



Top Ten Things KIDS CAN DO in Economic Tough Times

Things will get better but right now your family or your community may need your help to save money or make less expensive choices. **YOU CAN** help!

1. Plant or help take care of a food garden. If there isn't an area of ground, use a container or look for a community garden spot. If your family doesn't need all the produce, donate it to a food bank or give it to a neighbor.
2. Help with preparing food at home. Snacks or meals prepared at home are generally cheaper than food bought in a restaurant or even convenience foods. Learn to cook some foods; help with setting the table or cleaning up afterward.
3. Reduce the money needed for clothes. Take good care of your clothes by hanging or folding them. If they are still clean wear them more than once before washing. Learn to sew enough to make simple repairs. Think hard about whether you really need something new. Keep track of the clothes you have.
4. Be a team player at home. Think before you complain or ask for something that really isn't a necessity. Give lots of hugs and encouragement.
5. Do your best in school. It makes you and your family feel really good. Good grades can reduce car insurance costs if you drive and increase your chances for scholarships when you are ready for college.
6. Be a "Green Monitor" for your family by turning off unnecessary lights, the television or computer when not in use. Don't leave water running or dripping from a faucet. Open and close the refrigerator quickly so the cold doesn't escape. Close the outside doors to keep the house temperature comfortable. Help recycle whatever your family uses.
7. Find ways that don't cost much money to entertain yourself. Use the library to borrow books, games, videos and music rather than buy them. Learn a new talent that's fun for you yet might help others. Teach your talents to someone.
8. Help reduce travel expenses by suggesting carpools with friends going to the same place. Ride a bike or walk if possible. Make a list of all your errands or appointments and do them together rather than making separate trips.
9. Volunteer!! Look around your community to see who could use your help. Organize some kid activities to keep kids safe and happy. Help at day camps or special events. Help sort food packages at the food bank.
10. Make friends with some older adults to keep both your spirits up. They might be grandparents or just neighbors. Ask them if they have been through tough times before. Write a story about what they tell you.