**7 Simple Ways to Help Birds**

1. Make windows safer, day and night

Simple adjustments to your windows can save birds’ lives.

2. Keep cats indoors

Indoor cats live longer, healthier lives. Outdoor cats kill more birds than any other non-native threat.

3. Reduce lawns by planting native plant species

The U.S. has 63 million acres of lawn. That’s a huge potential for supporting wildlife.

4. Avoid pesticides

Look for organic food choices and cut out some of the 1 billion pounds of pesticides used in the U.S. each year.

5. Drink coffee that is good for birds

Shade-grown coffees are delicious, economically beneficial to farmers, and help more than 42 species of North American songbirds.

6. Protect our planet from plastics

91% of plastics are not recycled, and they take 400 years to degrade.

7. Watch birds, share what you see

Bird watchers are one of science’s most vital sources of data on how the ecological world is faring.