

Champ's Tips for Reducing

- Reduce the amount of garbage your family throws away by learning how to make compost. Composting helps recycle nutrients into the soil for new plants to grow. This cool website teaches you how: www.dec.ny.gov/docs/materials_minerals_pdf/compost.pdf. Plus you get to play in the dirt. I love digging in the dirt!



- Eliminate the use of brown lunch bags and sandwich baggies by using a lunch box. Pack your food in reusable containers instead of aluminum foil, waxed paper or plastic wrap. Try a thermos with your favorite beverage instead of bringing individual juice boxes or bottles of water. You can even bring a cloth napkin that can be washed at home and used again. You will have much less garbage!

- Use pencils instead of a pen so you can erase mistakes and not have to start over on a new piece of paper.
- Ask your parent(s) about donating clothes that you have outgrown to be used by another child. If some of them are stained or ripped, ask mom or dad about cutting them up to make cleaning and dusting rags. Or how about to wipe off my wet and muddy paws after it rains?



Need help finding the answers? Visit our website at http://www.nysconsumer.gov/kids_page.htm for the answer key page!



GOOD LUCK!



Reference Sources:
 NYS Department of Environmental Conservation, EPA Environmental Kids Club, EEK! Environmental Education for Kids.



"KIDSUMERS"

"Kids Are Consumers Too!"

News and Tips
 from the
 New York State
 Consumer Protection Board

Starring "Champ"

Champion of all "Kidsumer" Rights
 and the CPB's Children's Mascot

CHAMP Says....
 Lend a Hand and

GO
 GREEN!!!



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Advocating for and Empowering NY Consumers

Champ Goes Green!

Hi Kids! It's me again, Champ! I am really happy as my family just bought me a new green collar to celebrate our "green" habits supporting the environment and the New York Recycles Program. I am so excited to be a part of this project. Therefore, I have created this special "green" edition of "KIDSUMERS" to share important information on how you can help.



Try to remember three basic rules that begin with the letter "R" and use them daily: recycle, reuse and reduce.

This newsletter will be published and distributed through the Internet during the week of November 9th to help highlight the New York recycles effort which is celebrated each year on November 15th. As a result, I am not going to print "Kidsumers" on paper or mail it to anyone. With the help of your teachers, parents and even some of the clubs you may belong to, Kidsumers is being distributed to New York's kids. By not printing "Kidsumers," I am reducing the use of paper.


If you want to print out my newsletter that is okay as long as you share it with others and keep passing it along. This way paper is saved. Sharing my newsletter with friends is an example of reusing. When you are finished with a paper copy and have no one else to give it to, dispose of it in a recyclable container. That is an example of recycling.

There are many different ways that you and your friends and family can practice the three R's. Here are some ideas to get you started. I bet you can think of others to tell me. Thanks! **WOOF!**

Champ's Tips for Recycling

- Place newspaper and all types of paper when both sides of the paper have been used in a container that is marked for recycling.
- Help your parent(s) separate the recyclable products from the regular garbage. This includes bottles, cans, jars, cardboard boxes, magazines and paper.
- Collect and recycle aluminum beverage cans and plastic bottles. You will get 5 cents each for some of these containers so it is a great way to earn money while helping the environment.



- When you are making purchases, look for the recycled logo. It usually looks like this  but there are other cool symbols that mean recycled.
- If you have video games, computers, or other things no one uses any more, consider donating them to someone else or to an organization. If not, ask your parents to check if your community has a special day for recycling these items.



Champ's Tips for Reusing

- Reduce the amount of uneaten food being thrown away by using smaller plates. Of course, I am always happy to lick a plate!
- Leftovers are yummy! Ask mom or dad to put them in reusable storage containers so you can have them for a snack or another meal. I love leftovers!
- Bring a reusable thermos of water to sports practice or to play rather than plastic water containers that usually get thrown away. Don't forget water for me!
- When grocery shopping with mom or dad, ask them to bring the cool reusable shopping bags instead of using plastic store bags.
- When shopping, encourage mom or dad to buy some of your favorite foods in big containers. This is called buying in bulk. Buying in bulk not only reduces the amount of packaging used for individual serving sizes but it often saves money on the grocery bills. Did you know that you can buy dog bones in bulk too from pet stores?
- Reuse school supplies instead of buying new. Organize a backpack swap party with your friends and trade yours for someone else's.
- Borrow books and videos from the library and from your friends instead of buying new. My doggie friends and I always trade our toys.

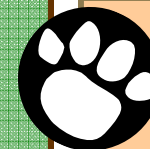


Do you have ideas about how to practice the 3 R's?

Get permission from an adult and e-mail me at

Champ@consumer.state.ny.us

Maybe I will use some of your ideas in my next newsletter or post them online!



Ask your parents and teachers to check out our website at:

www.nysconsumer.gov

We have great facts and information for adults and kids!

Here's our helpline if your parents need consumer advice.

1-800-697-1220