

“Healthy Child and Earth” Elementary School Committee Weekly Newsletter Tips for Oct/Nov 2012

- **Week of Oct 8:** To prevent contaminating yourself and our environment with hazardous chemicals use vinegar as a broad leaf weed killer - spray it undiluted onto the leaves of weeds, being careful to avoid plants you wish to keep. A mix of vinegar and salt can be used to keep weeds and grass out of driveway cement joints.
- **Week of Oct 15:** Kids will get plenty of candy this Halloween so consider handing out some alternatives like glow sticks, temporary tattoos, all natural juice boxes, plastic eyeballs, glow in the dark rats, all-fruit leathers, or mini play dough containers.
- **Week of Oct 22:** Instead of pouring harmful chemicals down the drain to fix a clog try pouring boiling white vinegar down the clogged drain to remove the obstruction.
- **Week of Oct 29:** Switch things up the next time you pack a sandwich by using thin sliced round apple pieces (be sure to cut out the core), whole-wheat homemade waffles/pancakes, or whole-grain tortillas instead of regular old sandwich bread.
- **Week of Nov 5:** Saving money and energy in the winter can be achieved with your ceiling fan. As heat rises, most of the warmth you want is close to the ceiling during winter. A ceiling fan on a low speed can help push that heat down to where you are. During winter the fan will need to run clockwise, which is the opposite of the direction you want it running in summer.
- **Week of Nov 12:** Pack a warm school lunch during these cold months by sending dinner leftovers or homemade soup in a Thermos container. It helps to “heat up” the container first with boiling water.
- **Week of Nov 19:** You can reduce your electricity bills by as much as 10% - simply by unplugging appliances or switching devices off at the power point they are connected to when not in use. It's good for your wallet and for our planet.
- **Week of Nov 26:** If you hide vegetables in your kids food be sure to tell them about it afterward so they know it isn't so bad!