

Living Sustainably

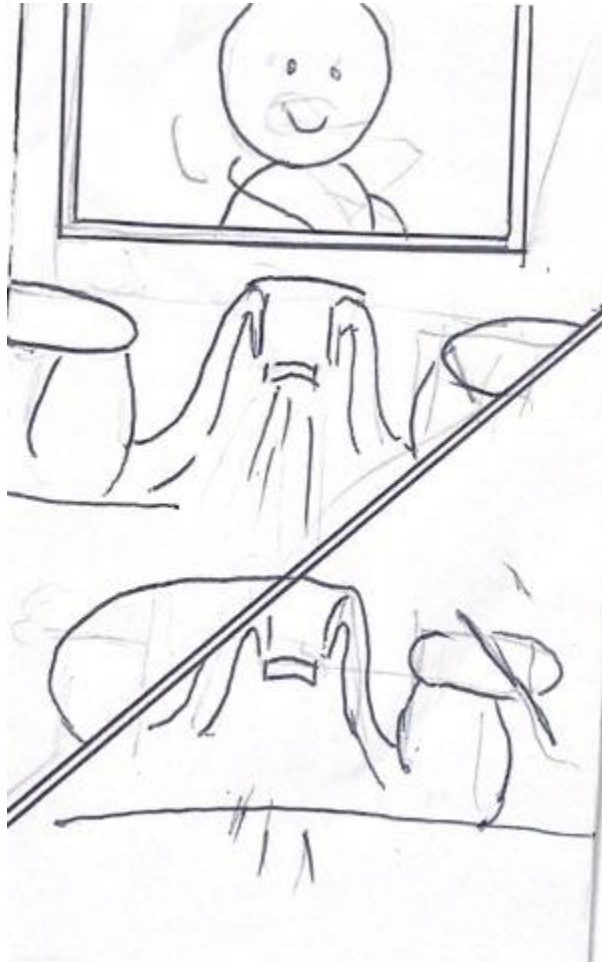


*WARNING! ALSO CONTAINS HYDROPONICS
DIAGRAM

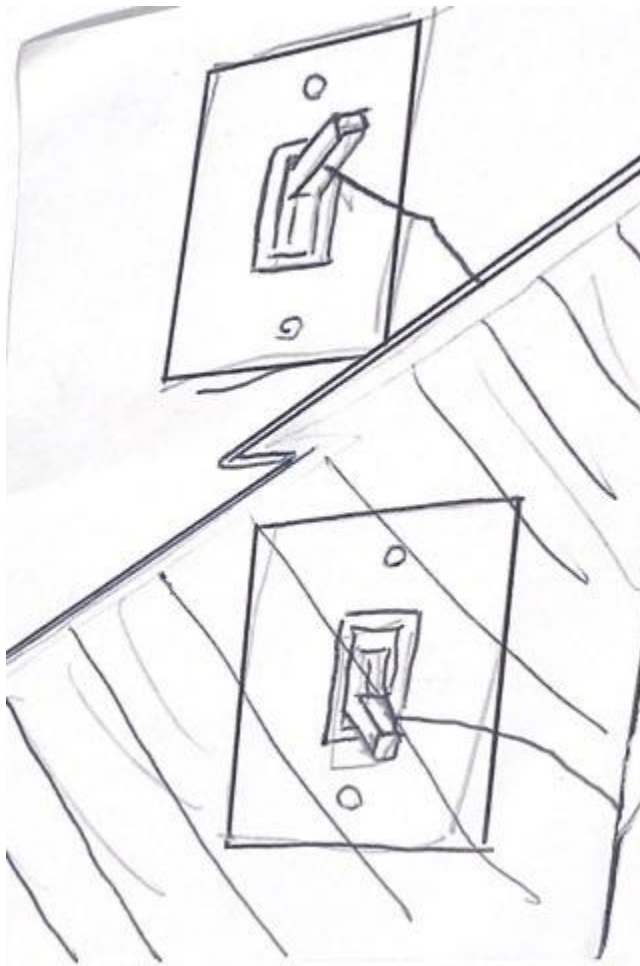
Living Sustainably



Milo, a ten year old kid from Akron, Ohio, wakes up to get ready for school. He makes his bed, goes to the kitchen, and has some bacon and eggs for breakfast.



After his breakfast, Milo gets ready for his day at school. He gets dressed, cleans his room, and brushes his teeth. While he is brushing his teeth, he turns the water off, so that he doesn't waste any. On average, leaving the faucet on while you brush your teeth can waste 4 gallons every time!



Now that he is almost ready to go, Milo puts on his shoes, grabs his bag, and walks out of his house to carpool with his friend. After walking out the door, he realizes he left the lights on, and he runs back inside to turn them off so that he can save energy.



