Check off the list below as you go!

**GARDENING**

- Plant a container garden either in your yard, on a porch, or inside by a window.
- Plant native plants, or plants from your local area. These are the best homes and food sources for insects and other animals that live near you.
- Use leftover greens in the kitchen, like celery, lettuce, and pineapple, to plant new fruits and veggies.
- Help at a local community garden with planting, weeding, picking, and caring for plants.
- Plant herbs to use for cooking at home. You can start with seeds planted in a little dirt in the cups of a recycled egg carton. Plant the whole cups in the dirt when the seeds have sprouted. Wash your hands after planting.

**FOOD WASTE**

- Don’t throw away fruits or veggies with small bruises. Cut off the bruised part and eat the rest.
- Split a snack with a friend instead of throwing away what you don’t finish.
- Take a small portion on your plate at first, so that leftovers can be saved more easily.

**COMPOSTING**

- Create a compost bin at home.
- Bring food scraps from your home to a local farmer’s market or garden that composts.

**FOOD MILES**

- Help your family find locally grown food at the grocery store. You can also shop at farmer’s markets to find local food.
- Learn which foods grow in which season where you live. Buying local food right after it’s been picked limits the distance it travels to get to you.

**POLLINATORS**

- Plant pollinator-friendly flowers that are native to your area. Research online to see what you should plant.
- Be nice to bees! The best way to avoid being stung is to stay calm and not disturb them.
- Make a bee drinking fountain in your garden. Put a little bit of water in a plate or shallow dish with some flat rocks in it.

- Get involved with tree planting!
- Check out books from the library or trade with friends instead of buying them from a store.
- Recycle paper and cardboard whenever you can. Remember that you can’t recycle it if it’s stained with food or grease.
- Bring your lunch in a reusable lunchbox or bag instead of a paper one.
- Look out for foods that have “palm oil” listed as an ingredient, and try to find something else or a “Rainforest Certified” product instead. Companies cut down large rainforests to make the oil.

For more information on Cyberchase: Green It Up, go to wnet.org/Education/GreenItUp