

Earth Day is a teaching opportunity

Earth Day has been around for more than 40 years, and during that time, it has inspired millions of people to increase their awareness of, and their appreciation for, the environment.

With Earth Day on the horizon, the following are a few ways parents can get their kids involved in activities or lifestyles that benefit the environment.

Address Eating Habits
Over the last several years, the opportunities to eat in an eco-friendly manner have increased dramatically. Organic foods have grown more and more popular, and parents can use this growing trend to teach their kids about the environment. When shopping for groceries, choose organic products that weren't grown with pesticides or harmful chemicals and explain this difference to kids.

Teach Conservation
Conservation provides another easy opportunity for parents to instill eco-friendly ideals in their children. Conservation is about reducing waste, so conservation techniques don't involve sacrifice. Instead, they involve being more responsible when it comes to using our resources.

Parents know full well the constant reminders kids need when it comes to dental hygiene. But use these daily reminders about brushing and flossing as an opportunity to impart a lesson about the environment. Instead of keeping the faucet running while brushing your teeth, turn the faucet off and encourage kids to do the same. When they ask why, explain that this helps conserve water, and show them how it's just as easy and effective to clean teeth without the water running as it is when the faucet is on.

Purchase Recycled Products
Recycling is a practice that many of today's kids grew up with, and as a result, many of them might take it for granted, failing to fully realize the positive impact they're making whenever they recycle. If recycling is as natural to kids as breathing, then it's no surprise they might not recognize its impact.

One way parents can address this issue is to purchase products made from recycled materials. Explain to kids why you're choosing these products, and let them know such products wouldn't be possible without their own recycling efforts.



GREEN THUMBS: There was a full house for the Acton Horticultural Society's monthly meeting at Knox Presbyterian Church on Tuesday night as guest speaker Liz Knowles (right) of Larkspur Lanes in Hockley Valley was welcomed by member Ruth Young. — Frances Niblock photo



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