



Natural Kids®

# Natural Kids simple steps to becoming green

A few tips for schools, individuals and businesses

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**A**s we enter a new year, we acknowledge change is taking place on many fronts in the economy, in our political world and in our environment. Now is an excellent time to take the initiative and go green to positively impact our world in the daily decisions that we make. Natural Kids is here to help you do just that. Natural Kids encourages everyone – individuals, businesses, schools and families to take that first or next step towards doing their part to support environmental stewardship and a healthy planet. Here, we provide some suggestions on getting you started towards green living.

**BUY ORGANIC FOOD** when possible. Begin with milk and your child's favorite vegetable and fruit. If your child is not a milk drinker, start with the most consumed beverage. On the Natural Kids website LEARN page, take a look at the list of fruits and veggies with the least amount of pesticides. The list will help you prioritize the items to buy organic.

Try to **FIND LOCAL FOODS** – shop at local markets where local farmers display their products. This step reduces your carbon footprint and the distance food travels.

**RECYCLE** at home, school and work. It's easy, it's fun and your children can participate. You will love it too because there will be less trash to take out. If you don't know how to get started, check with your local city's recycling office. Google your city and recycling and you're sure to come up with a plan to get started right away. Recycled containers can also become fun art projects for your children.

**NO MORE PLASTIC.** Choose paper instead of plastic (your next step will be reusable containers and bags).

**STOP CAR IDLING.** Save gas and eliminate awful fumes.

**TURN OFF THE LIGHTS** and other heavy energy users when not in use.

**SWITCH TO TOXIN-FREE, BIODEGRADABLE HOUSEHOLD CLEANING AGENTS** for kitchen and bath. Start with your hand soaps, then move on to bathroom cleaners and laundry detergents. Our favorites are Method, Seventh Generation, EO and Trader Joe's brands.

**HEATING** and **COOLING** can add up to 45 percent of your utility bill. Set temp lower in winter and change furnace filters monthly.

**CONSERVE WATER!!!** Start by turning the water off while brushing your teeth. Once you've mastered that step, try cutting down your length of time for showers.

**TAKE IT EASY!** Don't get overwhelmed with trying to become perfectly green. Every change counts and points you in the right direction. Start with Food and the Environment.

For more information on Natural Kids, go to [www.natural-kids.com](http://www.natural-kids.com).

Natural Kids is an education, advocacy and consulting company aimed at assisting schools and businesses with creating eco-friendly environments. If you're looking for an exciting curriculum for summer camps, eco-friendly fundraising programs or environmental stewardship education, Natural Kids can help your school or business. For more information on Natural Kids, go to [www.natural-kids.com](http://www.natural-kids.com).