

Have you helped the environment today?

Craft Time

Have Styrofoam cups lying around because you can not recycle them? Here is a craft to make them into something new. (If you do not have Styrofoam cups, paper or plastic would work too. You may need to add extra colour though)

Supplies:

- Two Styrofoam cups
- Black, Yellow, White and Orange paper
- Scissors
- Glue
- Tape
- Optional extras (pencil crayons, pom-poms, pipe cleaner, ect.)



- 1) Take your cups and place one on top of the other so that tops are facing each other. Tape them together. This is the body.
- 2) Cut out two penguin wings (tear dropped shaped) from black construction paper. Glue or tape them to the sides the body
- 3) Cut out a moth from yellow paper. Glue or tape it to the front or the top cup.
- 4) Cut two feet from the orange paper. Glue or tape them to the bottom of the bottom cup.
- 5) Make eyes out of black and white paper and add them to the top cup to make a face with the mouth.
- 6) Add any decorations you want, or colour your penguins

Wondering what to do with your real Christmas tree after the holidays? The Lions Club in Prince George collects them. Dates can be found by contacting the club.

A Green Holiday

The Holidays are almost here and we at REAPS want to help you make it a green one. Below are a few of our favorite tips that can be used time and time again.

~Buy local produce. Make your holiday dinner out of only local produce. You might not be able to make all of the dishes you are used to but you can experiment. You might find a new favorite.

~Instead of wrapping presents place them in decorative boxes or tins that can be used over again.

~Have a name draw. Place the names of everyone in your family or group of friends. Everyone whose name was put in then takes out one name. That is the person that they will buy a present for. It will save you from lots of shopping. It will also allow you to perhaps spend a little more so that you can buy them a present they want and will use.

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