

# HAPPY WORLD RAINFOREST DAY

Did you know that the Caribbean is home to some amazing rainforests? Unfortunately they are also threatened by agriculture and development. Learn what you can do to protect rainforests below!



## EAT A MEAT-FREE MEAL

Many of the rainforests throughout Latin America and the Caribbean are deforested for cattle pastures. Try cutting meat out of one of your meals this week. It will be good for the environment and your health!



## PASS ON PALM OIL

Rainforests are being cleared to make way for palm oil plantations. These plantations are a monoculture where almost no local wildlife can exist. While most people use soy or vegetable oil for cooking, palm oil sneaks into a lot of processed foods like chocolate hazelnut spreads, cookies, & chips; so be sure to double-check ingredients.



## BUY BIRD-FRIENDLY COFFEE & CHOCOLATE



Studies have shown that birds thrive in shade-grown coffee plantations and it benefits both parties. Birds gain protected habitat and farmers gain free pest control. Also check your chocolate! Try to support brands that use shade-grown cacao as well.



## LEARN HOW BIRDS HELP RAINFORESTS TO GROW

Caribbean forests rely on birds for important ecosystem services such as seed dispersal and pollination. Unlike some of the mainland forests, the Caribbean does not have a great diversity of tropical mammals that would perform these services - making birds even more important as seed dispersers.



## REDUCE, REUSE, RECYCLE!

It can start as simple as buying a reusable water bottle! Help reduce the amount of natural resources (water, wood, rubber, plant fibres) that are needed to produce household items by buying less and recycling/reusing items more. This also reduces the waste that ends up in landfills and the oceans. Added bonus: reusing items saves you money!



## DONATE

Many small non-profit organizations are doing on-the-ground work to lead the way in rainforest restoration efforts and they need your help! You can donate your time, your expertise, or money. Telling others about the work that they are doing is a great way of showing your support too!

