Get Up & Move!

Green Living Tips

This month you have learned about “going green” with your fruit and vegetable choices. Now you have an opportunity to learn how you can go green with your everyday activities. Going green is a way of living, which includes both parents and adults. Regardless of age, people can start learning what it means to live a more environmentally friendly lifestyle. This month you and your family can incorporate simple green living tips into your daily activities. You might also notice that green living can involve being more physically active! You and your family might want to try some of the green living tips listed below.

- Keep water flow to a pencil-thin stream when using the sink.
- Turn off lights when leaving a room and try to use natural sunlight during the day instead of keeping the lights on.
- Recycle newspapers, magazines and junk mail. Try making recycling a game which involves sorting out the different types of paper and putting them in special bins for points. You might even try making recycling a daily chore in your home.
- Walk, ride your bike, carpool and use public transportation whenever possible in order to cut down on fuel emissions.
- Compost peels and skins from fruits and vegetables after eating them. Help children to understand that food waste is not all garbage, but can be turned into soil to grow more food.
- Remind your children to turn off the water while brushing their teeth.
- Pack sandwiches, fruits, veggies and treats in reusable food containers.
- Have children take the bus to school to cut down on carbon emissions.
- Instead of using the AC or heater, put on a sweater or hat when you are cold or open a window on each side of the house if you are warm.
- Plant things such as sunflowers, carrots and pole beans in a small garden. The entire family can help to tend the garden.

Source: (www.ivillage.com)