

# NORTHERN CARDINAL

Ever noticed  
how round Cardinals  
are in the winter?

→ There's a reason!

While birds do eat  
lots of berries, bugs,  
and vegetation in the  
fall to build up body  
fat and store  
energy for the  
winter, they also  
use their feathers  
to trap AIR  
BUBBLES against  
their bodies

wrapped in  
a layer of  
warm air!  
Like humans using  
puffy coats to  
keep warm

Drawn by Nona A.B for  
**GARFIELD PARK  
CONSERVATORY  
ALLIANCE** 