

EARTH TIPS

Presented by Altamont Education Advisory Board

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste it on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!



I'm Super Reducer! I show people how to use less stuff!

I'm Rot Girl! I show you how to compost food scraps, yard waste and food-soiled paper!



I'm The Recycler! I remind you to recycle stuff you no longer need, instead of trashing it.

I'm Professor Reuse! I show people how to reuse things rather than getting new stuff!



STOPWASTE
at home • at work • at school

(Re)connect with Earth



All living things on earth are connected. And they are all connected to the sun.

Plants need the sun to grow. People and animals eat plants. You are connected to plants, animals and the sun! This is called the **Web of Life**.

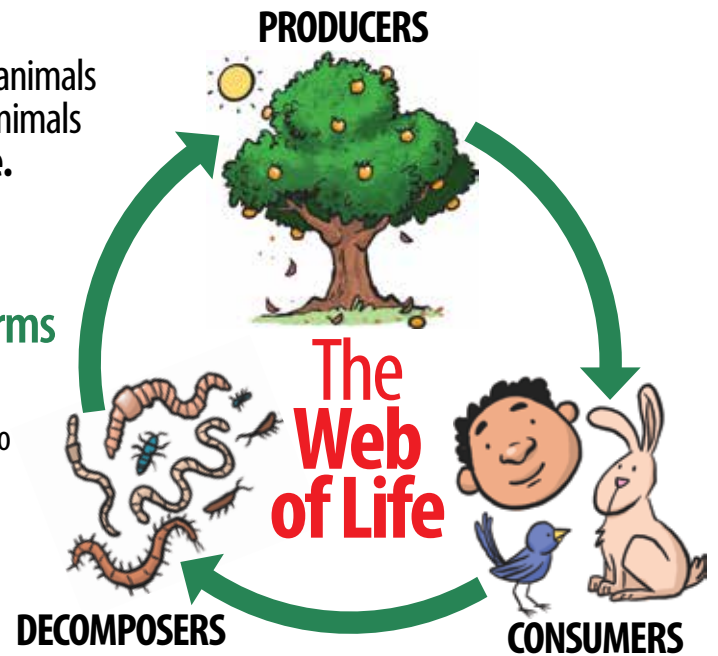
Did you know you are also connected to **worms**?

Re-connect to the World by Appreciating Worms

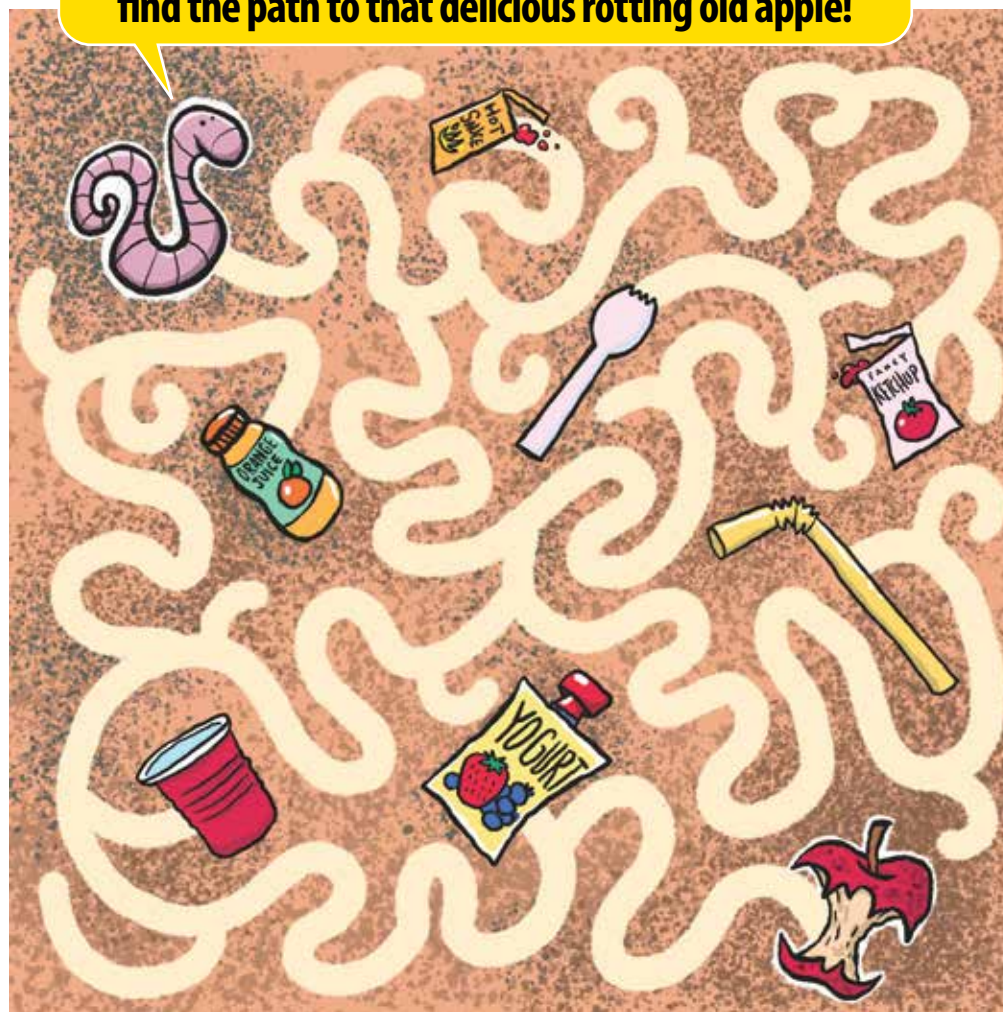
The world just wouldn't be the same without worms.

Worms eat food waste, rotting plants and dead leaves and turn them into good soil for growing more plants.

As earthworms burrow or dig into the ground, they swallow soil. They eat rotting plants and leaves that pass through the worm's body. This waste is ground up by tiny stones in the worm's gizzard and leaves the worm's body as dark and rich castings that fertilize the soil. These rich castings provide nutrients and improve our soils to grow healthier plants.



Worms turn waste into healthy soil! Help the worm find the path to that delicious rotting old apple!



Why was there a single-use plastic food package at some of the dead ends?

Did you guess that worms eat only food scraps? They don't eat plastic and neither do we!

Put non-recyclable plastic packaging in the trash so we can make sure it doesn't get into our food cycle. Or, think about how you can be responsible and use reusable foodware.

- Share your action story and a picture to schools@stopwaste.org
- Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration

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