











# Helping Your Family Go Green Checklist

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## KEY

- 1 Turn off the water while you're brushing teeth or washing dishes.
- 2 Recycle paper, plastic, glass, and soda cans. (Be careful with the breakable items!)
- 3 Plant your own vegetable garden.
- 4 Shop for fresh, organic fruits and vegetables.
- 5 Turn off the lights when you leave a room, and turn off the TV and the computer when you're not using them. This saves energy!
- 6 Use reusable grocery bags instead of paper and plastic bags.
- 7 Close the refrigerator and freezer doors quickly to save energy.
- 8 Donate old clothes, shoes, toys, blankets, and other items you don't use anymore.
- 9 Take shorter showers or baths in just a small amount of water.
- 10 Go on a nature walk and look at the trees, plants, flowers, and sky. There's a lot to see!