

Things Kids (You) Can Do To Help the Earth

Sustainable Medfield Actions for the Younger Generation

Reduce Reuse Recycle!

1. Respect wildlife.

2. Recycle cans and other items made of glass or metal.

3. Take a shorter shower. Get in as soon as the temperature gets to your preferred warmth.

4. Don't keep your parents waiting when they are in the car (reduce idling and save on gas).

5. Turn on the bathroom exhaust fan when taking a shower. It saves on the HVAC expense.

6. Support businesses that do a good job environmentally.

7. Dispose of waste properly and recycle/ compost whenever possible.

8. Shop at thrift stores for clothes and accessories, the library for books, and antique shops.

9. Keep a reusable bag in your backpack or purse.

10. Use a typeface that requires less ink.

11. Eat less beef and more vegetables.

12. Don't run the water when brushing your teeth. Just turn it on to rinse off the brush.

13. Use a refillable water bottle

14. Turn off the light when you leave the room.

15. Turn your computer off when you are done for the day.

16. Are you thinking about getting a car? Check out: <https://www.greenenergyconsumers.org/drivegreen>

17. Check out social media and swaps for free items. They may include bikes, scooters, toys, books, and clothing. Donate any of yours that you don't use anymore.

18. Bring a cloth napkin and reusable utensils with you/in lunchbox. When eating on the road don't waste paper napkins. Just take how many you need.



Help the Earth

F P H
 M C A H T
 N V I T D
 U M S R O
 U R Q Y W C A Y U B D
 U P B A R A O K E Y Y P S C B
 V S V L N T C B R F B A V J N
 U R Q U E J C B E I F K G J E Q J
 Z S R T Q I R E U S A B L E M
 A H Y N R T H V Z X Q N A
 A T C F T L N
 X Q T C A L I L J P H
 N B R U E N M O R A E Q K
 X N M U R L S T H E Q F F
 O B T M E E S U H T H V A
 N L Y W V V W X E O R
 N F P F I K N
 R
 E
 C
 Y
 C
 L
 E
 S
 Z
 P
 K
 D K G O D V S W E Y Y E Q U B
 A T N D Z P V C N S U D E M J
 X C D X Q Z F V D P W M S
 H R O E W E R I Z N U S Q
 S Z B G I Q E R J I C R J
 E X P N L T N O Q K S E J
 V D C I D J E N R S D D K
 X D L L J R M O F R U
 X J D I O G E F X I C
 M P I F R Y N X Q B E
 Z O E F D T J P R

WORD LIST

BIRDS
CLOTH
EARTH

ELECTRIC
ENERGY
ENVIRONMENT

HEALTH
IDLING
NATURE

RECYCLE
REDUCE
REUSABLE

THRIFT
WATER
WILDLIFE