

SEVEN THINGS YOU CAN DO TO SAVE THE RAINFOREST

1) Use less paper. Since most paper comes from trees, using less paper can help save the rainforests. Use recycled 100% post-consumer waste (PCW) paper whenever possible. Better yet, use tree-free paper. Tree-free paper uses no trees—it is made from plants like kenaf, or from farmers' leftovers like corn stalks and wheat straw. If paper is 100% PCW or tree-free, it will say so on the package. If it doesn't say "recycled" or "tree-free" that means it most likely isn't. You can ask your stationery store to carry tree-free paper, or call Vision Paper at (505) 294-0293 to find out where to get tree-free paper in your area. Remember to save paper by writing on both sides of the sheet and by using half-sheets and scratch paper. And remember to always recycle.

Another way to use less paper is to use a lunch pail or canvas sack for your school lunches, and take a canvas bag to the grocery store instead of using a paper or plastic bag. Use cloth napkins at home and at school instead of paper napkins, and use cloth towels to dry your hands or wipe up spills instead of paper towels. If you must use paper napkins or towels, use only one at a time instead of grabbing a handful.

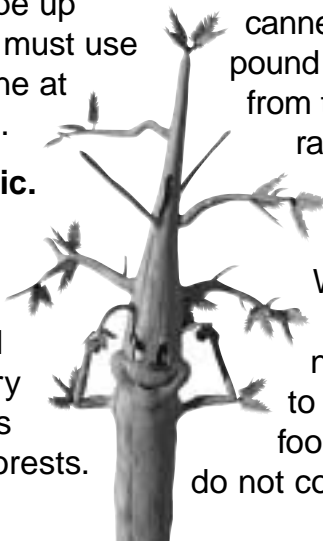
2) Use less gasoline and plastic. Gasoline and plastic are two things that are made from petroleum, or oil. A lot of oil comes from the rainforests through a process called extraction. Since oil extraction is very harmful to the rainforests, using less oil products can help save the rainforests.

Instead of using gasoline to drive somewhere in a car, ride your bike, walk, carpool, or take the bus whenever possible. Also make sure your family's car tires are inflated properly, because a car uses more gas than necessary if the tires don't have the right amount of air.

Reduce the amount of plastic you use by choosing glass bottles and containers whenever possible and by re-using the plastic containers and bottles that you already have. If you have a plastic water bottle, do not throw it out and buy a new one. Instead, rinse it thoroughly and refill it again and again.

3) Eat less red meat. One big reason rainforests are being destroyed is for beef. Millions of acres of rainforest are slashed and burned, which means that the land is set on fire in order to clear it. The cleared land is then turned into grass pastures for cows. These cows get butchered and are often sent to the United States to be put into fast-food hamburgers, frozen meat products, and canned pet food. For every quarter-pound fast-food hamburger that comes from the rainforest, 55 square feet of rainforest is destroyed. That is the size of a small kitchen! And that's just for one hamburger!

When ordering food at restaurants, find items on the menu that do not contain beef. Ask your parents to help you create a list of healthy foods that you can eat at home that do not contain beef. When choosing pet





food for your dog or cat, choose a flavor that isn't beef. By reducing the amount of beef you choose to eat, you are helping to save the rainforests!

4) Fundraise for the rainforest! Raising money to help protect rainforest land is easy and important. You can join together with kids from your classroom or neighborhood to hold a popcorn or lemonade sale, a car wash, a rainforest play, a rummage sale, or to collect aluminum cans to recycle for cash. Another way to raise money for the rainforests is to just ask 5 or 10 people you know if they will give one dollar for the rainforests. If ten of you each ask five people for one dollar, you've just raised 50 dollars! Write to Rainforest Action Network for other ideas on how to fundraise for the rainforest.

The money you collect can go to Rainforest Action Network's Protect-An-Acre Fund. This is a program that gives money to the native people that live in the rainforest so they can protect the land they live on. Since they've lived in the rainforest for thousands of years, they care very much about their rainforest home, and want to protect it from destruction.

For each \$25 or more Protect-An-Acre donation, you will receive a certificate thanking you for helping protect rainforest land. Send donations to: Rainforest Action Network-PAA, 221 Pine St., Suite 500, San Francisco, CA 94104. Remember to include your name and address so we can thank you!

5) Write a letter. Writing letters to companies, or corporations, that destroy the rainforest is a very powerful thing to do. Unfortunately, there are many corporations that destroy the rainforest by logging the trees, drilling for oil, or using rainforest beef in their products.

Weyerhaeuser is logging and selling wood and paper products from some of the world's rarest and most endangered old growth forests. For example, Weyerhaeuser sells wood products that come from the tropical rainforests of Indonesia and throughout Southeast Asia. Please write to Weyerhaeuser and ask them to stop destroying old growth forests around the world.

Write to:

**Mr. Steven R. Rogel, CEO
Weyerhaeuser
CH 5-1, Box 9777
Federal Way, WA 98063**

Please visit the Kid's Corner of our website at www.ran.org to find out which other companies currently need encouragement from kids to stop destroying rainforests!

6) Educate yourself and others.

Rainforests are magical places that are important to every living thing on earth. Whether we live in the city, country, mountains, or deserts, rainforests affect all of us. Learn more about the rainforests and why they are so magical and important. Visit our website at www.ran.org to get more information, or go to your local library for books on the rainforest. You can also send an email to tsolum@ran.org and asked to be put on our kids email list. Tell your friends and family what you have learned about the rainforests and encourage them to join you in helping save them.

7) Stay in touch with Rainforest Action Network! Visit the Kid's Corner of our website at www.ran.org or e-mail tsolum@ran.org to sign up to receive e-mails from RAN about how you can join other kids to save our rainforests.

Remember, you have the power to help save the rainforests!

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