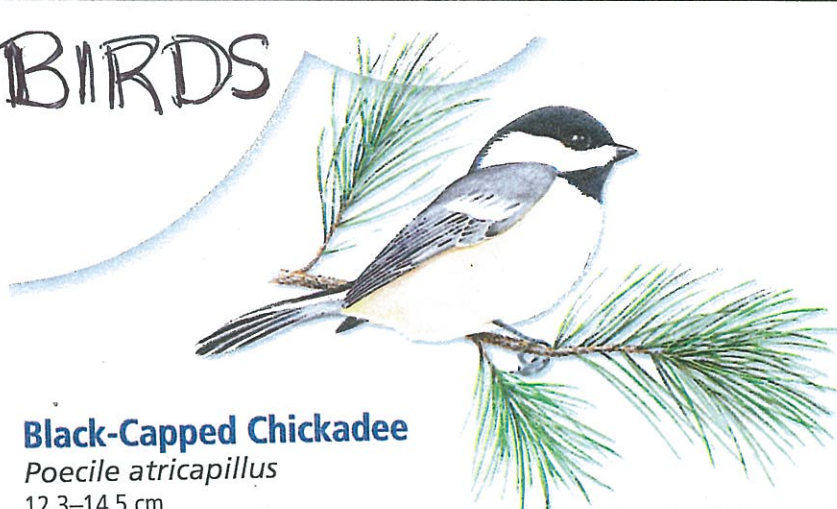


# WINTER BIRDS

## Blue Jay

*Cyanocitta cristata*  
28–31.5 cm

The diet of blue jays consists mostly of nuts, seeds, fruits and insects, although they will sometimes partake of small vertebrates, the eggs of other birds and even carrion. To attract jays, start with an oak tree. It will provide acorns, their favourite food. Jays will also eat the nuts or seeds of beech, chestnut, pine, hazelnut or hickory. You can supplement this with some fruit sources, such as blackberry, grape, serviceberry or cherry. Blue jays will occasionally nest in urban areas if provided with the shelter of a patch of trees, usually coniferous, such as cedar, pine or spruce, but also deciduous, such as beech or oak. Blue jays are typically found in the central areas of Alberta and Saskatchewan, the southern regions of Manitoba to Quebec, and throughout the Atlantic provinces, except mainland Labrador.



## Black-Capped Chickadee

*Poecile atricapillus*

12.3–14.5 cm

To attract these cheerful birds, plant coniferous trees, such as pine or hemlock, or perennials, such as goldenrod or sunflower, to provide them with a good source of seeds. Insects, especially caterpillars, are an important part of their diet, so be sure your garden has a variety of trees to provide hunting grounds. Chickadees will also partake of soft fruit, including blackberry, blueberry and serviceberry. Although they will occasionally use nest boxes, black-capped chickadees prefer to nest in tree cavities and sometimes in old woodpecker holes. Black-capped chickadees range across Canada from the southern regions of Yukon and the Northwest Territories, south through most of British Columbia (less so on the coast), and across to most areas of the Maritimes, except Labrador.

## Downy Woodpecker

*Picoides pubescens*

15–18.5 centimetres

A good snag (standing dead tree) or large mature tree is the best way to attract downy woodpeckers, which will hunt for insects up and down its trunk. You can also add some goldenrod to your garden as these small woodpeckers like to hunt for insects on the galls they form on its stems. Be sure to leave the goldenrod stems standing throughout the winter. Downy woodpeckers will also partake of some fruit, nuts and seeds. Try planting mountain ash, oak, dogwood, hop hornbeam or Virginia creeper. Downy woodpeckers are unlikely to use nest boxes, preferring instead to excavate cavities in snags or the dead limbs of living trees and line them with wood chips. They are generally found across Canada south of the treeline, from Yukon south through British Columbia, and across to the island of Newfoundland, though not in mainland Labrador.

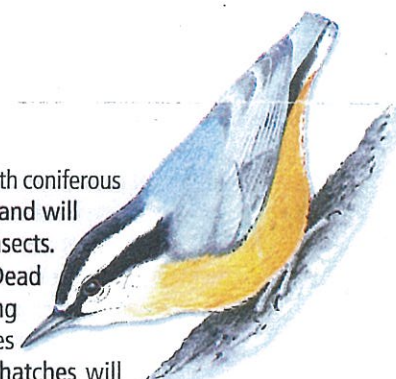


## Red-Breasted Nuthatch

*Sitta canadensis*

10.2–12.4 cm

The best way to attract red-breasted nuthatches is with coniferous trees. They love the seeds of spruce, pine and fir, and will search the branches and trunks of these trees for insects. The nuts of beech trees may also tempt them. Dead or partially dead trees are their preferred nesting sites where they will choose dead stubs or branches to excavate their cavity nests. Red-breasted nuthatches will occasionally use nest boxes. They can be found in southern Yukon and southwestern Northwest Territories, and across the provinces from coast to coast, except in the southern parts of eastern Saskatchewan and western Manitoba.



