



earth ally checklist

We celebrate Earth Day on April 22nd each year, but it's important to remember to do our part on a regular basis. Here are some things you & your kids can do to be allies to our earth:

- Eat seasonal, local food if possible**
- Use reusable bags & containers**
- Compost fruit & veggie scraps**
- Eat a vegetarian meal**
- Plant an herb or food garden**
- Buy pantry staples in bulk**
- Rinse food containers before recycling them**
- Try regrowing food scraps**
- Support your local farmers & markets**