Milo leaves his house and says goodbye to his mom. He goes to the driveway and hops in his ride. Milo carpools with his friends to save gas and decrease his carbon footprint (a carbon footprint is the effect that you have on the environment by your actions). He has fun talking to his friends as he rides to his favorite place, school!



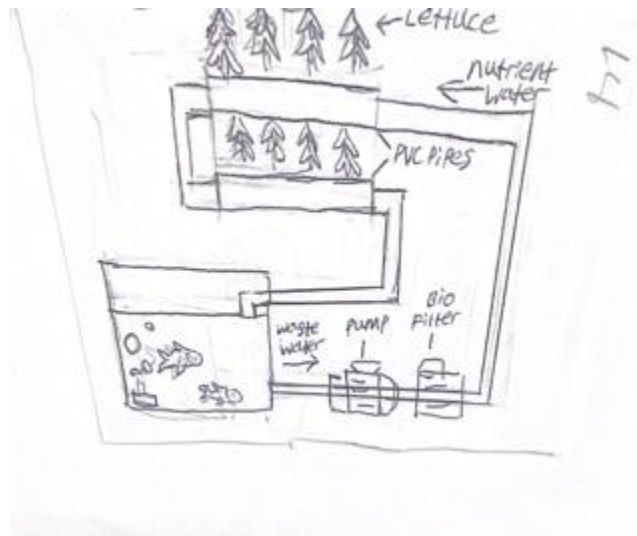
Milo, listening to his teacher in class, suddenly feels a tap on his shoulder. His good friend Luke hands him a note. Milo reads the note and decides to help the environment by putting the note into the recycling bin.



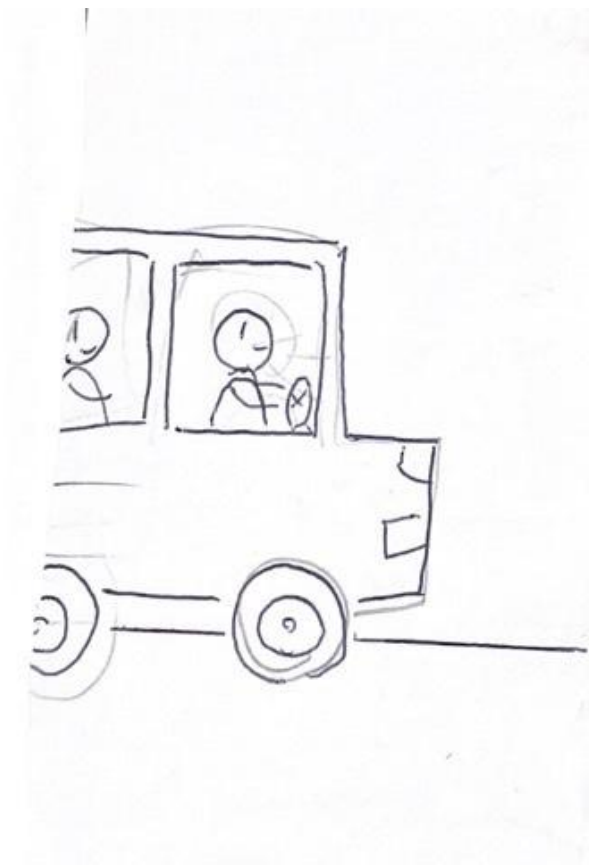
Milo heads to lunch and wants to get a delicious chicken sandwich, his favorite food. He wants to get two, but he only gets one because he doesn't want to waste food. He eats his chicken sandwich, but he's full and decides not to get another one.



Next, Milo goes to recess. Milo decides to play football with his friends. After catching his fifth touchdown at wide receiver, Milo dances, and trips on a plastic bag. Luckily, he is okay, but he questions whether he should leave the plastic bag there, which would be bad for the environment, or recycle it. He decides to recycle it.



