

APRIL 22, 2020



EARTH DAY

LET'S RESPECT OUR HOME
& TAKE CARE OF IT!

ARIZONA-SONORA
DESERT
MUSEUM

Protecting our shared planet is everyone's responsibility.

We hope our Desert Museum Junior Docents' eco-friendly tips to REFUSE-REPLACE-REVIVE will inspire you and your family to do your part.



The mission of the Arizona-Sonora Desert Museum is to inspire people to live in harmony with the natural world by fostering love, appreciation, and understanding of the Sonoran Desert.

Our Junior Docents (JDs), volunteers aged 13-18, help fulfill this mission. In this eBook, 14 of our 30 Junior Docents share tips on how to tread lightly on our shared planet. For more information about our JD program, click the link below:

<http://www.desertmuseum.org/kids/teens/>



EMI



ETHAN



EMME



VANESSA



LUNA



JACK



JADEN



KAIA



AZAREE



NORA



XZAVIER



SANTIAGO



ELENA



MARISSA

There is no minimum age to care about our planet! Below are some young environmentalists doing great things! Click their names for more info about them.

[Mari Copeny](#) - Michigan, 13



[Xiuhtezcatl Martinez](#) - Colorado, 19



[Ralyn "Lilly" Satidtanasarn](#) - Thailand, 12



[Xiye Bastida](#) - Mexico: Otomi-Toltec, 18



[Kaluki Paul Mutuku](#) - Kenya



[Ridhima Pandey](#) - India, 11

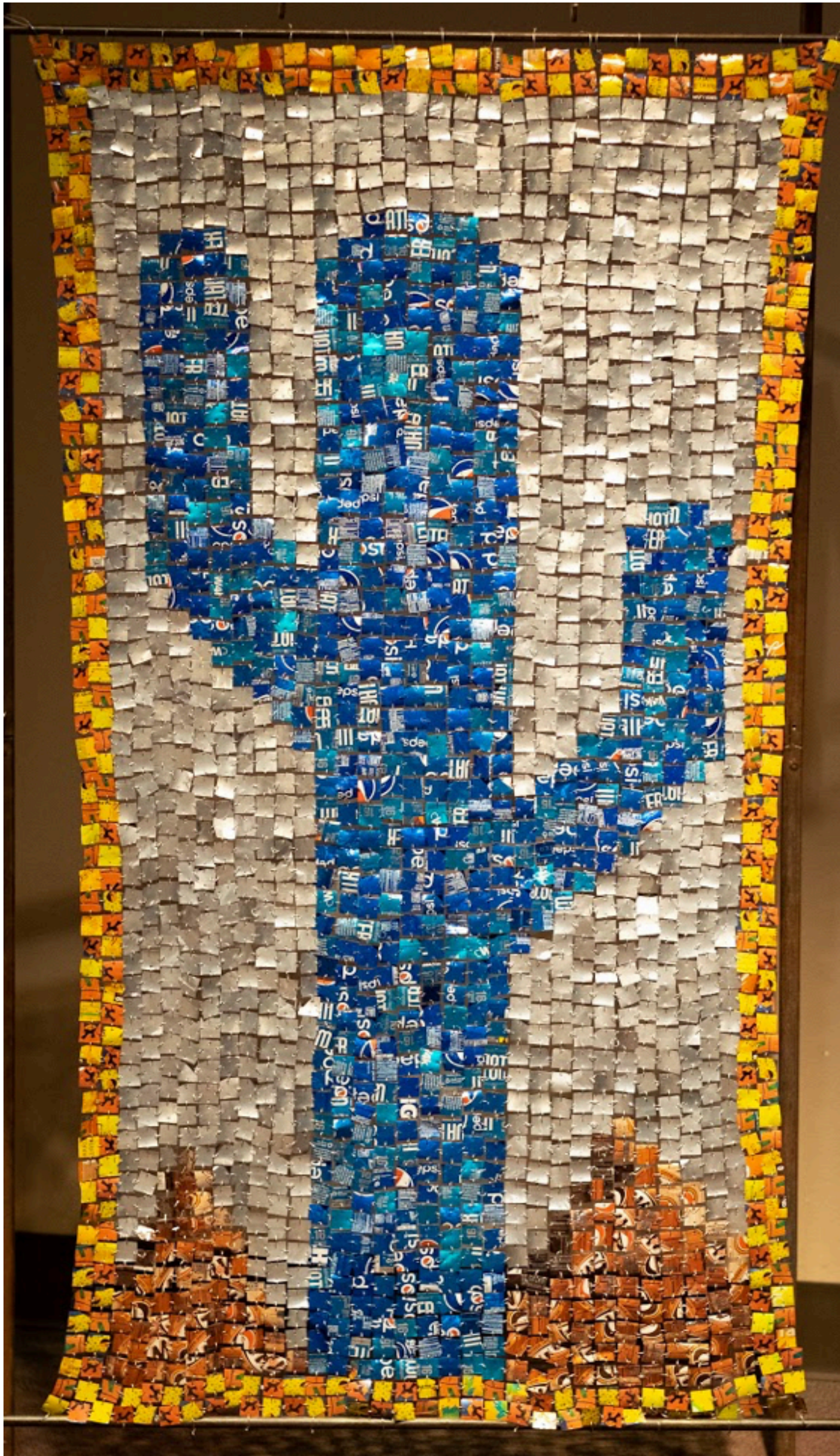




Emi's tip:
UPCYCLE waste &
turn it into ARTIVISM!



Click [here](#) to learn about artivism
& [here](#) to see a video about the JDs'
Blue Saguaro Campaign.





Ethan's tip:

REFUSE

the top 5 sources of
single-use plastic!

Click [here](#) & [here](#) for more tips.

