**Facts About…**

**Source Reduction**

**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.

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

### 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.

### 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