

back to school checklist



gear

- backpack made with recycled materials
- reusable lunch box
- GladWare® reusable food containers
- combination lock for locker
- solar powered calculator
- Energy Star qualified computer
- USB flash drive

supplies

- binder made with recycled materials
- recycled paper pocket folders
- recycled, chlorine-free paper
- recycled, chlorine-free index cards
- notebooks made with recycled materials
- dividers made with recycled materials
- recycled loose leaf paper
- pencils
- 100% natural erasers
- pencil sharpener
- crayons
- pens made with recycled plastic
- markers
- highlighters
- glue sticks
- scissors made with recycled materials
- ruler
- clear tape
- sticky notes
- Brita® pitcher and replacement filters
- non-chlorine processed facial tissue

organize

- assignment notebook made with recycled paper
- pencil case made with recycled paper

style

- clothes made with eco-friendly fabrics like organic cotton, hemp or bamboo and natural dyes
- shoes made with recycled rubber

other

- _____
- _____
- _____
- _____





back to school tips

from
Terra Wellington



“The environment affects our health and well-being now and will affect our kids in the future,” says Terra. **“Through changing daily habits and even our purchases, parents can make a significant contribution to saving the earth while protecting one’s family in the process; in fact, these two actions are often one and the same.”**

“It’s important children stay hydrated throughout the day by drinking lots of water,” Terra points out. **Reusable bottles available at FilterForGood.com come in a 16 oz. size that’s perfect for young children and helps them participate in a good cause - reducing bottled water waste.”**

According to the EPA, each child who brings a brown-bag lunch to school every day will generate 67 pounds of waste by the end of the school year². That’s a lot of waste! Ditch the paper bag and pack lunch in reusable containers,” says Terra. **“Reusable containers not only reduce waste, but kids learn the importance of taking care of their possessions because they’re responsible for bringing them home.**

More than 75 percent of parents are concerned about the environment because they want to look out for their children’s futures and because the health of their family is important to them.¹

According to Terra Wellington, author of ***The Mom’s Guide to Growing Your Family Green: Saving the Earth Begins at Home***, making greener choices at home sets a positive example for the whole family on why taking care of the Earth’s health, as well as our own, is so important.

The beginning of a new school year is a great opportunity to take a closer look at how our actions affect the world around us.

Terra says a typical Back to School shopping list includes many items that are available in eco-friendly varieties, and choosing them helps remind kids how small changes can make a big difference.

Starting with basic supplies like paper and pencils, greener alternatives are simple to find in almost any store. Look for recycled, chlorine-free paper products like spiral notebooks and folders. Pens and pencils are even made with recycled materials like post-consumer waste or biodegradable corn.

Take it a step further and look for solar powered supplies. Solar powered products use the energy from the sun to power an internal battery, which then charges electronics. You can find solar powered calculators and even backpacks that will recharge devices like cell phones and mp3 players. Between class and homework, it’s clear there are many options for earth-friendly school supplies. But Terra says packing a green lunch is also important.



¹ Wellington, T. (2009) Introduction. In *The Mom’s Guide to Growing Your Family Green: Saving the Earth Begins at Home* (p. x) (Introduction). New York: The Stonesong Press, LLC.

² U.S. Environmental Protection Agency. (2008, October 28). New Climate for Action: Pack a Waste-Free Lunch. Message posted to <http://blog.epa.gov/blog/tag/waste-free-lunches/>