1. Plastic bags



2. Plastic bottles



3. Plastic

to-go containers

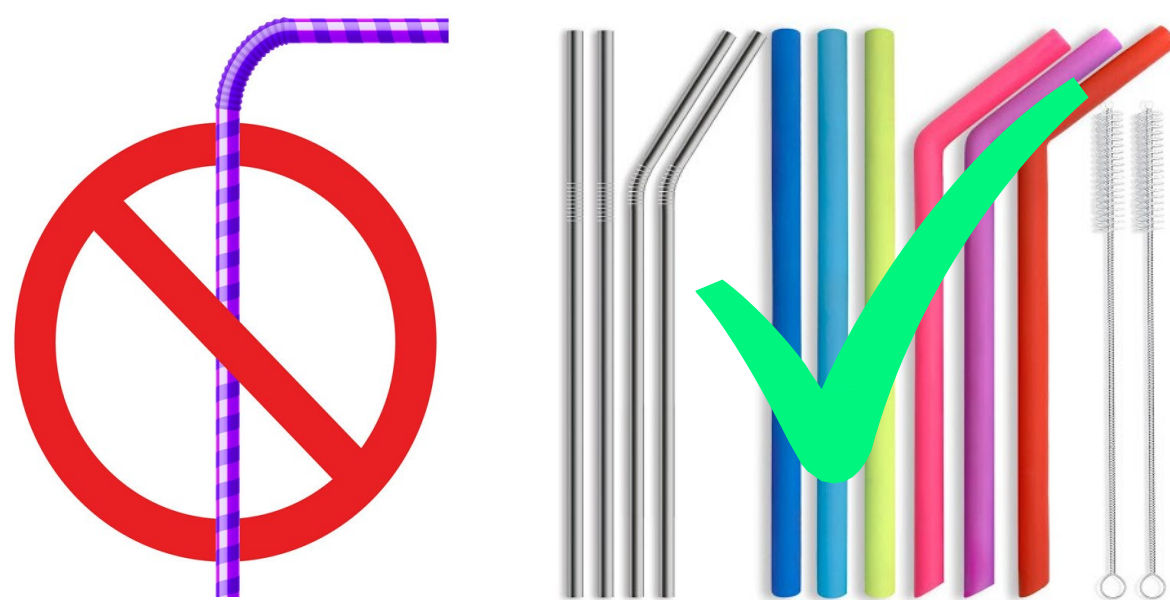


4. Plastic

take-away cups

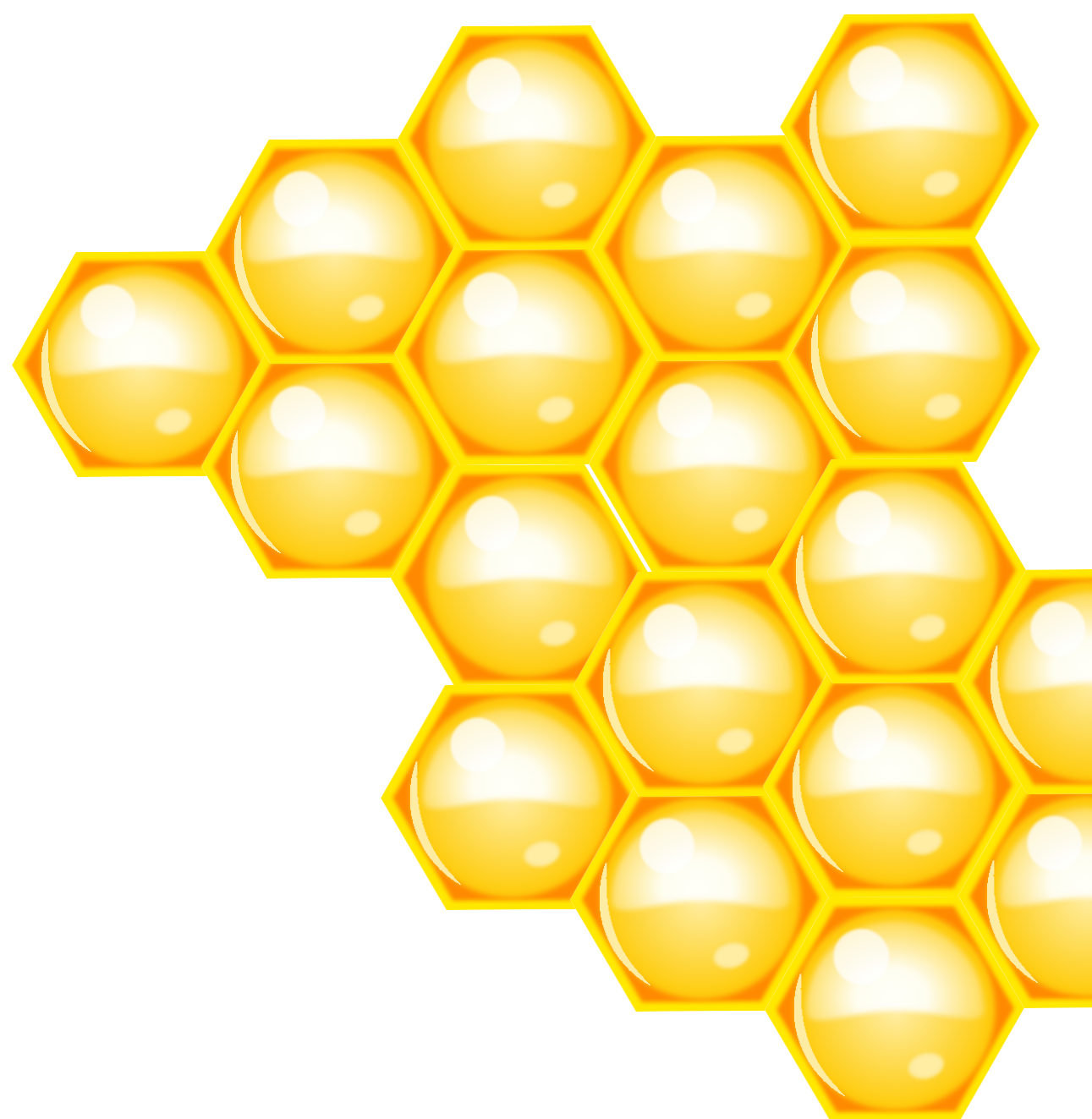


5. Plastic straws



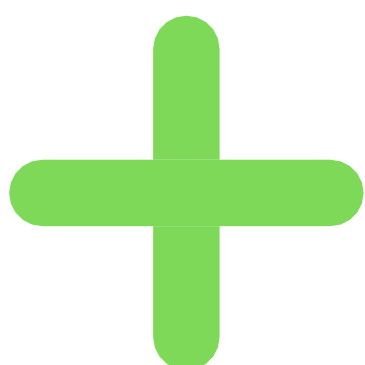
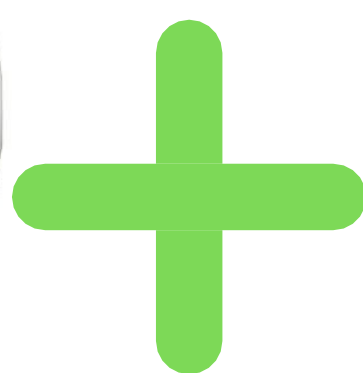


Emme's tip:
REPLACE plastic wrap
with beeswax wraps you can DIY!
Click [here](#) for instructions.





Vanessa's tip:
REVIVE fabric remnants by
turning them into cloth napkins!
Click [here](#) for instructions.





Luna's tip:
COMPOST
your food waste!

