

Sing, Fly, Soar – Like a Bird!

Celebrating World Migratory Bird Day



Baltimore Oriole

Drawn by Nancy Kaudel - Owner Totem Roasters

Baltimore Oriole

Unique bright orange, black and white birds found in open forests with tall leafy trees where the female weaves a complex hanging pouch in which to lay her eggs. Orioles eat insects and are very fond of fruits and nectar. Their annual migration takes them to Florida, the Caribbean islands, Mexico and Central America.

The Baltimore Oriole is commonly found on Bird Friendly coffee plantations.



Photographer: Ray Hennessy

Help the Baltimore Oriole

Baltimore Orioles have declined by 25% in the last 50 years. You can help them by:

- Offering them food in the summer and fall by installing oriole feeders or planting fruit trees.
- Installing window collision deterrents such as decals, stickers or tape on the outside of your windows. To learn more about how to prevent window collisions, visit FLAP.org.
- Looking out for products that protect their winter habitat such as coffee grown on Bird Friendly coffee farms. Learn more at cafebirdfriendly.org.

Jo-Annie Gagnon, B.Sc. Environmental Biology
Education program coordinator
Le Nichoir Wild Bird Conservation Centre
lenichoir.org



Bird Friendly Coffee

Three quarters of the world's coffee farms destroy forest habitat to grow coffee in the sun.

When forests disappear, migratory songbirds disappear too. Certified Bird Friendly coffee grows underneath shade trees that provide habitat for birds, including migratory species whose impressive journeys take them from our backyards all the way to coffee farms in Latin America.

(Source: Smithsonian Migratory Bird Center)



World Migratory Bird Day

Celebrated each year on the second Saturday of May, World Migratory Bird Day is a day to raise awareness about issues that hinder the bi-annual journey of migratory birds, to increase our knowledge of what makes each migratory bird species unique and to create a desire to conserve migratory birds and their habitats.



Totem Roasters

As a coffee roaster and promoter of certified Bird Friendly coffee we're committed to sourcing and roasting excellent coffee and sourcing coffees that not only have unique flavour characteristics but also benefit our planet and its living things. Learn more at totemroasters.com.