

# Our Environment



A book of helpful ways to help our environment.

By Lauren Perkey

[lauren.perkey@smail.astate.edu](mailto:lauren.perkey@smail.astate.edu)



Reduce your carbon footprint by riding a bike.



Help keep the air clean from pollution by not using transportation that uses gas or diesel.



Make more oxygen for mammals to breath by planting plants.



Use reusable fabric grocery bags instead of plastic bags.



Use washable and reusable eating and drinking utensils to reduce waste.



Turn off lights when you leave the room.



Drink water from the tap instead of drinking bottled water.





Buy your produce from your local farmer's market.



Turn the water off while brushing your teeth.



Throw trash away that you see sitting on the ground.