



*Recipes for Healthy Kids and a Healthy Environment  
Kids Building a Safer and Healthier Community*

## Take Home Talk

### Lesson 9: All Together Now—Air, Water, Food, and Shelter

#### To Share:

- All living things need four things to stay alive and thrive: air, water, food, and shelter.
- Our world is interconnected—what happens to our water impacts plants, animals, and us! How we get our energy impacts the atmosphere, which impacts the water and plants and animals and us. The world we all share operates on a delicate balance and if we change only one thing, it impacts many others.
- We can all take small, simple actions to positively impact the environment and our health.

#### To Do:

- **We Pledge To...** Think about all that we've shared with our families about environmental health, and talk with our families about some simple actions that we can pledge, or promise, to take altogether.
- Think about big actions that we can take and little actions that we can take.
- Ask for ideas from everyone and then vote on the one or two ideas that will be best for your family. You can all sign the pledge on the next page.

*(continued on other side)*



# Family Pledge

Names: \_\_\_\_\_

\_\_\_\_\_

The world we share is interconnected and we all have to take action to make sure that the environment is safe, clean, and healthy for everyone. If we join together, our actions will have a greater and more lasting impact. In order to create a healthier community, we pledge to:

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