

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste it on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!



I'm Super Reducer! I show people how to use less stuff!

I'm Rot Girl! I show you how to compost food scraps, yard waste and food-soiled paper!



I'm The Recycler! I remind you to recycle stuff you no longer need, instead of trashing it.

I'm Professor Reuse! I show people how to reuse things rather than getting new stuff!



STOPWASTE
at home • at work • at school

(Re)duce Your Use

Are you thankful for the beauty of our planet? Little actions every day make a difference and keep our planet clean, healthy and beautiful.

Less is More

To **reduce** means to use less stuff and produce less waste. The more times you reduce your use of water and plastic bottles, the more beautiful and healthy our planet stays.



What are a few ways you can use fewer plastic bottles?



What are a few ways you can use less water?

Take the Reduce Your Use Quiz. The answers may astound you!

1. People around the world use one million plastic water bottles every:
 - a. day
 - b. week
 - c. minute
2. What percentage of all plastic water bottles used by people actually gets recycled?
 - a. 90%
 - b. 45%
 - c. 9%
3. How many plastic bottles do Americans throw out each year?
 - a. one billion
 - b. ten billion
 - c. 35 billion
4. How much water does a family of four use every day in the United States?
 - a. 50 gallons
 - b. 100 gallons
 - c. 400 gallons
5. How many baths could you take with the amount of water one family uses in a day?
 - a. one bath
 - b. five baths
 - c. ten baths
6. It takes about _____ gallons of water to grow one orange in California. Be sure to eat your food so that the water and other resources are not wasted.
 - a. two gallons
 - b. ten gallons
 - c. 13.8 gallons

ANSWERS: The correct answer for each question is (c)

EARTH TIPS

Presented by Altamont Education Advisory Board

Super Reducer Tips

REDUCE is an action you can take every day!



Here are some tips to save water and plastic from **Super Reducer**. Use the Action Hero Secret Code to read them all!

- | | | |
|----------|------------|------------|
| FAUCETS | 4 GALLONS | BOTTLES |
| ICE CUBE | CLOTH BAGS | 5 MINUTES |
| PAN | PAN | 12 GALLONS |

Use reusable _____ when you carry water.

Use reusable _____ when you need to carry things!

Turn off the tap when soaping up your hands or brushing your teeth. Doing this can save up to over _____ a minute. That could be 200 gallons a week for a family of four!

Keep each shower to _____ or less. You could save up to 1,000 gallons a month!

Check _____ and hoses at home and report any leaks to your parents.

Wash fruits and vegetables in a _____ of water. Then use the water for your plants.

If you drop an _____, don't put it in the sink. Drop it into a house plant instead.

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