

WORLD SAVING ACTION PLAN

10 THINGS YOU CAN DO:

1. Volunteer to help those already working to prevent climate change and protect the environment. Speak up and be heard!
2. Learn about nature by spending time in nature. Enjoy it, respect it, and discover how everything is interconnected.
3. Learn about your food. Where does it come from? How is it grown or made? How does it affect the health of our planet?
4. Ride your bike or use public transportation. (Make sure your parent or guardian gives you permission first.)
5. Be a zero-waste champion! Follow the Six R's and set a weekly low trash target for your family ... then see if you can beat it.
6. Grow your own food. Start with herbs and work your way up. Compost your food scraps to fertilize your garden.
7. Say "No!" to disposable plastic. Replace with reusable products made from materials like glass, bamboo, metal, and natural fibers.
8. Fall in love with secondhand fashion ... and books ... and toys. If you no longer need something, give it to someone who does.
9. Learn fun activities like sewing, knitting, and tinkering so that you can make things or give something old new life.
10. Spread the word! Convince others to be world saving heroes too. Remember: there is strength in numbers.

10 THINGS THE ADULTS IN YOUR LIFE CAN DO:

1. Take action in your local community. Petition elected officials and corporations to use renewable energy sources.
2. Move your money into banks and investment funds that have divested from fossil fuels.
3. Submit your household to a carbon audit. Switch to renewable energy sources. Identify areas of waste and fix them.
4. Shop locally. Buy food in season. Take reusable produce and grocery bags and your own containers. Buy only what you need.
5. Use a bicycle and public transportation. If you need to use a car, go electric. Avoid traveling by airplane and cruise ship; vacation close to home. Hold meetings online.
6. Change the family diet. Eat less meat and dairy and more plant-based proteins. Eliminate packaging-heavy take-out meals.
7. Buy things that are built to last. Repair goods rather than replace them. Start a share economy with your friends.
8. Replace toxic household products with natural alternatives.
9. Use appliances prudently. Use dishwashers and washing machines only when full. If buying a new refrigerator, think small!
10. Educate and inspire others. Take your knowledge into your workplace and community. Teach your child to be a world saving hero by being one yourself.

THE SIX R'S

REDUCE! Use less and discard less to lessen your impact on the earth.

REFUSE! Say "No!" to plastic, packaging, and anything you don't need.

REUSE! Extend an object's life. Repurpose, care for, and share.

RECYCLE! Can't avoid packaging? Recycle it!

REPAIR! Mend rather than throw away.

ROT! Compost food waste. Buy biodegradable.

