

How Can You Help Pollinators?

There are many efforts NIH staff members can take to help the monarch butterfly and other pollinators. Here are a few of the most impactful things that can be done:

On Campus:

- 1) Volunteer to help with the initiatives on your campus! Pollinator habitats typically require maintenance at least a few times a year and support is greatly appreciated. Please contact [Mr. Brandon Hartz \(Bethesda\)](#) or [Mr. Paul Johnson \(RTP\)](#) if you are interested in volunteering. Enjoy a walk around campus while also monitoring the pollinator habitats! You can help alert staff to when attention is needed or help keep track of how many pollinators are being attracted. Additionally, you can investigate your campus and inquire about creating new pollinator habitats!
- 2) Spread the word to other staff members! Many at NIH could enjoy contributing, but are simply unaware of these features. Every volunteer can make a difference!

Off Campus:

- 1) Use alternative products in place of landscaping chemicals. Instead of applying chemical herbicides on turf and planting beds, consider hand pulling weeds or spot treating using organic sprays like horticultural vinegar. Instead of applying pesticides to control insect infestations, introduce beneficial predators like ladybugs or selectively spray with organic products like horticultural soap. Did you know that NIH eliminated the use of landscape chemicals from routine grounds maintenance activities in the 1990's and continue this practice today?
- 2) Plant milkweed in your own garden beds. There are a dozen Milkweed species native to the mid-Atlantic region that all provide host benefits to the monarch butterfly. For those who are interested, consider installing a butterfly garden of your own design or [use this sample design](#).