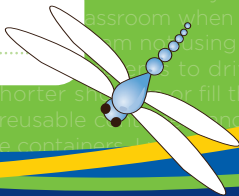


I commit to one simple act...

I will



your first name



I will remind my parents to take reusable bags to the grocery store. I will only open the refrigerator for short periods of time. I will turn off the lights in my classroom when nobody is in the room. I will turn off the TV, stereo, and video games when I am not using them. I will walk or bike short distances once a week instead of asking my parents to drive me.



One Simple Act will make a big impact!

WASTE

Did you know that the energy saved by recycling one pop can is enough energy to power a TV for three hours? Did you know that about one-third of our garbage is recyclable and another one-third can be composted? We could be carrying one bag to the curb on garbage day instead of three! It's easy to recycle pop cans and plastics. What else can you find in your home or classroom that can be recycled?

SAVE ENERGY AND REDUCE POLLUTION

Got a bright idea to save energy? Lots of things in our home and at school need energy to run – like computers, video games and TVs. But sometimes, we take energy for granted, and leave things on when we are not using them. If we all take steps to save energy, we will save the environment and reduce air pollution.

WATER

We are lucky to have lots of clean water in Alberta. Everyone can take steps to protect our lakes, rivers and wells so that we have plenty of water in the future. Look around your house. Can you find ways to save water today? Every drop counts!

Check the One Simple Act that you will do:

- I will turn off the tap while brushing my teeth.
- I will take shorter showers or fill the bath with less water.
- I will make sure that my lunch is packed in reusable containers and a reusable lunch bag.
- I will recycle all my drink boxes and beverage containers.
- I will set up and organize a place for recyclables in my house.
- I will remind my parents to take reusable bags to the grocery store.
- I will only open the refrigerator for short periods of time.
- I will turn off the lights in my classroom when nobody is in the room.
- I will turn off the TV, stereo, and video games when I am not using them.
- I will walk or bike short distances once a week instead of asking my parents to drive me.