

## Eco-Friendly February



**Recycled Bird Feeders:** Birds have to work hard during the winter to survive harsh conditions. One way you can help is by making them a bird feeder!

Some popular materials include gable-top cartons and plastic jugs. Gable-top cartons aren't recyclable in Dutchess County, so reusing them is a good alternative to throwing them away. PBS has a [step-by-step tutorial](#) for making them.

Remember to avoid feeding birds bread and cooked meat oils/fat.

For more information, visit [Native Bird Care's website](#).

---

**Meal Preparation:** Winter is an ideal time to make larger portions to have multi-day meals. This can help you reduce food waste and lower energy bills because you're cooking less while making larger portions.

Using a slow cooker is a great way to easily make lasting meals like soup, chili, pulled meats, and stroganoff.

For more ideas, [check out](#) Dutchess County's collaboration with the Culinary Institute of America!

