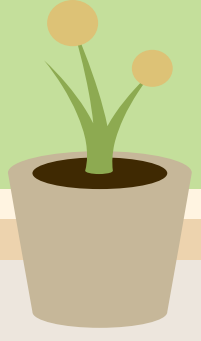
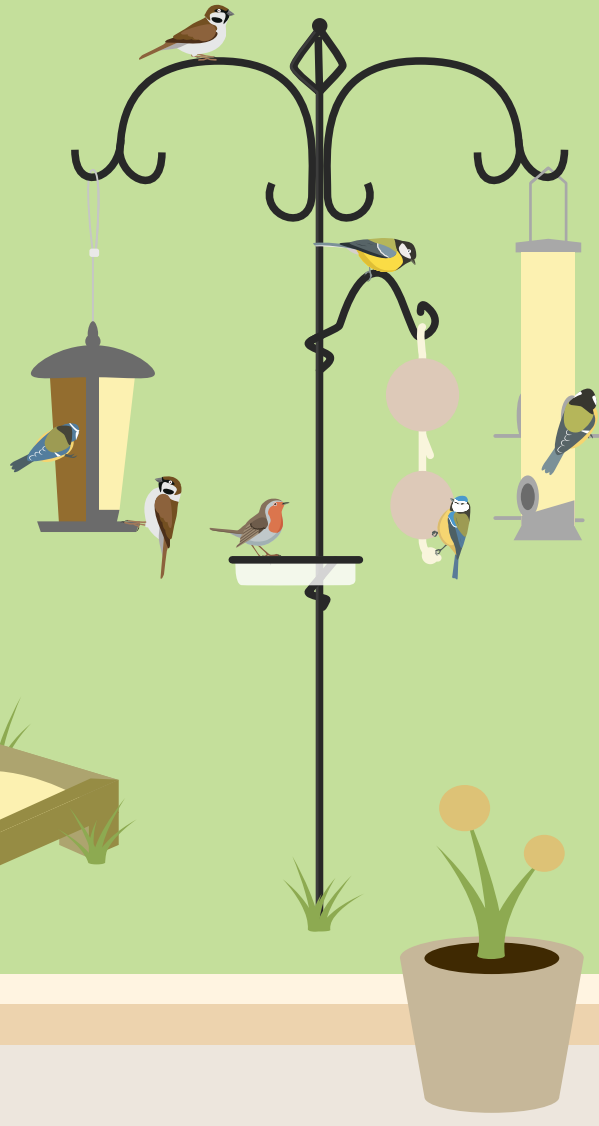




# New Office Friends

A feeding station in your garden or outdoor space is usually an instant hit with wildlife. Feeding the birds is a quick and easy starter which can be as simple as a window feeder (to your office space) to a pole feeding station serving a variety of foods in a range of feeders.

Give a variety of foods, with high nutritional values, to attract the greatest species of birds. No mess seed mixes, sunflower hearts and peanuts are high in calories and allow birds to feed efficiently too. Fat balls and peanut cakes are also an excellent energy booster, don't forget to look out for foods with added mealworms as an extra treat.



A working day is usually more productive when you take a break to re-energise, so why not stop and listen to your 'new office' friends. Sharing your garden wildlife encounters with colleagues and family compels others to get involved too and will hopefully help them to feel less isolated whilst they also work from home.

Don't forget to share your photos of your new home office friends with us on our social media channels and use the hashtag **#homeofficefriends**

Lets get everyone talking about nature, working alongside nature and enjoying nature!



[www.birdfood.ie](http://www.birdfood.ie)

For more tips and advice visit [www.birdfood.ie/working-from-home-with-wildlife](http://www.birdfood.ie/working-from-home-with-wildlife)