

# PROTECT THE PLANET PROMISE

a component of the Conservation Central education program at [www.fonz.org/conservationcentral.htm](http://www.fonz.org/conservationcentral.htm)

**EVERYONE CAN HELP THE EARTH!** Think about the things you do every day. You can help the planet just by making wise choices. Look below and see how easy it is to do your part. Complete this list, sign the bottom, and post it in your home or classroom as a reminder of your promise to save the planet!



- TURN OFF THE LIGHTS.** When you exit a room, turn off the lights and save energy. Make at least three signs to remind others at home or in school to do the same.
- TURN OFF THE WATER.** When you brush your teeth, don't let the water run and ask other members of your family to do the same.
- VISIT A PARK OR ZOO.** Encourage your family and friends to learn about nature. When people understand the natural world, they are more likely to help protect it.
- RECYCLE AT HOME.** Set up a recycling container in your house, and ask your teacher to start a recycling program in your classroom. The more you recycle, the less trash goes to landfills.
- WALK.** Develop a plan with your family to walk to at least one place each week instead of taking a car. You'll save energy, get some exercise, and reduce the amount of emissions entering our atmosphere.
- PURCHASE RECYCLED PRODUCTS.** The next time you go to the store, buy paper towels and napkins made from recycled paper. Products made with high post-consumer content (recycled material) help conserve natural resources.
- REDUCE YOUR TRASH.** By purchasing products that have less packaging, you reduce the amount of trash in landfills. Also, encourage your family and friends to buy products that can be reused instead of disposable items like paper cups and plates that end up in landfills.
- CLEAN UP.** Pick up trash at a local stream, park, beach, or road with your family or school. Not only will you be cleaning up the Earth, but you will set a good example for others.
- COMPOST.** Build a composter in your backyard or schoolyard, or talk to your parents or teacher about purchasing a pre-made composter. Most food scraps, lawn clippings, and leaves can be composted and turned into organic fertilizer, rather than thrown into the garbage.
- BE A FRIEND TO THE FISH.** The next time your family wants seafood for dinner, go to the National Zoo's website at <http://nationalzoo.si.edu/Publications/GreenTeam/#seafood> for a list of seafood that have been caught in a sustainable way. Hungry for tuna? Make sure the label says "dolphin safe."

Signature \_\_\_\_\_

Date \_\_\_\_\_

**WANT TO LEARN MORE ABOUT HOW TO BE GREEN AT HOME AND AT SCHOOL?** Check out the following websites: <http://nationalzoo.si.edu/Publications/GreenTeam> or [www.nrdc.org/greensquad](http://www.nrdc.org/greensquad).

