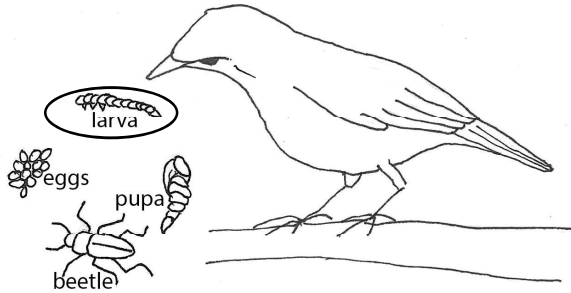


## What exactly is a mealworm?

Mealworms are the larvae of the *Tenebrio molitor* beetle (a darkling beetle). They are high in protein, fat, and fiber. Mealworms are especially attractive to nesting birds to feed to their young.

You can put out live or freeze-dried mealworms for your birds. Or you can offer any of the WBU products that contain mealworms such as our **Nesting SuperBlend®** seed or cylinders, **Jim's Birdacious Bugs and Bits®**, or **Bug, Nut, & Berry** cylinders. Your birds will thank you!



## Bugs = Birds



It really can be sweet of you to offer Mom bugs for Mother's Day. John & Brian discuss how offering bugs directly and indirectly will bring in more bird activity, making Mom even happier to see all the birds she loves and knowing she is helping them to raise their families.

*Nature Centered* is a podcast from **Wild Birds Unlimited** about feeding the birds and enjoying nature right in your own backyard. Relax, enjoy the birds, and stay Nature Centered.

[austinsouth.wbu.com/nature-centered-onewbu](http://austinsouth.wbu.com/nature-centered-onewbu)



May 2023

## Birds, Bugs, & Babies



## In this issue of Little Flyers:

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## Little Flyers & the Little Flyers Passport

This is our second issue of *Little Flyers*, a zine designed for kids. We provide fun information and activities on a monthly basis tailored to our seasonal focus.

Color the pictures, complete activities, or just create your own works of art! What do you see outside your window?



Kids can earn stamps for the *Little Flyers Passport* by completing the activities and bringing it in to show us. Collect 8 stamps to receive a prize!

*Little Flyers* is a unique program at the **Wild Birds Unlimited** South Austin located at 3535 Bee Caves Road in Westlake Hills. Come visit us in person or online at [austinsouth.wbu.com](http://austinsouth.wbu.com) for upcoming events, birding news, feeders, bird seed, nesting boxes, and more.

The *Little Flyers* zine is created and edited by Ginny Lindzey, including all original artwork.

## Nesting Birds Wordsearch

Many of the birds in your backyard love insects, especially when it is nesting season. Have you seen any of these birds?

- |                      |  |
|----------------------|--|
| <b>bluebird</b>      | <b>robin</b>                             |
| <b>cardinal</b>      | <b>scissortail</b> ( <i>flycatcher</i> ) |
| <b>chickadee</b>     | <b>sparrow</b>                           |
| <b>finch</b>         | <b>woodpecker</b>                        |
| <b>purple martin</b> | <b>wren</b>                              |

Or have you seen any of these?

- nest**
- egg**
- hatchling** (*a bird recently emerged from its egg*)
- nestling** (*a bird too young to leave its nest*)
- fledgling** (*a young bird with feathers necessary to fly*)

And are you putting out these for the birds to get extra protein?

