

# HOW GREEN ARE MY GRANDPARENTS



**Are they energy savers ?**



**Do they turn off lights when they leave a room?**



Do they use energy efficient light bulbs? Where do they recycle light bulbs?

Where do they recycle batteries?

What is the rule for turning off computers when you are not using them? How much electricity can you save?

Do they plan ahead before they get into the car to run errands?

Do they save energy by combining tasks and trips? Do they pick up litter along the way?

Do they ever choose other methods of transportation instead of the car?



# PAPER POLICE



How many paper towels are used in the kitchen in one day?

Do they use cloth or paper napkins?

Is the brand of paper towel recyclable or made from recycled materials?

Do they use both sides of a sheet of paper for taking messages or notes?

Do they use recycled paper in the printer?

Do they recycle newspapers?

What do they do with a magazine when they are finished reading it?

Do they recycle old telephone directories?

Do they use paper plates or cups? Are they made of recycled materials?

Do they use plastic cups or dishes or “silverware”? Do they reuse them?



## Water...Water...H2O



Do the faucets drip anywhere?

Do they turn off the water while brushing their teeth?

How long is a shower?

Where does the drinking water come from? The faucet or a bottle?

If they drink water from a bottle...how many plastic bottles are used each day?

Do your grandparents clean off the driveway or sidewalk with a broom rather than a hose?

Do they collect rainwater to water plants?



# R-E-Y-C-Y-C-L-E ME



Do your grandparents have a list of everything that is recyclable in your local area?

Do they look before they buy at how much packaging is on the product?

Do they read the labels to see what % of the product is made from recycled materials?

Do they reuse and repurpose things instead of throwing them away?

Do they know the meaning of the plastic code numbers found on bottoms of containers?

Do they reuse or recycle Styrofoam take home food containers?

When they are in a store and the clerk asks Paper or Plastic? Do your grandparents have their reusable bags with them?



Do they save aluminum cans and tabs for a special program?

Do your grandparents have a compost bin?



# ORGANIC AND NATURAL FOOD



Do your grandparents know about the Dirty Dozen food list?

Do they know about the Clean 15?

Do they read labels on items in the grocery store?

Do they shop at Farmer's Markets?

Do they grow some of their own food without the use of chemicals?

Do they prepare food from "Scratch" using organic ingredients?

Do they know about CSA? Community Supported Agriculture

What kinds of foods are in their pantry? Make a list of organic and non-organic products.

How clean is **GREEN?** Do your grandparents use cleaning products that are certified Natural?

Do they use household items for cleaning?

Lemon juice? Vinegar? Baking Soda? Salt?



