:** winter aconite, snowdrop

### **Provide water**

- To hydrate pollinators.
- Bees for example need water all year round. Some ways they use it is to cool down, regulate the temperature in the hive and to thin honey.
- Leave a shallow dish of water with rocks in your garden, window sill or balcony.

### **Avoid using pesticides.**

- This includes herbicides and insecticides.
- Not only can pollinators be directly effected by pesticides by visiting the flowers which are sprayed with them, but for example bees can take the the pollen and nectar which has the pesticide back to the hive and contaminate other bees and larvae.

### **Spread awareness**

- Even something simple as talking about pollinators and ways to help pollinators can help.
- Share the link to the website.
- Spread awareness on your social media platforms.

