



## Energy conservation

- \* Don't waste water.
- \* Turn lights off when they are not needed.
- \* Keep doors closed to save heat.



## Caring for each other

- Eat healthy snacks at tuck time.
- Pick up litter.
- Drink lots of water.
- Eat 5 portions of fruit and vegetables each day.



## Only use what you need

- Recycle what you can.
- Reuse paper – both sides.
- Use the paper sacks for recycling.
- Reduce the amount of waste you have.