Click [here](#) & [here](#) for composting & gardening tips!

1: Vermicomposting



2: Three bin system



3: Compost tumbler



4: Bokashi

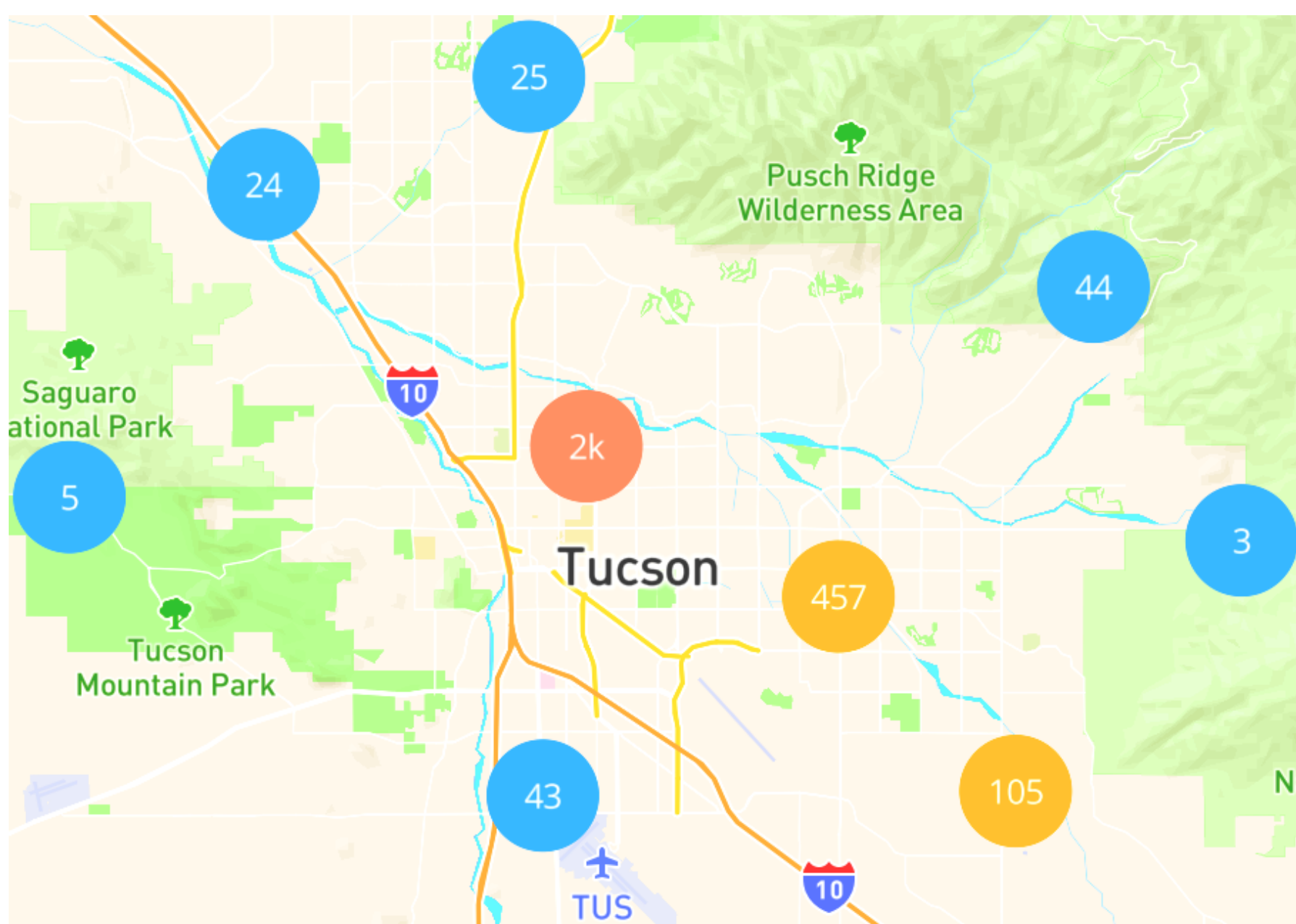




Jack's tip:
USE TECHNOLOGY
to fight littering!



Click [here](#) for more info.





Jaden & Kaia's tip:
REDUCE energy
consumption & carbon
emissions.



Click [here](#), [here](#), & [here](#) for more info.

Plant
a
tree!

Use
a
clothesline!

Eat
less
meat!

Use
energy
efficient
appliances!

Use
LED
bulbs!

