



# ACTIVITY

## HELPING THE ENVIRONMENT

### VIDEO OR PHOTO

#### INSTRUCTION SHEET

We want to make sure the environment is happy, healthy and everyone on Earth is feeling pretty good! Being a Superhero means learning about how you can help the environment. The environment is important for everyone including yourself, your family and your friends! It is also home to lots of animals and little creatures, so you need to be their hero and help keep them safe.

We want you to send us a video or photo of yourself looking after the environment and explaining what you are doing and why this helps. You will find on our webpage a short video about how Foodbank reduces their food waste and what you could do at home to help. Visit our webpage under "Activities" for more information [www.foodbank.org.au/SA/superhero](http://www.foodbank.org.au/SA/superhero).

#### TIPS TO HELP THE ENVIRONMENT



**1. EAT EVERYTHING ON YOUR PLATE**



**2. SAVE YOUR LEFTOVERS TO EAT LATER  
(IT'S ALWAYS BETTER THE NEXT DAY!)**



**3. USE YOUR FOOD BEFORE THE EXPIRATION DATE**



**4. GROW YOUR OWN HERBS AND VEGETABLES**



**5. FREEZE SUITABLE FOODS FOR LATER**



**6. COMPOST YOUR SCRAPS**



**7. REDUCE YOUR USE OF PLASTICS  
(TRY TO USE RE-USABLE CONTAINERS)**



**"REMEMBER TO REDUCE, REUSE AND RECYCLE!"**

**MY NOTES - HOW CAN I HELP THE ENVIRONMENT?**

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