

What you can do to reduce your Ecological Footprint!

Food

- Buy organic or locally-grown produce.
- Plant a garden (you cut down on pollution from shipping, fertilizers, packaging, etc.)
- Bring your own bags to the store (canvas or reuse plastic/paper)
- Buy and eat fewer processed foods*:
 - ▲ Instead of drinking a juice box, eat a piece of fruit
 - ▲ Pop your own popcorn instead of microwave popcorn
 - ▲ Eat a baked potato instead of potatoes in a box (au gratin, potato flakes, etc)
 - ▲ Eat at home instead of ordering out

**Processed foods have been frozen, canned or packaged before coming to your table.*



Energy/Electricity

- Make sure all lights are off when not in use
- Turn the air conditioner and heater off at night
- Get outside! Outside activities are fun and use less electricity
- Keep doors and windows shut when heating or cooling the house/car

Transportation

- Walk or ride your bike to school
- Carpool when where you are going is too far to walk
- Take public transportation



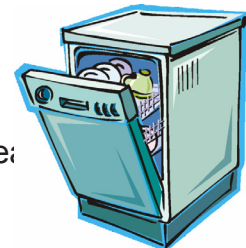
Creating Less Waste

- Buy products with the least amount of packaging (buy in bulk)
- Ask for no bag when you buy something you can carry without one
- Recycle as much as possible (and purchase recycled products when you can)
- Mend things that are broken (don't throw them away)
- Donate old items to someone who can use them
- Buy items that can be used over and over (not disposable)
- Use a lunch box and Tupperware for your lunch
- Reuse water bottles (and recycle them too)



Water

- Turn off the faucet while brushing your teeth
- Don't pour toxic chemicals down storm drains
- Put a brick in your toilet tank. It saves thousands of gallons of water a year
- Run only full loads in your dishwasher and washing machine



Community

- Help a group that works to make local rivers and streams healthier
- Recycle as much as you can

School

- Do an energy audit of your school and find ways to save money and electricity
- Recycle your paper, cardboard, plastic, cans and glass

For more information, www.kidsfootprint.org