

How Kids Can Help the Earth!

Kids really *can* make a difference to the environment. Here are some easy tips that kids of all ages can do to help.

- Trade books, magazines and newspapers with friends and relatives, or use the library.
- Share rides, or ride a bike or walk to school or activities – if it is safe.
- Donate unwanted clothes, toys or things you no longer want to local charities. You can also host a yard or garage sale, instead of throwing items away.
- Buy some things in larger quantities. Large sizes deliver more products with less packaging waste, and are usually more economical.
- Pack a waste-free lunch. Put the drink, sandwich and chips in a reusable container and lunch bag. Pack fruits and veggies – many come in an eatable wrapper!
- Take your own cloth bag when shopping and say no to paper and plastic bags.
- Learn more about recycling and composting from home – you can reduce your trash by 50%
- Turn off the water faucet when brushing your teeth.
- Keep a bottle of water in the fridge so you don't have to run the tap water to get a cold drink.
- Don't mistake clean clothes for dirty ones! Pick up, hang and put away clothing from your bedroom and bath everyday. Cleaning clothes that are not dirty is a huge waste of water, energy and unnecessary chemical detergent!
- Do laundry only when you have a full load. Use cold water when possible.
- Help to remove laundry from the dryer as soon as it stops. It reduces the need for wrinkle removers, fluff dry or ironing. This saves on chemical use and wasted electricity.
- Don't dump your half filled water glass down the drain. Water indoor and outdoor plants with unwanted water from glasses, pitchers or bottles.
- When cleaning freshwater fish tanks, use the dirty water on indoor and outdoor plants. Plants love the fish fertilizer!
- Hang up towels after bathing or swimming. It keeps them dry, which reduces bacteria growth and the need to wash them as often.
- Dirty dishes? Rinse immediately after use to avoid dried-on foods which require hot water and excess detergent to remove. Better yet, quickly hand wash or load into the dishwasher.
- Long showers may feel good but they take a huge amount of water and electricity to heat the water. Trim the minutes from your shower or take a shallow bath.
- Avoid using the toilet as a wastebasket - never flush garbage of any kind.
- Cold or too warm? Don't touch the thermostat, put on warmer or lighter clothing.
- Tell a parent when a faucet is leaking, sprinkler is broken or when the toilet tank runs unnecessarily. Notifying an adult when something is broken can reduce waste of resources.
- Turn off computers, lights and stereos when not in use or when leaving the room.
- Use both sides of the paper when printing homework assignments or letters.



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