

# **Easy ways YOU can Protect Animals & the Earth**

## **Water Pollution**

- Turn off water while brushing your teeth
- Take short showers instead of baths
- Run washing machines & dishwashers only when they are full
- Get your class or scout troop to "adopt" a stream or pond & clean up the litter

## **Air Pollution**

- Carpool, ride the bus, walk or bicycle instead of traveling by car
- Report smoking vehicles to TX Commission on Environmental Quality 1-800-453-SMOG or [www.tccq.state.tx.us](http://www.tccq.state.tx.us)
- Grow your own vegetables or sprouts & herbs
- Learn to check tire pressure on the family car (if it's not enough, it wastes gas)

## **Trees**

- Plant a tree!
- Celebrate Christmas with a live tree, that can be planted or recycled afterwards
- Recycle!!!
- Use mugs instead of paper cups and use both sides of every piece of scrap paper
- Carry your school lunch in a reusable bag, not a paper sack

## **Habitats**

- Put yourself in charge of the family's recycling or start a school recycling program
- Give your old clothes & toys to a hospital or charity to be passed on to someone else.
- Repair things that are torn or broken instead of buying new things.

## **Chemicals**

- Buy organic foods not grown with chemical fertilizer
- Use rechargeable batteries
- Avoid buying foods or drinks that come in plastic or foam containers
- Use natural products to clean like lemon juice and vegetable oil for furniture, or vinegar and water to clean linoleum floors

## **Energy**

- Turn off the lights and TV when not in use
- Wear warmer clothes in winter instead of turning up the heat
- Use clothes lines instead of an electric dryer
- Help your parents put weatherstripping around your windows in the fall.

## **Plastic**

- Use cloth bags for shopping or don't take a bag if you only bought a couple things
- Buy items made of biodegradable plastic
- Eat with reusable utensils instead of plastic ones that get thrown away.
- Buy foods like rice or flour in bulk
- Buy items with as little plastic packaging as possible

## **Animals**

- Have your pets spayed or neutered to help with overpopulation
- Ask people to adopt from a shelter instead of getting pets from a breeder or a pet store
- Volunteer at your local humane society
- Don't keep wild animals as pets - they have a role to play in nature
- Don't let your cats roam - they can harm local wildlife
- Use humane traps to catch and remove mice from the home
- Put up a bat house, birdhouse, or feeder.
- Leave baby birds alone, their mothers are usually nearby.
- Remove insects from your house with a cup or cardboard instead of squishing them.
- Don't release balloons into the air - sea turtles, whales, and other sea animals can choke on them.
- Be kind to animals and one another, and remember to share the world.