



**CFAES**

OHIO STATE UNIVERSITY EXTENSION  
FAMILY AND CONSUMER SCIENCES

# Tips for Teaching Sustainability to Kids

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- ✓ **Visit a local farm or farmer's market** to teach your kids about locally grown food. If you have space, start a simple vegetable garden at home.
- ✓ **Teach your kids to respect green areas**; do not litter or leave pet waste. Organize or participate in a local cleanup with your kids. It's a great way to teach children about civic responsibility.
- ✓ **Instead of screen time encourage green time**. Go on a bug hunt, investigate your yard with a magnifying glass or plan a nature scavenger hunt.
- ✓ **Spend time enjoying nature trails, beaches, and parks** to help your kids see value in protecting nature. Virtually explore places around the world to show how we are all connected.
- ✓ **Use natural soaps and cleaning products**. Fewer chemicals and toxins will go down the drain resulting in healthier rivers, lakes, and oceans.
- ✓ **Reusing can be a great lesson in producing less waste and protecting resources**. Together make something functional out of items that would normally end up in the landfill.
- ✓ **Buy fun, reusable water bottles** for each family member and ditch the single-use plastic bottles.
- ✓ **Pack lunches in reusable containers** and include a cloth napkin and utensils that can be washed.
- ✓ **Research what is recyclable in your area**. Create and label recycling bins with your kids and place them around your home.
- ✓ **Shop at thrift stores or organize a neighborhood swap event** for clothing and toys.
- ✓ **Reduce food waste**. As a family, preplan weekly meals and make a list before shopping. Use leftovers for lunch. Drying, canning, and freezing are all ways to make food last longer.
- ✓ **Learn about composting** and set up a compost bin for food scraps.
- ✓ **Take shorter showers and unplug electronics** (like chargers) unless they are in use.
- ✓ **Put your words into action** and let your kids see you making green choices.



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