



## Friendly Environmental Advice for Children

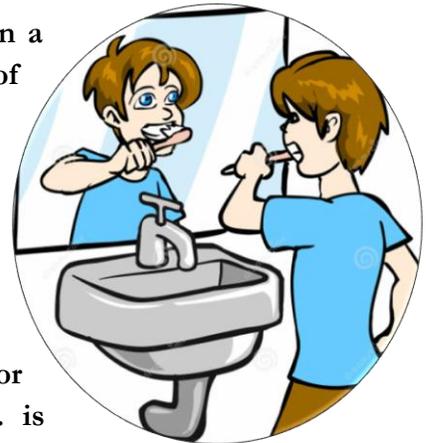
Hello boys and girls, parents and guardians, the August holidays are upon us, this week we would like to talk to you about some simple things that you can do while you are at home to help save the environment.

### • Conserve water

As you wash your fruits and veggies why not collect water in a container and use this water to wash your vegetables instead of leaving the tap running.

While you brush your teeth please remember to turn the tap off and ensure it is turned off completely after washing hands.

Climate change has made the rainy season unpredictable, so setting a container to collect water which can later be used for watering plants, cleaning stairs, washing your bicycle etc. is another great way to conserve on water; and it helps your parents to keep the water bill down.



### • Conserving energy

You may find the heat a bit distracting but instead of using the fan why not open up the windows at home? Maybe some play time in the back yard will also help you to forget about the heat. Turning off lights and unplugging equipment and appliances such as the computer and television, when not in use, is another great way to use less energy.

Playing board games, reading, visiting family, and going to the park or other fun traditional activities are ways to pass the time

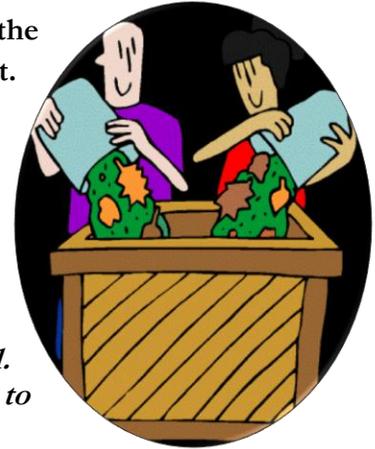


during the day instead of hours spent on the computer. Also, take the opportunity to plant a tree, trees help a lot in energy saving by providing shade and helping to keep the place cool.

- **Have you ever heard about Composting?**

Well this is a great way to fertilize the earth; you can help to make the soil in your back yard richer by helping your parents to compost. Here's what you do:

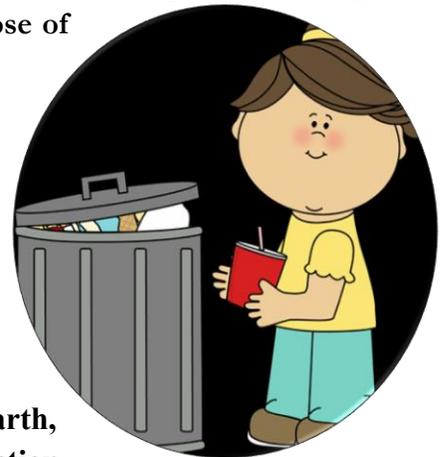
*Separate all the fruit and vegetable peelings, egg shells, used tea bags, coffee grains and place them in a special container or in a specific part of your yard., Ensure it has enough space for air to circulate, as you continue adding more and more green and brown waste to your compost heap watch as the magic beings, earth worms and other bugs will help to breakdown the material. Soon you will have the richest fertilizer ever which can be used to help start your very own kitchen or flower garden.*



- **Be careful not to litter**

As you go out and about on your various outings remember to keep your surroundings clean, that means “Don’t throw Garbage in the street or drains.” Instead be good environmental stewards and take along a plastic bag to throw your garbage or look for a nearby garbage bin to dispose of waste.

*Have fun, enjoy the outdoors and remember the environment is everybody’s business you too can play a part in taking very good care of it.*



Share your ideas and questions by sending letters to: “Our Earth, Our Environment”, C/O EIT Division, Environmental Protection Agency, Ganges Street, Sophia, GEORGETOWN, or email us at: [eit.epaguyana@gmail.com](mailto:eit.epaguyana@gmail.com)