## American Robin

*Turdus migratorius*

23–27.5 cm

American robins are famous for eating worms. To aid them in their search for these and other invertebrates, avoid the use of chemicals on your lawn and use fall leaves as mulch in your flower beds to provide prime foraging areas. Robins love fruit, so provide them with cherry, sumac, elderberry, holly, serviceberry, dogwood, juniper and other berry-producing trees and shrubs. They often nest in apple or maple trees but will also choose coniferous trees, such as spruce or hemlock, for early nests. The American robin can be found across Canada from Yukon, south through British Columbia, and across to Newfoundland and Labrador.

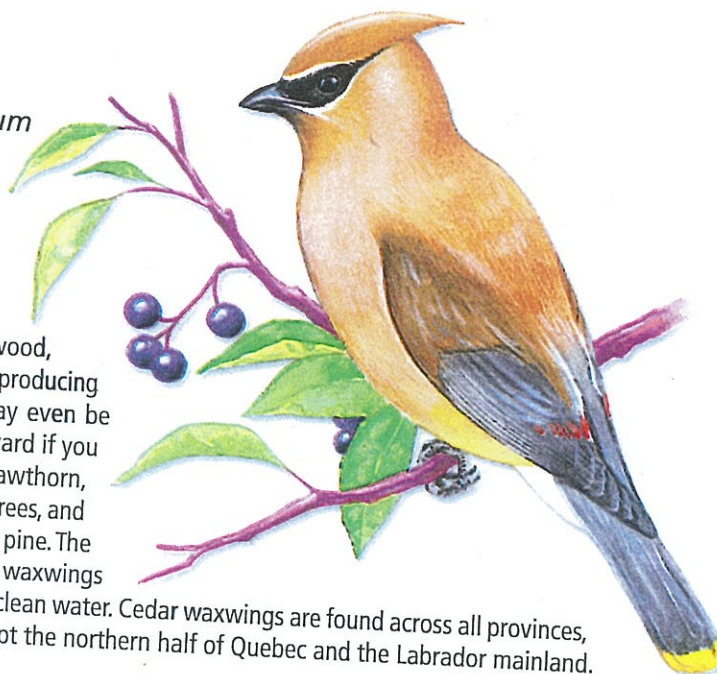


## Cedar Waxwing

*Bombcilla cedrorum*

16.5–20 cm

Fruit is the biggest draw for cedar waxwings. To entice these beautiful birds to your yard, plant an assortment of cherry, mountain ash, cedar, raspberry, crabapple, dogwood, serviceberry or other berry-producing trees and shrubs. They may even be convinced to nest in your yard if you provide them with apple, hawthorn, bur oak or other deciduous trees, and evergreens such as cedar or pine. The finishing touch to lure cedar waxwings should be a good source of clean water. Cedar waxwings are found across all provinces, covering most regions except the northern half of Quebec and the Labrador mainland.

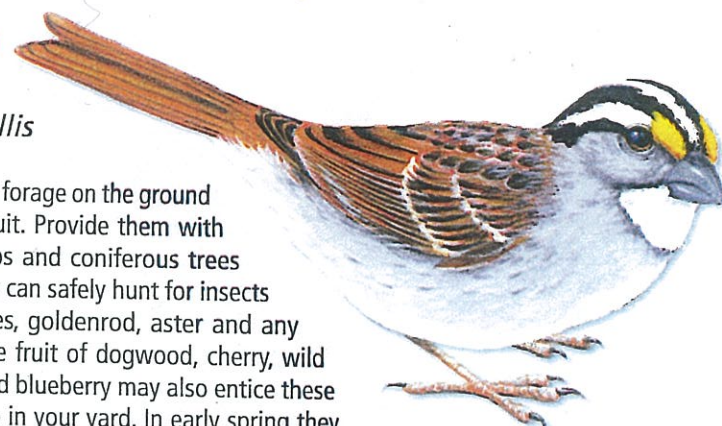


## White-Throated Sparrow

*Zonotrichia albicollis*

16–18 cm

White-throated sparrows forage on the ground for insects, seeds and fruit. Provide them with a corner of dense shrubs and coniferous trees left a bit wild where they can safely hunt for insects and the seeds of grasses, goldenrod, aster and any weeds that come up. The fruit of dogwood, cherry, wild strawberry, elderberry and blueberry may also entice these perky sparrows to forage in your yard. In early spring they will feed on the buds or catkins of apple, maple, birch, hazel and beech trees. If you live in a less urbanized area, you may be able to entice white-throated sparrows to nest in your yard if you provide them with areas of tall grass, low and dense shrubs, or brush piles. This sparrow is found from southeastern Yukon and southern Northwest Territories, to the southwestern tip of Nunavut, and in the provinces from northeastern British Columbia across to Newfoundland and Labrador, though it only migrates through the southern parts of Alberta and Saskatchewan.



## Northern Cardinal

*Cardinalis cardinalis*

19–23.5 cm

Northern cardinals eat insects, fruit and seeds. Attract these handsome birds with fruit trees, shrubs and vines, such as cherry, blackberry, dogwood, wild grape and serviceberry. These plants, as well as wildflowers, will also attract insects for them to eat. Dense shrubs, such as native roses or hawthorn, and vines, such as wild grape, may encourage cardinals to nest on your property. They are found in southern Ontario and Quebec and a small portion of southwestern New Brunswick and Nova Scotia.



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