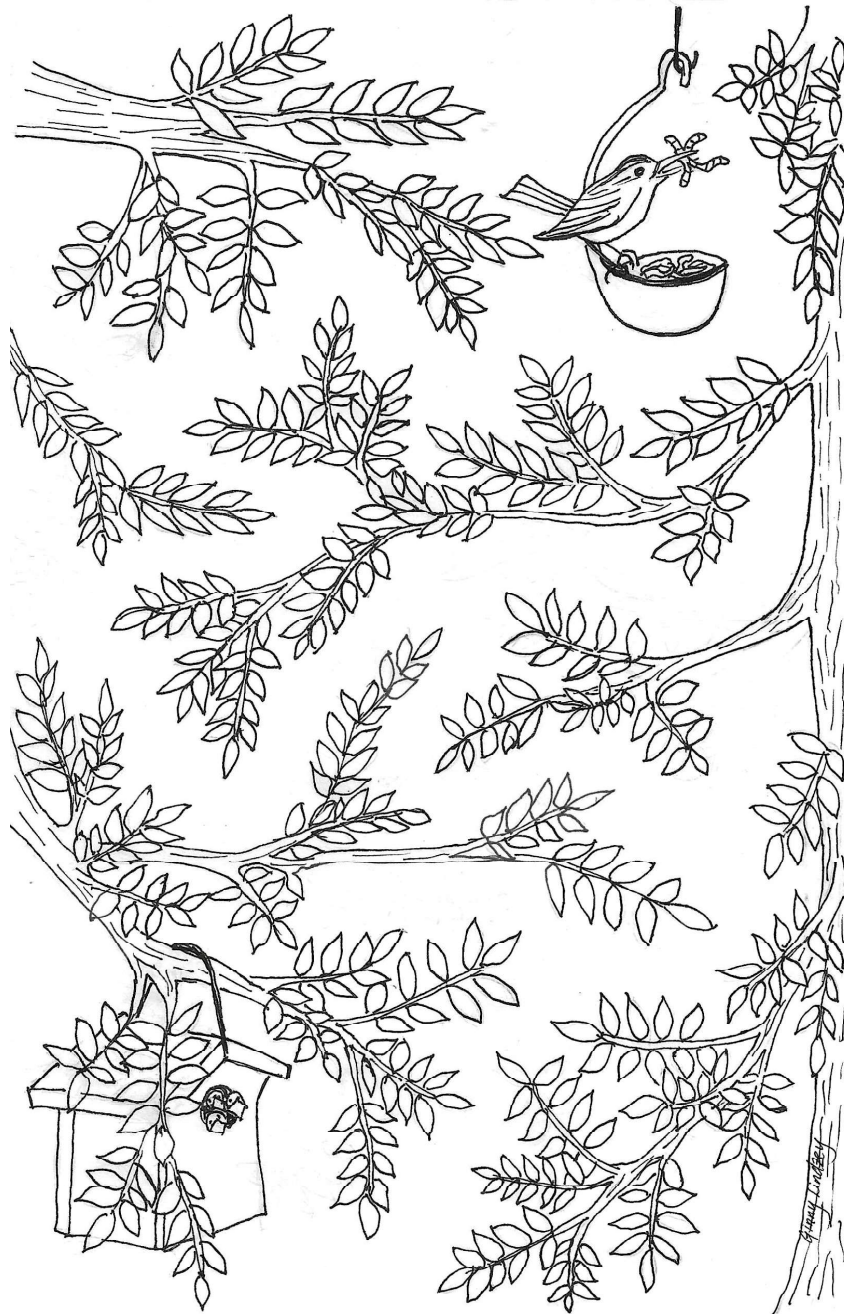
- mealworms**

Now, find all the words in bold in the puzzle below!

C	C	W	P	S	P	M	W	N	C	L	O	E	F	L
S	A	S	Q	X	B	O	H	H	I	O	G	E	L	I
S	L	R	C	J	R	N	I	A	U	B	G	U	E	A
M	A	E	D	R	B	C	H	B	X	H	O	P	D	T
R	S	X	A	I	K	R	T	L	F	U	E	R	G	R
O	Z	P	X	A	N	S	N	U	J	G	Z	W	L	O
W	S	V	D	K	E	A	H	E	G	D	W	G	I	S
L	I	E	Q	N	N	K	L	B	S	D	X	P	N	S
A	E	F	I	N	C	H	Y	I	P	T	K	A	G	I
E	L	E	D	J	G	D	E	R	N	F	L	W	T	C
M	E	Q	M	G	G	Q	C	D	U	C	Q	I	H	S
K	N	I	T	R	A	M	E	L	P	R	U	P	N	B
W	O	O	D	P	E	C	K	E	R	N	E	R	W	G
C	U	I	Q	P	V	S	U	E	J	U	B	F	X	K
H	A	T	C	H	L	I	N	G	N	D	L	Z	S	N

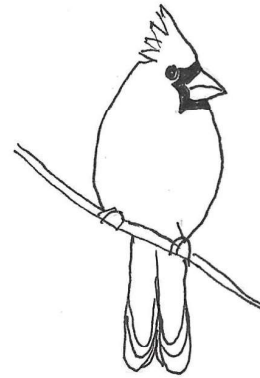
# Hatchling House Maze

Help this mama wren to find her way through the maze of leaves back to her hatchlings in the bird house!

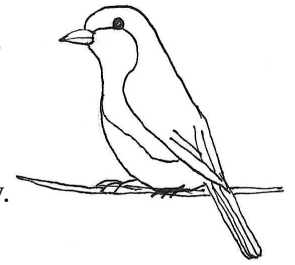


# Birds Love Insects

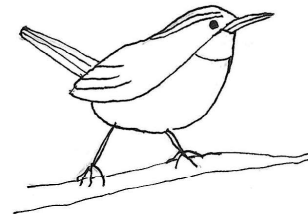
You may enjoy watching birds eat the food you put out in your feeders, but many of those same birds really love insects, especially during nesting season! The following birds (plus many others) would love for you to put out mealworms. Can you recognize these? Feel free to color them!



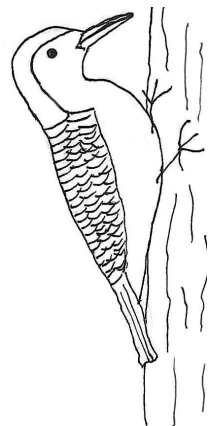
Male cardinals are red with a black mask on their face and a crest on its head. Females look the same except that they are brownish. They make well-hidden nests in dense shrubs, vines, or low trees.



Male bluebirds have blue back, orange throat and breast and a white belly. Females are grayish with orange and white. They are cavity nesters, which means they like to build their nests inside a hollow area, like a bird house at least 5 feet off the ground in an open area.



