



WHERE DOES ALL THE 'ŌPALA GO? 'OHANA SHEET EXTENDED ACTIVITY

How Can My 'Ohana Help Mālama Our Ahupua'a?

1. Before you buy a product, check it out. Is it wrapped in lots of plastic? Will it end up in the landfill because it isn't made to last? Evaluate items before buying them as to cost, convenience, and environmental impact. How many pieces will have to be discarded and how can such pieces be discarded in the least wasteful manner?
2. Hawai'i has plenty of fresh fruit year round. If you buy natural fruits and vegetables, instead of processed frozen or canned, you'll be eating a healthier diet and throwing away less rubbish. It's also good for your health to eat less highly-processed food.
3. Buy bulk produce (or grow a garden) and do your own canning and freezing in reusable containers. Did you know, you can freeze bananas and use them later for baking things like banana bread?
4. What do you do with all your plastic grocery bags? Do you throw them away or try to reuse them? Next time you go shopping, bring your own reusable cloth or plastic bags for carrying purchases.
5. Don't throw away those *poi* bags! You can reuse them! Make a "waste-reduction kit" of twist ties, paper and plastic bags to be taken along when you shop.
6. Those mayonnaise jars can come in handy! Seek out stores that will fill and refill containers you bring in.
7. Reduce the amount of junk mail you get by asking companies to remove your name from mailing lists. To remove your name from third-class mail "master lists", send your name and address with such a request to: Mail Preference Service, 11 W. 42nd Street, P.O. Box 3861, New York, New York 10163-3861
8. What do borax, vinegar and baking soda have in common? They are all fairly non-toxic products that can be used to clean your house and the environment. Make your own less toxic household products for cleaning, personal care and pest control. (See <http://rps.uvi.edu/CES/recipes.htm> for a list of environment-friendly recipes.)
9. Oven or refrigerator giving you problems? Don't throw it away! Fix it! Try to buy durable, easily fixable appliances and then, instead of discarding them, keep them well maintained and fix when necessary.
10. Buy local. Buy Hawai'i. Try to purchase items that have been produced in a manner that is least damaging to the environment. For example: avoid items made of wood from rainforests, buy organically grown produce, consider reducing the amount of meat consumed, buy locally produced unprocessed foods at farmer's markets.



(Source: Adapted from the Mississippi State Cooperative Extension Program Web Site.)