



THE GREENS

PRINTABLES

Cut these out  and stick them where you'll see them.

Print on the back of used paper, of course!

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6 green things YOU can do for **the fridge**

- 1 Buy **organic** food. Who wants to eat chemicals for dinner?
- 2 Buy **fair trade** stuff if you can. Do you know who made your food? Or if they got paid a fair wage?
- 3 Buy **locally grown**. Do you know where the food in your fridge came from? Less travel means less gas.
- 4 **Grow** your own food. Did anything in here come from your garden?
- 5 Eat **less meat**. You can still eat it but do you really need it that often?
- 6 **Recycle** your old milk cartons.

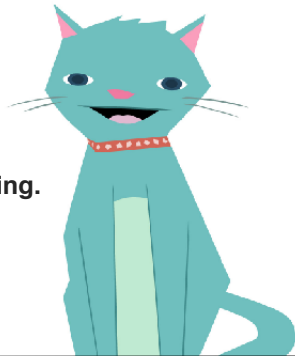


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5 green things YOU can do for the **garbage can**

- 1 **Compost** your food scraps. Know any hungry worms? Or have a corner of the yard to spare?
- 2 **Recycle** everything your town or city takes. Don't let it take up space in the landfill!
- 3 Cook **just enough food** for your family to eat. Did you really need to make that much? Smaller portions can still be healthy.
- 4 Try to **reuse** your trash in another way. Are you sure its life is really over?
- 5 Buy things with **less packaging**. Why buy it if you're just throwing it out?



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5 green things YOU can do in **your bedroom**

- 1 Think about **organic fabrics**. Are any of your clothes made organically?
- 2 **Downsize** your closet. Do you really need five blue sweaters?
- 3 Craving new clothes? **Swap** with your friends or buy them secondhand.
- 4 Something worn out? Think about what else you can **make** out of the cloth.
- 5 Do you really need that many toys or clothes? **Give some away**, or **trade** with your friends.



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4 green things YOU can do in the

living room

- 1 **Turn off** the stuff you're not using, like the TV and computer. Why waste electricity?
- 2 If it's off, why does it need to be plugged in? **Unplug** that stuff too.
- 3 Change to **energy efficient light bulbs**. They're cool-looking and save money!
- 4 Haven't you seen that TV show already? **Go outside** and use your own power to play!



6 green things YOU can do in the

bathroom

- 1 **Take showers** instead of baths. Who wants to sit in their own dirt anyway?
- 2 **Turn the water off** while you brush your teeth. That's clean water going right down the drain!
- 3 **Turn the water off** while you wash your hair. Turn it back on to rinse.
- 4 **Reuse** your bath water. Collect it from the shower or sink. Your garden will thank you.
- 5 Do you really need to **flush** when it's just pee? If it's yellow, just be mellow.
- 6 Are there nasty chemicals in your shampoo? Do some **investigating**.



5 green things YOU can do when

you go places

- 1 **Walk** if you can. You've got legs and you're not afraid to use 'em!
- 2 **Ride your bike** if you can. It's faster than walking and just as green!
- 3 **Carpool**. Two passengers are better than one. And more is even better than that.
- 4 **Take the bus** if you can. It's the ultimate carpool!
- 5 If you have to drive, don't leave the car **idling**. Pollution? Yuck.



6 green things YOU can do at

school

- 1 **Save used paper** for scrap and notes. The backs are totally clean - use the other side.
- 2 Make sure all your classmates **recycle** their paper. Challenge other classes to a Recycle Contest.
- 3 Can your school use less paper for notes home? Use **email** instead! Ask your teacher.
- 4 In the cafeteria, only take **as much as you can eat**.
- 5 If you bring your lunch, use **reusable containers**. Same for water. Don't bring throwaway bottles.
- 6 **Plant trees or flowers** around your school during recess. Everyone will thank you in the spring!

