

Sing, Fly, Soar – Like a Bird!

Celebrating World Migratory Bird Day



Northern Parula

Drawn by Nancy Kaudel – Owner Totem Roasters

Northern Parula

A colourful warbler found across eastern Canada during the summer months. Like most warblers, it is a very active bird always moving from branch to branch in search of its favorite food; insects and spiders! This small bird is an impressive migrant traveling long distances to reach its winter habitat in Mexico and Central and South America. Northern Parulas have been found on Bird Friendly coffee plantations.



Photographer: Ray Hennessy

Help the Northern Parula and other warblers

Northern Parulas are doing well but many other species of warblers are not; some have declined by as much as 68% in the last 50 years. You can help warblers by:

- Ensuring they have plenty of insect prey by not using pesticides, planting native plants, leaving deadwood and protecting natural areas.
- 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.

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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.