

### THINGS KIDS CAN DO TO PROTECT THE ENVIRONMENT!

#### Conserve Energy!

- ✎ Turn off lights, stereo and TV when you leave the room.
- ✎ Keep doors and windows closed when the heat or air conditioning is on.

#### Help Clear the Air!

- Walk, bike or in-line skate instead of having your parents drive you places.
- Grow houseplants for cleaner indoor air.
- Avoid using permanent markers, use water-based ones instead.
- Plant a tree.
- Carpool to school or work.

#### Reduce, Reuse, Recycle!

- ♻️ Pack a zero waste lunch (see other side).
- ♻️ Make an art project from recyclable materials.
- ♻️ Give clothes you have outgrown and toys you no longer want to someone who can use them.
- ♻️ Bring grocery bags with you to the store so you can reuse them.

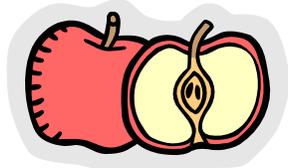
#### Conserve Water!

- κ Take shorter showers.
- κ Turn off the faucet when brushing your teeth.
- κ Use a push broom instead of a water hose to clean sidewalks and driveways.
- κ Pull weeds from your garden so they don't use up water your plants need.

#### Get Involved!

- ✓ Start or join a school environmental club.
- ✓ Organize a community cleanup.
- ✓ Start a school recycling program, more information is available at [www.mde.maryland.gov/recycling](http://www.mde.maryland.gov/recycling).

# Building a Zero Waste Lunch



## Instead of using this . . .



Brown paper bag



Sandwich bags



Paper napkin or paper towels



Pre-packaged snack cup



Bottle of soda or a juice box



Plastic fork or spoon



Plastic wrap

## Use this . . .



Lunch box or re-usable insulated bag



Square plastic sandwich container



Cloth napkin



Plastic re-usable container for snacks



Thermos or re-usable jug



Silverware or wash and re-use plastic ware



Plastic container or aluminum foil that you recycle