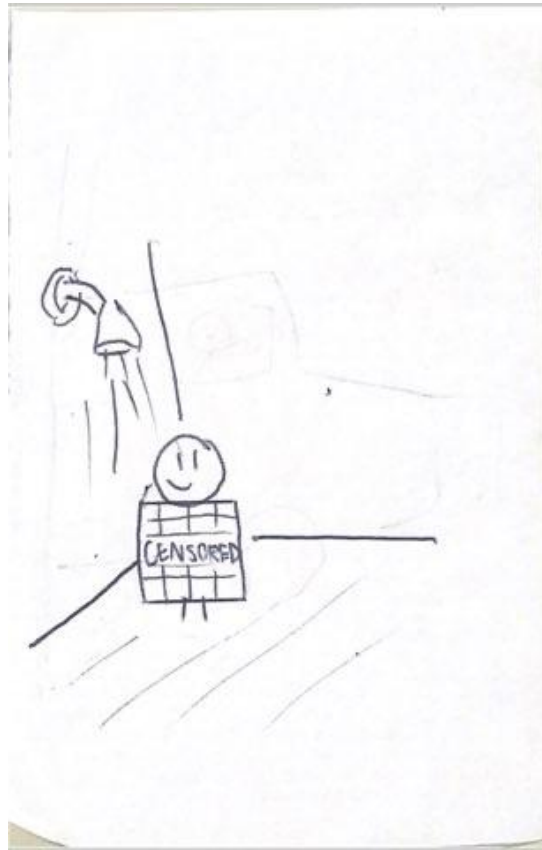
After recess, it's time for life science class! Today, Milo's class is growing lettuce in an aquaponic garden. Milo asks Mr. Steve, his teacher, "What exactly is aquaponics?" Mr. Steve replies, "Well, Milo, aquaponics is a type of gardening that uses water to provide nutrients to the roots of plants, replacing regular soil. The plants are placed in water that comes from an aquarium. The fish's waste provides the nutrients required for the plants to grow. Because this is a sustainable farming system, once the lettuce is done growing, we can actually eat it for lunch and then regrow it right after."



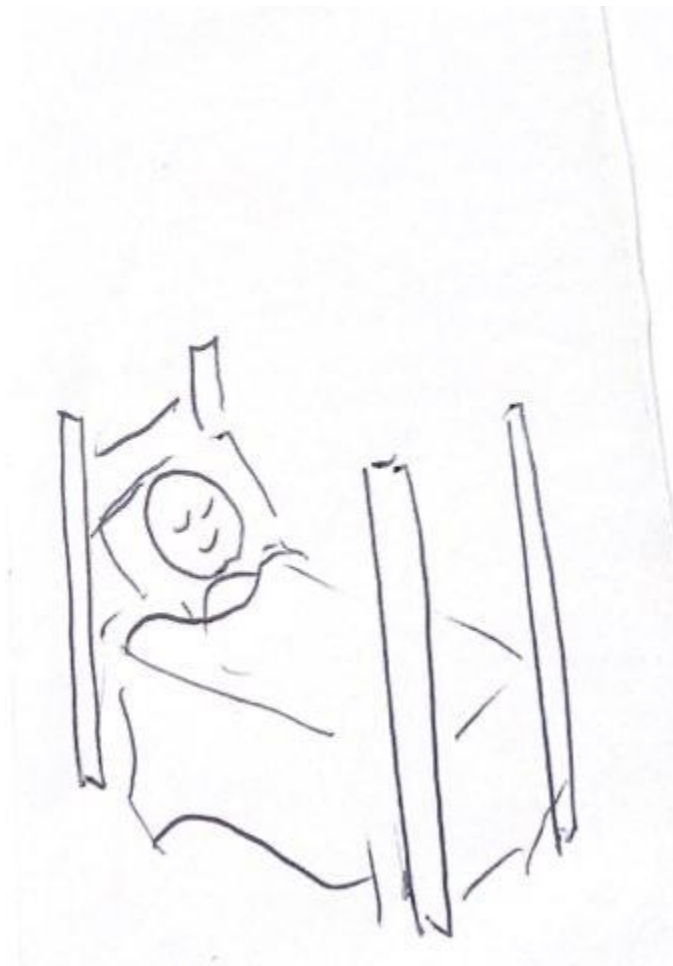
After Milo gets home from school, he carools with his friend to water polo practice. After hours of competitive water polo and scoring 21 goals, Milo climbs in Luke's moms' car. They carpool home together after every practice to help reduce carbon dioxide in the environment and stop global warming.



When Milo gets home, he tells his mom about his long day while she cooks dinner. She is making steak and salad. Milo tells his mom that, in the future, he'd rather just have the salad for dinner. Red meat spikes cholesterol levels and releases methane, CO_2 , and other toxic gases into the environment. Producing just 1 pound of steak requires almost 1,800 gallons of water.



After a yummy dinner, Milo decides it's time to get ready for bed. He finishes his homework, packs his backpack, fills his water bottle for the next day, and grabs his towel to shower. Milo takes a quick 5-minute shower, to save water. Then he changes into PJs and puts toothpaste on his toothbrush. Milo wets the toothbrush and turns the water off until he needs it again to wash the toothbrush. Milo remembers that this saves a lot of water!



After a long day of living sustainably, Milo turns all the lights off in his room, climbs in bed, and falls asleep. Sweet dreams Milo!