

Practical Tips to support Bee populations Biodiversity and Sustainability

- Plant native flowers, rosemary, thyme, lavender
- Avoid using pesticides
- Preserve natural and wild vegetation
- Leave shallow water sources for bees
- Do not disturb the bees—they usually do not attack
- Create “bee hotels”—to provide shelter for insects
- Inform and raise awareness among others
- Support local beekeepers



**«SMALL ACTIONS TODAY
BIG CHANGE TOMORROW»**

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**«SUNSTAINABILITY IS NOT
A CHOICE FOR THE
FUTURE
IT IS A RESPONSIBILITY
FOR THE PRESENT»**

BIODIVERSITY

Biodiversity is the variety of life on earth(plants,animals and ecosystems)



IS IT IMPORTANT BECAUSE....

- IT PROTECTS THE ENVIROMENT AND NATURAL BALANCE(CLEAN AIR-SOIL FERTILITY-CLIMATE REGULATION)
- IT MAINTAINS HEALTHY ECOSYSTEMS
- IT PROVIDES FOOD,MEDICINE AND RAW MATERIALS

BEE

- Visits up to 5.000 flowers per day
- Pollinates 60%-70% of flowering plants
- 1/3 of the food we consume is thanks to the bee
- Produces honey,pollen,propolis,royal jelly and wax

WHY ARE BESS IN DANGER?

- Pesticides and chemical pollution
- Climate changes / Global warming
- Rising number of fires / Loss of natural habitats
- Monoculture farming



BENEFITS

Honey

- Boosts the immune system
- Helps with coughs and sore throats
- Rich in antioxidants
- Provides natural energy
- Improves heart health

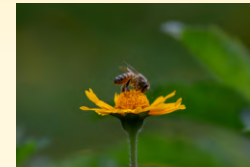


Royal jelly and propolis

- Help strengthen the immune system
- It supports the health of the skin and hair
- It has antibacterial and antiviral properties,protecting against infections
- It helps heal wounds and reduce inflammation

Pollen

- Provides energy and vitality
- Rich in vitamins,minerals and proteins



Natural Beeswax

- Moisturizes and protects the skin
- Beeswax ointment for wound healing and skin regeneration
- Creation of natural toxin free candle

