



## Take Action Guide

*Take Action for Animals, People & the Planet Today!*

### Make Reusable Bags from T-shirts

**What you Need:** A T-shirt & a pair of Scissors

1. **Fold** the t-shirt length-wise and **cut the sleeves off** OR **cut sleeves off one by one.**
2. **Cut out the neck of the t-shirt**, creating a big enough space for the bag's opening. Cut the material from the neck of the shirt in half, so you have one long strip.
3. **Turn the t-shirt inside out** and **gather up** the bottom of the t-shirt. **Using the material from the neck of the t-shirt, tie it around** the gathered material.
4. Turn the t-shirt right side in and you have your bag!

### Make Window Decals

**What you Need:** Construction Paper or Decal Paper, Scissors, Tape

Window decals are an important tool to help protect birds from window strikes! Unlike humans, birds can't see glass and sadly, hundreds upon thousands of birds are killed each year due to window strikes. Take positive action to protect birds from window strikes, by creating window decals! Window decals can be made from paper or purchase decal paper at a craft supply store. Cut out shapes and pictures and tape them to your windows. Now birds will see your pictures and avoid your windows!

### Make all-natural bug repellent

**What You Need:** White or Apple Cider Vinegar, Herbs, Water & Spray Bottle

1. Grab a small spray bottle and fill  $\frac{1}{2}$  with white or apple cider vinegar.
2. Next add any or all of these herbs: mint, lavender, catnip, sage or thyme.
3. Top it off with some water and shake well.

**OR CHOOSE FROM:**

Wellness Mama: <http://wellnessmama.com/2565/homemade-bug-spray/>

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**Look for the Sustainable Palm Oil Label** on food you buy to protect orangutans, elephants and the forest! Buy products free of palm oil!



### **Plant Bee & Butterfly Friendly Garden**

**What you Need:** Seeds or Flowers not treated with neonics, shovel, outdoor space  
Research bee and butterfly friendly flowers. Purchase seeds or flowers that are neonic free.

**Let dandelions live!** They're pollen-rich sources for bees!

**Call, write or visit local garden supply stores and ask them to carry supplies and plants that are eco-friendly**

**What you Need:** Paper, Pen/Pencil, Envelope, Stamp or Phone

Call, write or visit your local garden supply stores and ask them to carry only environmentally-friendly products to save bees and butterflies. Ask them to remove toxic products, like RoundUp, from their store that hurt bees & butterflies!

\*\* (RoundUp hurts family pets & humans too!)\*\*

**Keep balloons indoors. Do not release balloons!** Throw balloons away after you've enjoyed them!

**Choose Sustainable Seafood!**

<https://www.seafoodwatch.org/seafood-recommendations/consumer-guides>

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## Write a letter to the President and/or Government Officials

**What you Need:** Paper, Pen/Pencil, Envelope, Stamp

Write letters to the President and/or Government Officials about current issues facing wildlife. Tell them to save and protect wildlife by keeping our environment free of toxins and keeping our oceans, rivers and lakes clean! Tell them you support funding for the Environmental Protection Agency and the Endangered Species Act!

### White House

The White House  
1600 Pennsylvania Avenue NW  
Washington, DC 20500

\*Please include your return address on your letter as well as your envelope.

**For a Complete List of Government and State Agencies and Officials Visit:**

[www.usa.gov](http://www.usa.gov)

**Sign up for email alerts from the following organizations to stay current on issues. (online petitions are available here as well)**

- National Wildlife Federation: <http://nwf.org>
- Defenders of Wildlife: <http://www.defenders.org>
- Environment New York: <http://environmentnewyork.org>
- World Wildlife Fund: <http://worldwildlife.org>
- Greenpeace: <http://www.greenpeace.org/usa/>

## Plan and Execute Fundraiser to Adopt Species and/or Donate

A fundraiser can raise money for certain organizations that improve and protect the lives of animals, people and the planet!

### Suggested organizations:

- 1.) Defenders of Wildlife: <http://www.defenders.org> \* virtual adoption option
- 2.) World Wildlife Fund: <https://www.worldwildlife.org> \* virtual adoption option

\*Virtual adoption option: With money raised, via the fundraiser, you can virtually "adopt" a species from Defenders of Wildlife or World Wildlife Fund. You will receive a Certificate of Adoption and a plush toy of species (if applicable). Proceeds from virtual adoptions aid the organizations to help more animals, more people and the planet!

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