



KIDS CAN HELP!

Check off the list below as you go!



GARDENING



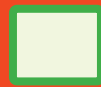
Plant a container garden either in your yard, on a porch, or inside by a window.



Plant native plants, or plants from your local area. These are the best homes and food sources for insects and other animals that live near you.



Use leftover greens in the kitchen, like celery, lettuce, and pineapple, to plant new fruits and veggies.



Help at a local community garden with planting, weeding, picking, and caring for plants.



Plant herbs to use for cooking at home. You can start with seeds planted in a little dirt in the cups of a recycled egg carton. Plant the whole cups in the dirt when the seeds have sprouted. Wash your hands after planting.



Don't throw away fruits or veggies with small bruises. Cut off the bruised part and eat the rest.



Split a snack with a friend instead of throwing away what you don't finish.



Take a small portion on your plate at first, so that leftovers can be saved more easily.



FOOD WASTE



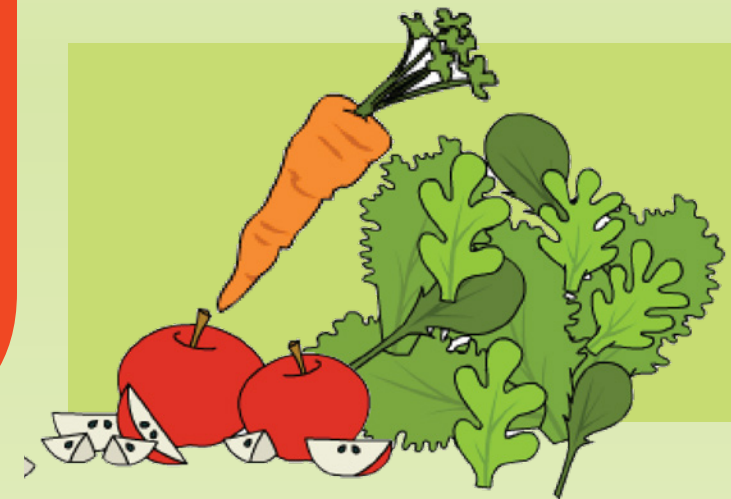
COMPOSTING



Create a compost bin at home.



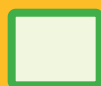
Bring food scraps from your home to a local farmer's market or garden that composts.



FOOD MILES



Help your family find locally grown food at the grocery store. You can also shop at farmer's markets to find local food.



Learn which foods grow in which season where you live. Buying local food right after it's been picked limits the distance it travels to get to you.



POLLINATORS



Plant pollinator-friendly flowers that are native to your area. Research online to see what you should plant.



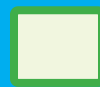
Be nice to bees! The best way to avoid being stung is to stay calm and not disturb them.



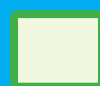
Make a bee drinking fountain in your garden. Put a little bit of water in a plate or shallow dish with some flat rocks in it.



DEFORESTATION



Get involved with tree planting!



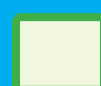
Check out books from the library or trade with friends instead of buying them from a store.



Recycle paper and cardboard whenever you can. Remember that you can't recycle it if it's stained with food or grease.



Bring your lunch in a reusable lunchbox or bag instead of a paper one.



Look out for foods that have "palm oil" listed as an ingredient, and try to find something else or a "Rainforest Certified" product instead. Companies cut down large rainforests to make the oil.



For more information on *Cyberchase: Green It Up*, go to wnet.org/Education/GreenItUp