

# Green Family Fun!



February 2010

## Reduce! Tips for reducing lunch waste

Talk with your kids about the amount of trash they generate at lunch and snack times. (To illustrate this point, you might want to collect all the garbage your kids' produces in one day.) If the kids bring their own lunches, they can avoid throwing away a paper bag each day by packing their lunches in reusable lunch boxes or cloth bags, or bringing the paper bag home to reuse. And instead of using disposable drink containers, they can bring drinks in Thermoses or other reusable containers. If your cafeteria uses paper cups, plastic foam plates or other throwaway materials, encourage officials to switch to reusable plates and utensils or make sure they are recyclable.



## Reuse! Decorate Reusable Lunch Bags

### Materials:

Small plain canvas tote bags, fabric paints or paint markers

### Activity:

Have kids decorate their reusable shopping bags with earth friendly messages.



## Participate in the 2010 Great Backyard Bird Count

"Taking part in the Great Backyard Bird Count is a great way to get outside with family and friends, have fun, and help birds—all at the same time."

[Click to Learn More](#)

## Flip the Switch!

Help your family reduce its energy consumption by encouraging family members to flip off light switches when they leave a room. Create "Flip the Switch" signs to post over light switches as friendly reminders.

### Materials:

Construction paper, Markers, Tape

### Activity:

Have a discussion with your kids on why it is important to conserve energy. Discuss ways they can take action at home to conserve energy. Hang your signs over light switches and next to computers as friendly reminders to turn off lights and computers when not in use. Have kids create check lists of appliances at home that can be unplugged when not in use.

