



SPRING CHECKLIST



Mass Audubon

ONE STEP AT A TIME

Going for regular walks is one of the best things you can do for your physical and mental health. Mass Audubon has hundreds of miles of trails, great places to view birds and wildlife, and beautiful landscapes to explore. Come see your generous support at work!



RAISE YOUR VOICE

Help defend the natural world you love – and that we all rely on – by learning how your elected officials stand on environmental issues, and showing your support or sharing your concerns. From defending endangered species to reducing climate change impacts, you can make a difference!



BEE KIND TO POLLINATORS

We rely on bees, butterflies, and other pollinators for much of the food we eat, and even small outdoor spaces can provide quality habitat for them. A pollinator garden can range from a planter with native flowers on your porch, to larger flowerbeds in your yard or local community garden.



FARM TO TABLE

Stop by a nearby farm stand or farmers' market for your fruits and vegetables, or get your fill each week by joining a CSA (Community Supported Agriculture).



LIFE LESSONS

Take a yoga class or nature-inspired mindfulness program. Learn to identify the birds at your feeder, or go on a guided bird walk. Our sanctuaries offer programs and classes for all ages, day and overnight camps, even nature preschools for the littlest outdoor enthusiasts.



GO GREEN

Purchase locally sourced green energy through Mass Audubon's *Make the Switch* program, and displace fossil fuels on your community's power grid.



WORTH A THOUSAND WORDS

Pictures are a great way to connect people with the natural world, and inspire them to protect it. Participate in our annual *Picture This* photo contest with your images that capture the beauty and diversity of nature in Massachusetts.



MANY (MANY) HANDS

Whether you can spare a few hours a week or one day a year, you'll have a positive impact on the environment. We have dozens of volunteer opportunities around the state, including trail work, gardening, visitor services, and much more. Visit our website for a complete list of current opportunities.

