



***This program is a fast and easy way for students and parents to become better environmental citizens.***

Look at things you do every day, like bathing, brushing teeth, eating...and make little changes in your habits that will help save energy and water, reduce pollution & littering and improve our soil, water and air.

Here's an example: If you take a ten minute shower every day and you decide to reduce your shower time from ten to five minutes a day, you will save 5,000 gallons of water a year and 2500 pounds of carbon dioxide emissions a year.

Simply look at the list below & choose several items which you will pledge to do every day:

- Do not purchase food or drinks using styrofoam in its packaging.
- Purchase larger portions of food with long shelf lives (nuts, raisins, etc...).
- Do not litter or allow family and friends to litter.
- Reuse containers for oils, honey, peanut butter, shampoo, body lotion, detergent, etc...
- Recycle all cans, bottles, newspapers and any other recyclable items
- Turn off the lights, computers and appliances when not in use
- Don't use paper towels/paper napkins or reduce your usage. Use a cloth instead.
- Use bath towels two or three times before laundering.
- Use less hot water for showers and baths.
- Turn off the water when brushing your teeth.
- Never let the water run
- Turn the thermostat down at night & before you leave each day.
- Use cold water for wash and rinse cycles.
- Hang clothes outside to dry whenever the weather allows.
- Don't burn trash.
- Walk, bike or carpool whenever possible.
- Plan trips that combine errands.
- Don't use Swiffers or other disposable cleaning products
- Buy used garments, furniture & accessories whenever possible.
- Buy only what you need.
- As packaging accounts for 40 to 50% of household waste, pledge to reduce packaging. For example, taking your own bags and containers to your food store will save 500 bags during a one year period.
- Before you purchase anything, think about how its manufacture impacts the earth and if there's an environmental concern, don't buy it.
- Use energy efficient lighting and light bulbs.
- Compost your food waste
- Don't dump garbage or waste in places not designated for dumping.
- Buy products made from recycled materials whenever possible (such as socks, paper, bicycle frames, motor oil, sleeping bags, carpets, shoes, pencils, building materials, etc...)
- Make Less/Less/Less a part of your life: less waste, less preservatives, less packaging, less energy usage...

**Go to [www.junkmusic.org/hop](http://www.junkmusic.org/hop) to register your pledges and learn more about the program.**