

# 5 Ways to Stay Green and Clean and Still Have a Fun-Filled Summer



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- 1. Save energy and enjoy our beautiful world: Turn off the TV and head outside!** More and more scientists are concerned that--because we spend so much time indoors during good weather months--we're losing touch with the wonders of nature. They're worried that, the more we lose touch, the easier it is not to care about pollution. Take a nature walk with your parents and friends. Look for (but don't disturb) bird's nests and ant hills and families of ducks and geese swimming in the ponds near your home (again, make sure you're with grown-ups).
- 2. Plant a square-foot garden and be amazed at what Nature gives back!** Nothing's as satisfying as planting something and watching it grow. Ask your parents to give you a one-square-foot area where there's sun and good soil, and grow some plants that turn into food! Pick up some seeds for green beans, peas and carrots. Even if you don't like eating them, you'll be amazed at how much fun it is to keep them watered and free of weeds. And you'll also be amazed at how much food you can grow in just one square foot!
- 3. Ask your parents and other grown-ups to walk or ride bikes for short errands.** Using a bike instead of a car saves energy, is good exercise, and will give you a chance to spend more time together on the way there and back.
- 4. If you're going camping, boating, fishing or hiking, leave no trace.** That means, when you're ready to leave, make sure that your campsite or hiking trail or stream-side fishing spot looks like it did 250 years ago! No trash, no destruction of trees, no pollution of water. Leave no trace, so everyone can enjoy more of our unspoiled world for many years to come.
- 5. Use environmentally friendly products that will keep you clean and safe without hurting the world around us.** You don't have to use harmful chemicals to enjoy the outdoors. If you need to carry soap with you on an outdoor trip, ask the grown-ups to choose a natural, biodegradable soap. Ask grown-ups to buy environmentally friendly insect repellent and to use natural alternatives for dealing with bugs and other pests that "come out of the woodworks" during the warm months.

## ONLINE RESOURCES

<http://www.seedsofknowledge.com/kidsgardening.html>  
<http://www.whitneyfarms.com/guide/kids>  
<http://www.gardenscapetools.com/pages/kids.htm>  
<http://www.icangarden.com/document.cfm?task=viewdetail&itemid=4357&categoryid=4>  
<http://www.organicpathways.co.nz/keg>  
<http://egeneralmedical.com/allthehearnai1.html>  
[http://www.kokogm.com/Green\\_Market/Repellent.html](http://www.kokogm.com/Green_Market/Repellent.html)  
<http://www.citra-solv.com/products/castile.html>

TIPS FOR CLEAN, GREEN

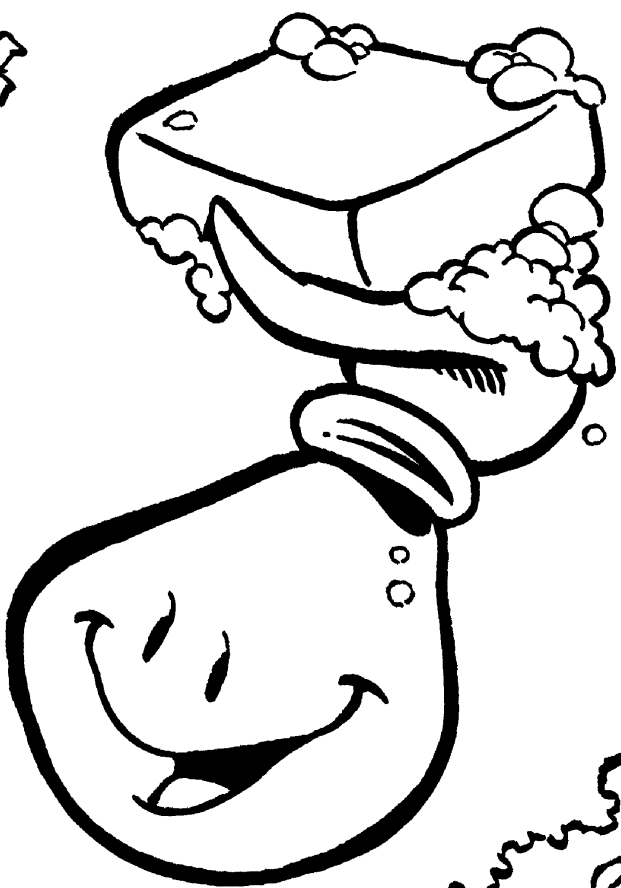
# SUMMER FUN



WHEN CAMPING, HIKING, FISHING  
OR BIKING -- LEAVE NO TRACE!

