

Your Breakfast With and Without Bees

What did you have this morning for breakfast? While you might have honey in your cereal or on your toast, honeybees contribute a lot more to breakfast! You likely ate (or drank) something that needs bees for pollination. Indeed one out of every three bites of food you eat is a result of pollinators.



Here are just a few important breakfast foods that require pollination.

Fruit:

Apples
Oranges
Blueberries, cranberries, raspberries,
blackberries, and other berries
Watermelon, cantaloupe
Peaches
Pears

Other Food:

Almonds for cereal
Blueberries in muffins
Jelly or Jam for your toast
Butter for your toast (see note about milk)

Drinks:

Milk - honeybees pollinate alfalfa, which is
feed for dairy cows
Apple Juice
Orange Juice
Coffee - honeybees increase coffee yields by
about 30% (we would have about 1/3
less without them)



A breakfast with bee pollination.



A breakfast without bee pollination.

Grains are wind-pollinated, and thus cereals and bread can be produced without pollinators. Many grains are food for chickens, and thus eggs can also be a part of your bee-free breakfast. But a bee-free breakfast does not taste as good, so thank a pollinator whenever you eat!

