

## Migration: Traveling to Find Food and Warmth



Many birds migrate long distances to find food during winter months. The **Ruby-throated Hummingbird** (*Archilochus colubris*) beats its wings at a rate of 40 to 80 beats per second. That takes a lot of energy! They eat tiny insects for protein and depend upon the sugar-rich nectar in flowers for their high energy needs.

Hummingbirds leave Tennessee in late summer and fall to migrate to southern Mexico and Central America. They travel 500 miles across the Gulf of Mexico without stopping! They know their migration route and the location of their winter home instinctively through genetic information.

