

EMERGE AS EARTH STEWARDS (tips from Well Earth Well Me! by Kenda Swartz Pepper)



VOICE YOUR POWER- You can become an Earth Ambassador talk to friends, family or neighbors. Together you can pick up litter in the schoolyard, promote recycling, or even create a school or community garden. Children are stepping up, speaking out, and becoming leaders for making positive change. **Power your voice and voice your power!**



HOW DOES YOUR GARDEN GROW? You can grow herbs, flowers, vegetables or even a fruit tree. You can also grow your own organic food simply by using seeds, sunshine and water. Growing your own garden – in your backyard, on a window sill, or in a shared urban garden – helps the environment. Food you grow yourself is free of packaging and often has higher vitamin content and flavor than food in stores.



MEASURE THE RUNNING WATER EXPERIMENT: Try this experiment: Place a gallon container in your sink under the faucet. Turn on the water and keep it running while you brush or wash. As the container fills up, transfer the water to a bucket (and later find a good use for the water). You can then calculate how much water you will save each week, month, and year by simply turning off the faucet as you do those activities.



Reduce Reuse Recycle

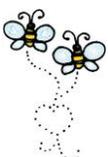
A lot of unnecessary rubbish ends up in landfills: packaging, disposable containers and utensils, and many other non-degradable products. Try using containers that can be reused, especially for lunches and outings. Instead of throwing away

outgrown toys and clothing, donate them so other kids can use them. Look for products made from recycled materials- closing the recycling loop. **Plastic bottles leach toxins into the water and less than 1/3 of them get recycled. Use stainless steel /glass instead.**



POWER DOWN – reduce electricity usage by turning off electronics and appliances. They use electricity if on standby. Save by using a smart power strip: they use less electricity and automatically cut off power to devices not in use.

CAPTAIN COMPOST TO THE RESCUE- Did you know that yard waste such as leaves and cut grass, together with food scraps, make up more than a quarter of the U.S. solid waste in landfills? You can turn



that into valuable soil fertilizer – compost! And the superhero earth-making worms LOVE it too.

BEE AWARE – Bee's pollinate flowers so we get fruits and vegetables. They need us to

eliminate chemical sprays, like pesticides, which harm them.

MY PLEDGE FOR A WELL EARTH

I, _____ WILL TAKE LOVING CARE OF THE EARTH.

HERE IS MY PICTURE OF ME CARIN