

MY COUNTRY

Are you ready to help even more?
See what you can do to improve
the environment across the
country...

- √ Join conservation organizations.
- √ Write to the President and let him know that the environment is important to you.
- √ Visit national parks.
- √ Learn more about the environmental issues that affect our country.

MY WORLD

What boils down to is that we all share this earth and we need to work together to keep it clean. See what you can do worldwide to do our part...

- √ Learn about the environmental problems in other parts of the world.
- √ Learn what products you purchase in the USA which may have ill effects for habitats and wildlife overseas and find a 'green' alternative.
- √ Support conservation organizations that protect the environment worldwide.

**Accept the challenge
today!**



www.swaco.org
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How Can I Help? CONSERVATION: MY HOME, MY STATE



Even the littlest things you do at home can add up and have a big impact on the environment around your home and throughout the world.

You'll find that the changes you make in your daily life not only affect you, but also improve the life of the people, plants, and animals that share this planet.

MY HOME

Here are some ideas of ways you can help the environment without even leaving the comfort of your own home and yard...

- √ Turn the water off when brushing your teeth.
- √ When not in use, make sure the TV, lights, computer, and radio are turned off.
- √ Recycle items like newspaper, plastic, glass, cans, aluminum foil, and old rubber tires.
- √ Compost your organic waste...it reduces the amount of landfill space used and creates a wonderful fertilizer for household plants and gardens.
- √ Dispose of hazardous waste properly.
- √ Plant native species in your landscaping.
- √ Provide food and shelter for birds and other wildlife.
- √ Don't use pesticides and herbicides. Find other natural alternatives.
- √ Mulch your garden to conserve water.
- √ Return emptied plastic pots and trays to local nurseries to be reused.
- √ Replace incandescent light bulbs with more energy efficient Compact Fluorescent Lamps (CFLs).
- √ Buy earth friendly art supplies like beeswax crayons, recycled paper, and water-based paint markers, and glue.
- √ Buy rechargeable batteries.
- √ Conserve water by checking your toilet and sinks for leaks.
- √ Save energy by replacing your furnace air filter often.

MY STATE

Once you are ready to stretch your conservation efforts beyond your home, try some of these ideas for environmental help at the state level...

- √ Adopt a highway to reduce litter.
- √ Write to state legislators about your environmental concerns.
- √ Visit state parks to learn more about local habitats.
- √ Keep the family car tuned up to reduce air pollution.
- √ Walk, bike, or take the bus instead of driving.
- √ Support local businesses that make an effort to make an environmental difference.
- √ Volunteer with state conservation organizations.
- √ Learn what species of plants and animals are endangered in your state and what you can do to help protect them.
- √ Adopt an animal at your local zoo as a class or with some friends.
- √ Organize a 'Litter Drive' at school. Visit a park or playground and make a difference by picking up litter.
- √ As a class, write to textbook publishers and ask them to print on recycled paper.
- √ Start a school recycling program. Have a contest between schools in the district to see who can recycle the most.

