NOTE: WE CAN MODIFY THIS FORM TO FIT YOUR SPECIFIC NEEDS

Check List

When a family member has done any of the tasks below to help conserve our environment, simply check off the appropriate box.

Once a total of 100 BOXES have been checked, fill-in your address information, then mail the form in an envelope to address below. We'll send the "Eco-Warrior" our exclusive "Planet Earth ENVIRON MEDAL" to commemorate their great achievement.

If more than one child has participated, please check how many medals should be sent.

Valiant Young Eco-Warriors... GO FOR IT!!

THINGS TO DO TO BECOME A CHAMPION OF A GREENER WORLD

Please Check Boxes of Tasks Performed

Bring Trashless Lunches to school. Use Lunch Boxes instead of paper bags. Carry food in reusable containers and water bottles																		
Walk, ride your bike or scooter to school instead of driving.																		
Recycle batteries, cell phones and ink cartridges at school																		
Recycle cans, plastic bottles, newspaper and magazines																		
Bring your own bags when you go shopping																		
When buying only one or two items say, "No thanks, I don't need a bag."																		
Pick up trash around the neighborhood or at school																		
Turn off water while brushing your teeth																		
Use less hot water																		
Print on both sides of the paper																		
Use post-consumer recycled paper																		
Use scrap paper for notes																		
Turn off lights when leaving a room																		
Have your parent replace an incandescent light bulb with a compact fluorescent light bulb																		
Turn off the TV when not watching it																		
Set computer screen to go black instead of using screen saver																		
Turn off printer when not in use																		
Cut up plastic six-pack rings before throwing them out																		
Use rechargeable batteries																		
Use fans instead of air conditioners																		
Persuade your family, friends and neighbors to reduce, reuse and recycle																		
ADD YOUR OWN																		

Name: _____

Address: _____

City, St., Zip: _____

Number of Environ-Medals to be sent: _____

SEND TO: MIMI AND JON TORP
Gibson International
11538 San Vicente Blvd.
Los Angeles, CA 90049

Questions: 310-622-7495

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