Wrens are brown above with a bold white eye-brow, white chin, and buffy-orange underparts. The tail is often sticking up. Wrens are also cavity nesters but are not choosy. While they will happily use a bird house, they will also use any kind of hollow space including flowerpots, shoes, drainpipes, and even parked cars.



The red-bellied woodpecker doesn't really have a red belly. It does have a red crown and nape, black-and-white barring on the back and wings, and white underparts. Woodpeckers make their nest in cavities they chisel out deep in dead trees or dead parts of live trees.



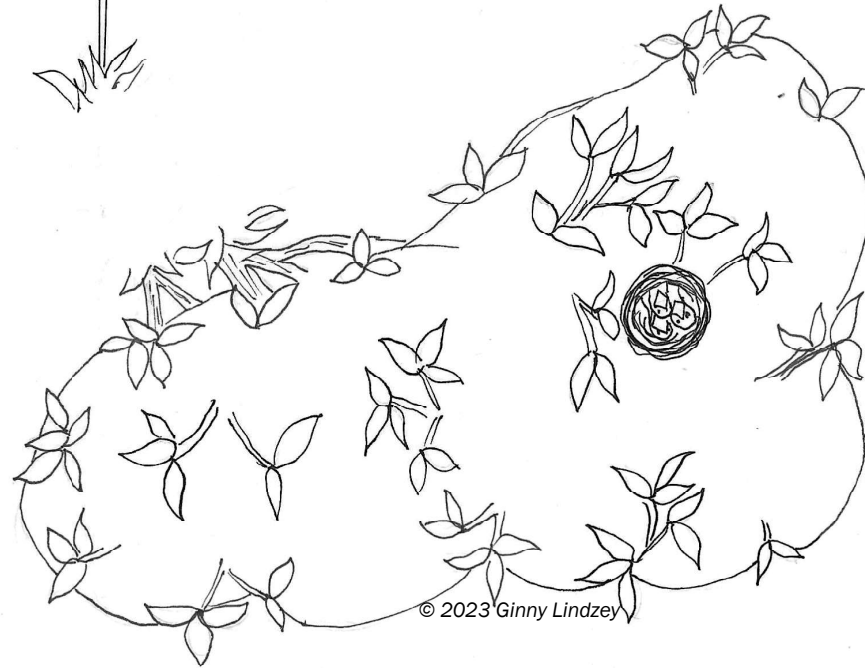
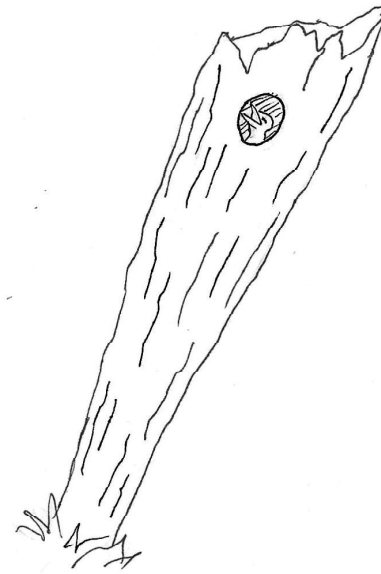
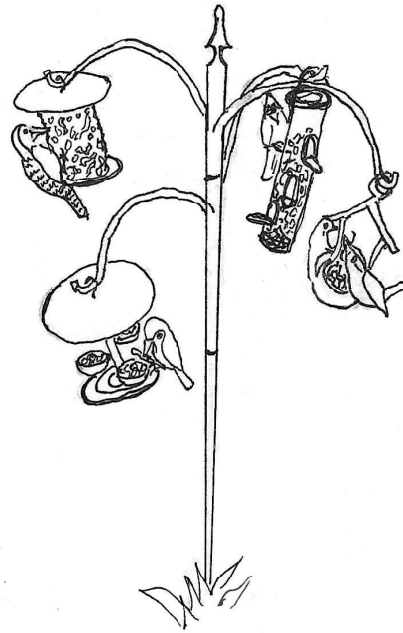
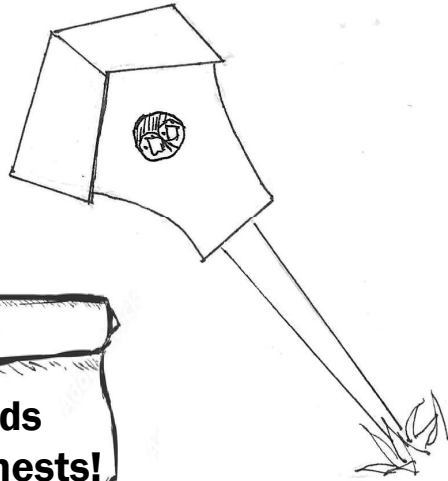
# A view from the sky...

**Help these birds back to their nests!**

Often it is difficult to see a bird's nest from the ground. This sky view makes it easier to see.

Based on what you learned from the previous page, draw a line from the birds at the feeders to their nests so that each can feed its nestlings.

Feel free to add color as well as more birds to this illustration!



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