

# Bulletin: Go for Green

## Sport teams usually go for the gold...why not go for the green too?

Make your healthy snack environmentally friendly by applying these tips:

- Eliminate plastic bottles. Provide each child with a reusable water bottle that is cleaned out and filled with cold water before every game.
- Choose snacks that require less packaging and bring them in reusable containers.
- Do not litter. Bring a bag for garbage and take home the rest to compost or recycle.
- Discontinue the use of soft plastic water bottles

Community sports help children practice teamwork, tolerance of others, and fair play. On top of these skills, children are provided with the opportunity to be environmentally conscious.

As a team, let's be green this season!