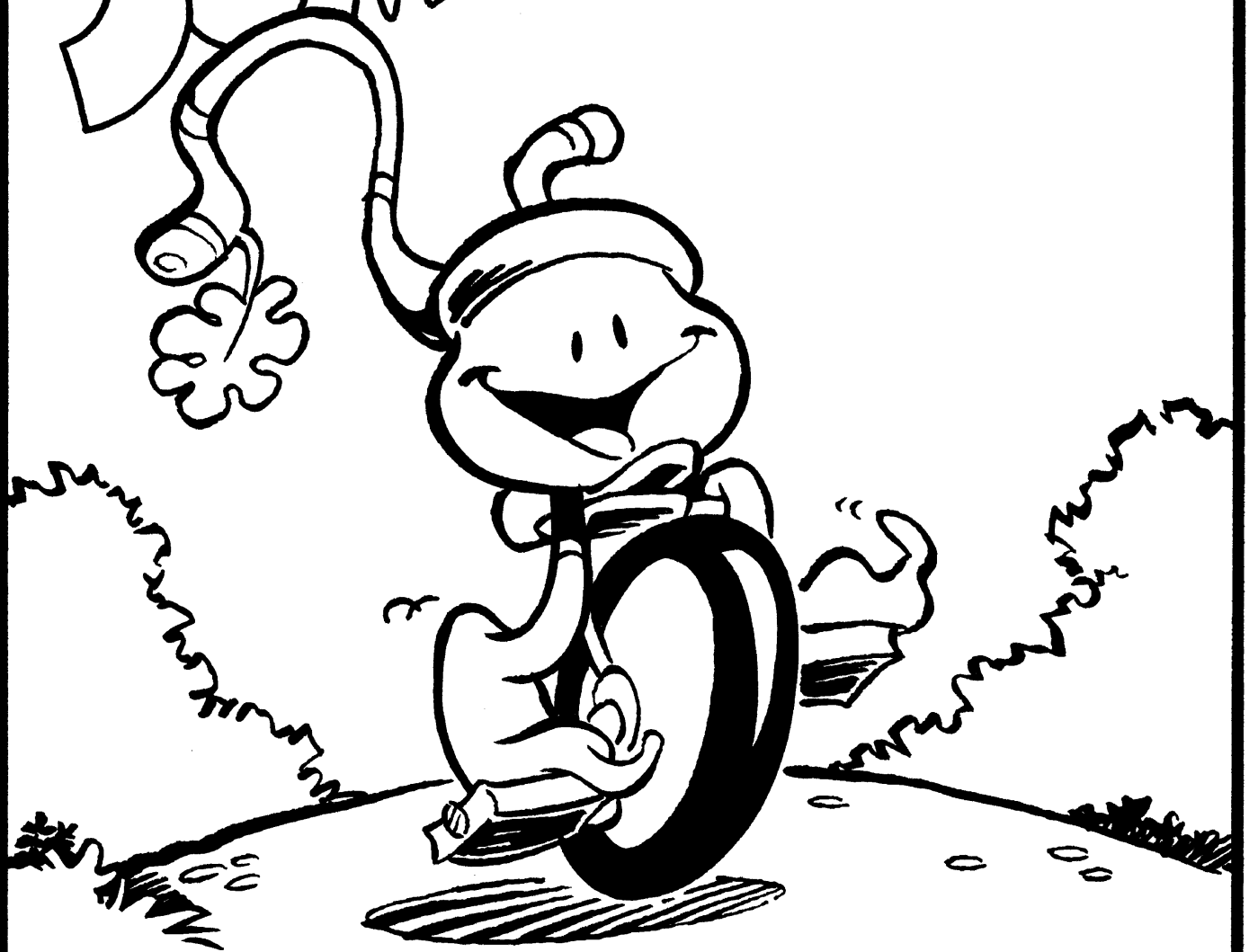
TIPS FOR CLEAN, GREEN

# SUMMER FUN



USE ENVIRONMENTALLY  
SAFE SOAP.

# TIPS FOR CLEAN, GREEN SUMMER FUN



CONSERVE GAS -- BIKE, WALK,  
(OR UNICYCLE!) TO THE STORE!

# TIPS FOR CLEAN, GREEN SUMMER FUN



CHOOSE INSECT REPELLENTS  
WITH NO PETROLEUM DISTILLATES