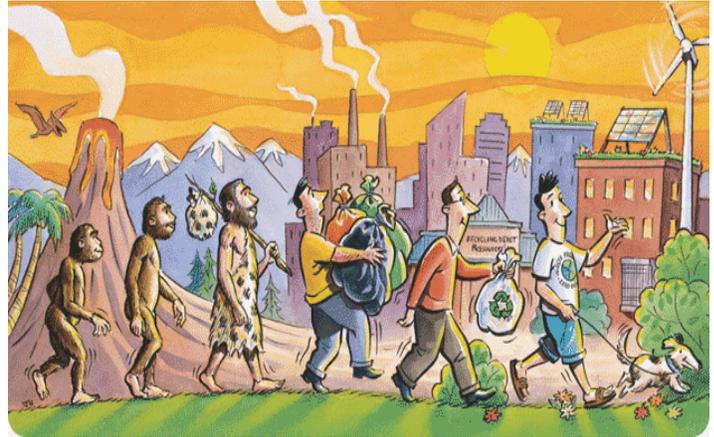


Have you helped the environment today?

NEW YEAR'S RESOLUTIONS!

Does everyone keep asking you what your New Year's resolutions are? This year, try making some resolutions that better the environment and to reduce your carbon footprint. Here are 10 that could get you started.



1. Lose the litter. Start using a reusable lunch bag at school and reusable containers..
2. Try to travel to school once a week by anyway other than catching a ride. Use a bike or carpool to school.
3. Buy Bulk and Use reusable shopping bags and containers.
4. Banish incandescent light bulbs. They're costing you money. Stock up on compact fluorescent light bulbs (CFLs) and get ready to relish the peace of mind that comes with knowing that your new bulbs will last for up to 10 years.
5. Say goodbye to standby. Turn things off--truly off. For the uninitiated, plugged in and on standby doesn't mean off. Untold millions of dollars are wasted lighting empty rooms and keeping gadgets plugged in (like a VCR, DVD player, Wii, and other game systems).
6. Buy natural cleaning products that are EcoLogo certified. Conventional products are toxic, pure and simple. In fact, if you decide to clear them out, be sure to take them to a chemical drop-off location because they shouldn't even go in the landfill. Make your own cleaners with your parents.
7. Don't buy bottled water. More expensive than gasoline, bottled water is no cleaner or safer than tapwater, multiple studies have shown. And a couple of the major brands are just filtered municipal tap water. Use an at-home water filter and carry a reusable water bottle.
8. Buy local. Become your own stimulus package, and keep money in local hands when you can.
9. Learn 10 plant and animal species native to where you live. Know what's in your own backyard.
10. Start composting. Put all your food waste into a composter and give back to the plants.



In partnership with Science World's Scientist and Innovators in the School (SIS) program, REAPS school program is supported by the Program for the Awareness and Learning of Science (BC PALS) thanks to the province of British Columbia through the Ministry of Education.