

Plant Wildflowers



Reduce lawn mowing



Wildflowers provide insect pollinators with food throughout the year. According to the WWF, on a single day in summer, one acre of wildflower meadow can contain up to 3 million flowers and produce 1 kg of nectar. That's enough to support nearly 96,000 honey bees per day.

<https://www.wwf.org.uk/wildflowers/why-we-need-wildflowers#:~:text=They%20provide%20food,96%2C000%20honey%20bees%20per%20day>

A well-trimmed lawn reduces the amount of food and nesting space for insect pollinators. Reducing the frequency in which you mow your lawn will help maintain the insect pollinator population. Researchers have found that mowing your lawn every other week (rather than weekly) increases the number of insect pollinators by almost 30%!

<https://www.sciencedirect.com/science/article/abs/pii/S0006320717306201>

Education



Find alternatives to pesticides



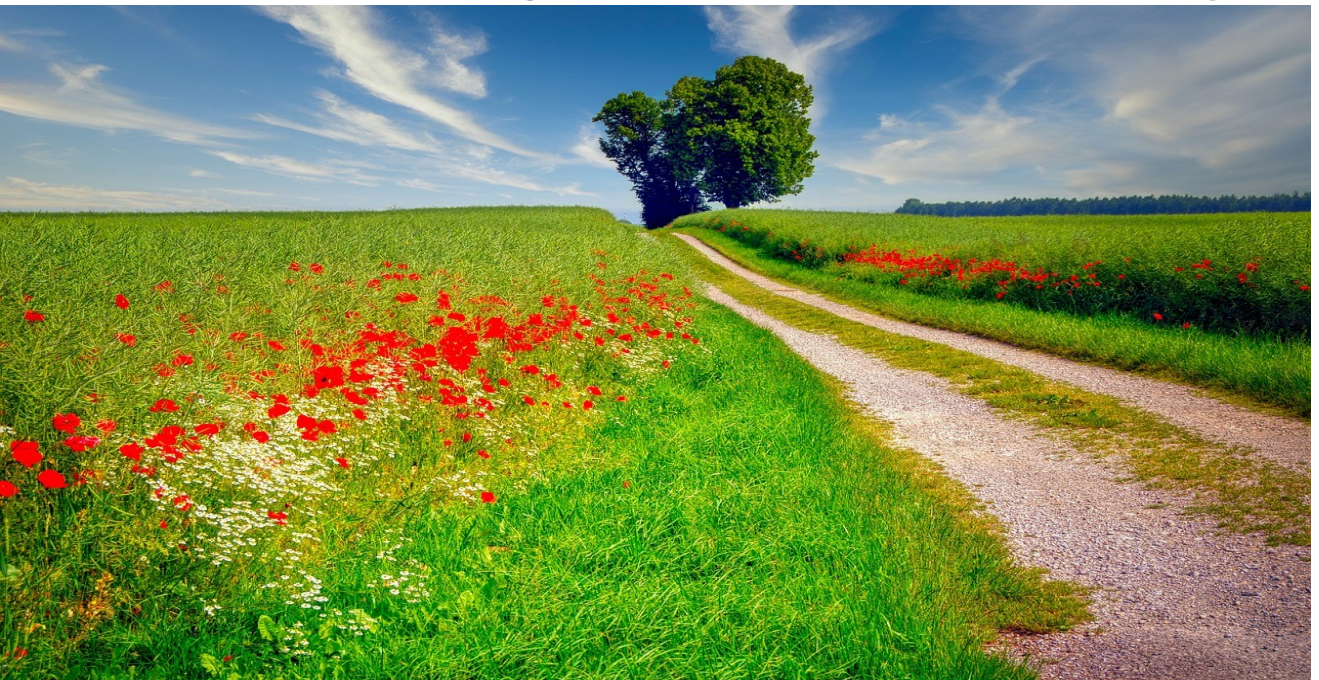
Education is a really important way of protecting insect pollinators. The more people know about the important job that insects do, and about how to protect them, the more likely they are to make better, pollinator friendly choices.

Pesticides are commonly used in gardens and on farms to kill invertebrate pests, diseases, and weeds. However, many pesticides harm pollinators and other beneficial insects. Alternatives to using pesticides include pest traps, the spraying of non-chemical products and bio-control (introducing natural predators to control pests). All of these methods are less threatening to insect pollinators.

Creating greener cities



Insect friendly / sustainable farming



Traditional urbanisation represents a major cause of insect decline. This is mainly due to habitat loss. In most urban areas, insect pollinators struggle to find food, water and safe nesting places. Increasing the amount of greenery in a city (trees, vegetable gardens, ponds and unmown verges) would have a positive impact on the number and diversity of insect pollinators living there.

Sustainably produced foods cause less harm to the environment, reducing risks to pollinators by providing them with a healthier habitat in which to live. Farming practices, such as crop rotations, help to maintain healthy soil (which are vitally important for plant growth) and provide safe habitats for insect pollinators.

Take part in citizen science projects



Create pollinator habitats



Taking part in citizen research projects and helping document plant and pollinator species in your area can help scientist collect valuable data about threatened pollinators and further our understanding of how to help them.

Bug hotels, bog gardens and compost heaps all provide shelter and nesting sites for insect pollinators. This is extremely important for their reproduction and for maintaining the population of insect pollinators. Pollinator habitats are easy to make and don't need to cost lots of money. A simple pile of sticks and leaves in an undisturbed corner, or a bank of soil in a north-facing spot can be an excellent home for an insect pollinator.

Provide 'safe' water for insect pollinators



In the height of summer, when temperatures are soaring, it's important to remember that insect pollinators, such as bees, need access to safe drinking water too. This will keep them cool and hydrated, allow them to carry on with their important task. However, pollinators need slow trickling water with plenty of objects to sit on, otherwise they might drown.