## **Nutrition & Fitness Tips**

**April 2018** 

## Earth Day 2018

On Sunday, April 22, 2018 people around the world will celebrate Earth Day. Environment Word Decoder Join the Super Crew kids by doing your part to treat the earth well on its special day. Reduce, Reuse, and Recycle!

> Did you know that the first Earth Day was held on April 22, 1970? Prior to this, people didn't really think much about pollution. The air and water we breathe and drink wasn't protected. The first Earth Day stirred up interest in energy conservation, reducing waste, promoting recycling, and the need to keep our earth clean and safe.

Here are some things you can do to help celebrate Earth Day with your friends and family:

- Reduce food waste by donating uneaten food or use food scraps for composting.
- Start a home garden or plant something small that you can take care of indoors. You can eat what you've grown later!
- Save water when brushing your teeth by turning off the faucet.
- Save energy by turning off the lights when you leave a room.
- Recycle and reuse as much as you can. The Earth will thank you and so will your body!

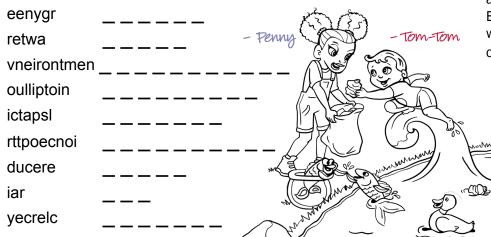
By taking care of the earth, you breathe healthier air, drink cleaner water and decrease your risk of exposure to harmful chemicals.

> Marcus saves gas by riding his scooter to school instead of getting dropped off by his mom.

Jessie likes to make guacamole using locally grown avocados from her favorite farmers market.

Kiva

The Super Crew kids wants to celebrate Earth Day this year bringing awareness to these environmental concerns. Unscramble these words and do your part to take care of the Earth!



## End Plastic Pollution

Each year a theme is chosen for Earth Day. This year's theme for 2018 is "End Plastic Pollution." Help decrease plastic pollution by:

- Using refillable, BPA free water bottles instead of disposable plastic water bottles
- Recycling plastic
- Using reusable shopping bags instead of plastic bags
- Try not using a straw, drink from your cup instead!

Write in one way you plan to celebrate earth day!

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