Family Cooking

Cooking from scratch doesn’t immediately raise your child’s consciousness and transform them into a proponent of all things food ethics. But the process and the relationship it brings about with food and its sources will lay a foundation for deeper consideration on the politics and ethics of food. Do some searches with your future cooks to find [kid friendly reciepes](https://www.healthyfoodguide.com.au/recipe-collections/kids-can-cook" \t "_blank) that appeal to your whole family.

### Virtual Field Trips

Visit destinations around the world from the comfort of your couch. By taking [Virtual Field Trips With Your Kids](https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html" \t "_blank) you are not only reducing your carbon emmissions and nit impacting the planet with all the other aspects travel incurs, simply by staying at home you can have a fun way to educate your children and yourself too!

### Zero Waste Lunchtimes

Give your children a turn at packing their school or picnic lunch with you by their side. Show them how to use [reusable sandwich wrap](https://www.onyalife.com/products/product-category/reusable-sandwich-wraps/) and explain to them why there should no longer be any single-use plastic wrap, as it is unnecessarily wasteful and bad for the environment. You can also show them how the reusable wrap can be washed at the end of the day.

Encourage them not to buy bottled beverages, but to use a [reusable stainless steel drink bottle](https://www.onyalife.com/products/product-category/stainless-steel-drink-bottles/) instead

### Plant Something

Have your kids plant one object each in the garden or in a pot. It might be some seeds for a veggie garden, or a flower or small tree. Help them to nurture it as this helps to teach them the value of nature and how to look after it. Plus [teaching your children to garden](https://learn.eartheasy.com/guides/gardening-with-children/" \t "_blank) might even get a good return on your investment with some lettuce or tomatoes!

### Energy Free-Zone Eco Challenges

Choose a time period where for an hour or so, every week, no power is to be used inside the home. That means the kids can’t watch television, go on the computer, or play video games. Instead, they need to do some physical activity and use their imaginations. If you’re really committed, you’ll join in too! This will help your household to [save energy](https://www.energy.gov.au/household-guides/reduce-energy-bills" \t "_blank) and will also feed your children’s creativity.

### Practice Mindfulness

Being mindful is all about being aware of and tapped into your surroundings. Make it a daily activity to practice [mindfulness](https://raisingchildren.net.au/pre-teens/mental-health-physical-health/about-mental-health/mindfulness" \t "_blank). One easy activity is to choose a spot outside to spend 5-10 minutes each day. Pay particular attention to the sights and sounds you experience and how they change each day.

* Shower in 5 minutes

The care and [saving water](https://www.equilibriumx.com/en/ecotourism-and-conservation/recycle/water-saving-tips-part-three) It is essential to have a prosperous planet since water is the main regulator of the earth's temperature. The Earth has 525 million cubic kilometers of water and only 0.007% is drinkable and this number is reduced every year due to pollution.

### Meat-free day

### Buy nothing new

### Plastic-free day

