

## Bee involved

There are lots of different ways you can get involved. Find out what you can do to help

### 1. Help to support bee research

For each unit of Allergy Relief (formerly Pollinosan) products that you will purchase, A.Vogel will make a donation to a regional bee research center\* to help creating more bee friendly habitats.

### 2. What you can do in your own backyard!

Bees and other pollinators should always be seen as welcome visitors to your garden and should be encouraged by planting a variety of local native plants that vary in colour, shape and blooming season.

Providing suitable nesting sites may also help....and avoid pesticides or insecticides.

### 3. You can adopt bees - even in the city!

Anti-pesticide regulation, the great floral diversity, and the lack of pollinators all contribute to the fact that the city is a great, even ideal, environment to keep bees.

Companies like Alvéole, install a colony of honeybees on your roof, balcony or in your yard. And, they take care of all the colony's needs!

\*Research Centers:

Ontario: University of Guelph Honeybee Research Center

Colombie-Britannique: UBC Farm's Center for sustainable food system

Quebec: McGill apicultural association (MAA)

