



I will remind my parents to take reusable bags to the grocery store. I will only open the refrigerator for short periods of time. I will turn off the TV, stereo, and video games when I am not using them. I will walk or bike short distances.



## One Simple Act will make a big impact!

### WASTE

Did you know that the energy saved by recycling one pop can is enough energy to light one 100 watt bulb for 20 hours? Did you know that about one-third of our garbage is recyclable and one-third can be composted? By recycling and composting we would be sending a lot less garbage to the landfill every day! What can you find in your class or around your school that can be recycled or composted?

### SAVE ENERGY AND REDUCE POLLUTION

Got a bright idea to save energy? Lots of things at school need energy to run – like computers, lights and gymnasium scoreboards. Sometimes, we take energy for granted, and leave things on when we are not using them. If we all take steps to save energy, we will save the environment and reduce air pollution.

### WATER

We are lucky to have lots of clean water in Alberta. Everyone can take steps to protect our lakes, rivers and water wells so that we have plenty of water in the future. Look around your school, can you find ways to save water today? Every drop counts!

### Pick the One Simple Act that you will do:

1. I will reuse and recycle paper.
2. I will recycle my drink containers.
3. I will turn off the lights when I don't need them.
4. I will compost my fruit and vegetable scraps.
5. I will be a water saver.
6. I will turn off the tap while I soap up my hands.
7. I will pack a waste-free lunch.
8. I will use active or green transportation at least once a week.
9. I will turn off the computer and other electronics when I am not using them.
10. I will remind my parents and other drivers to be idle-free in the school zone.

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