Eliminate
phantom
loads!

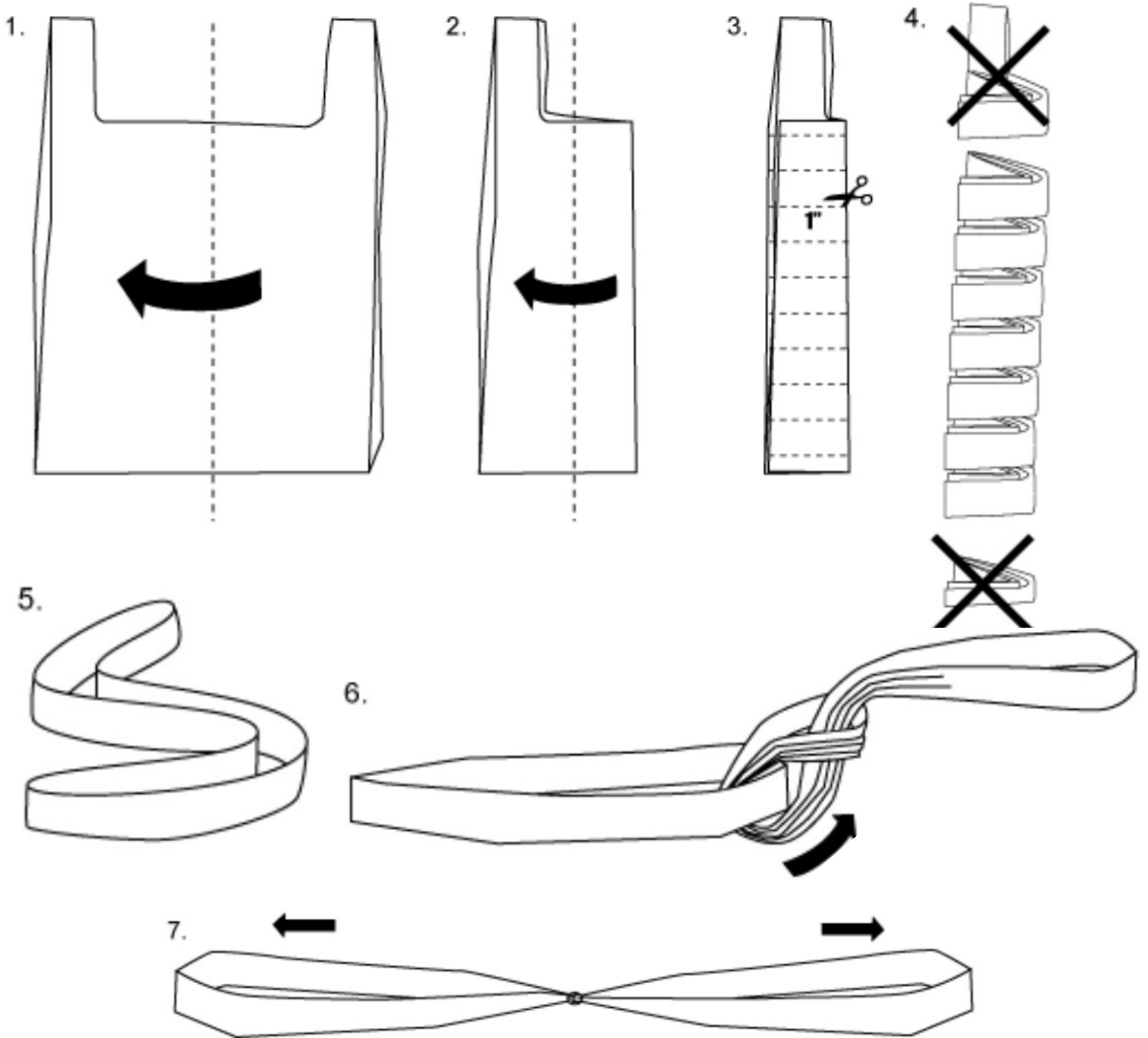
Ride
your
bike!

Avoid
Idling
Your
Car!





Azaree's tip:
REUSE plastic bags!
Weave a sleeping mat.
Click [here](#) & [here](#) for more info.





Nora & Xzavier's tip:
USE solar power
to cook a meal!



Click [here](#) for more information.





Santiago's tip:
CALCULATE your
carbon footprint
& then **REDUCE** it!
Click [here](#) for calculator!





Elena's tip:

CREATE

a buzzing beehotel!

Click [here](#) for more info.

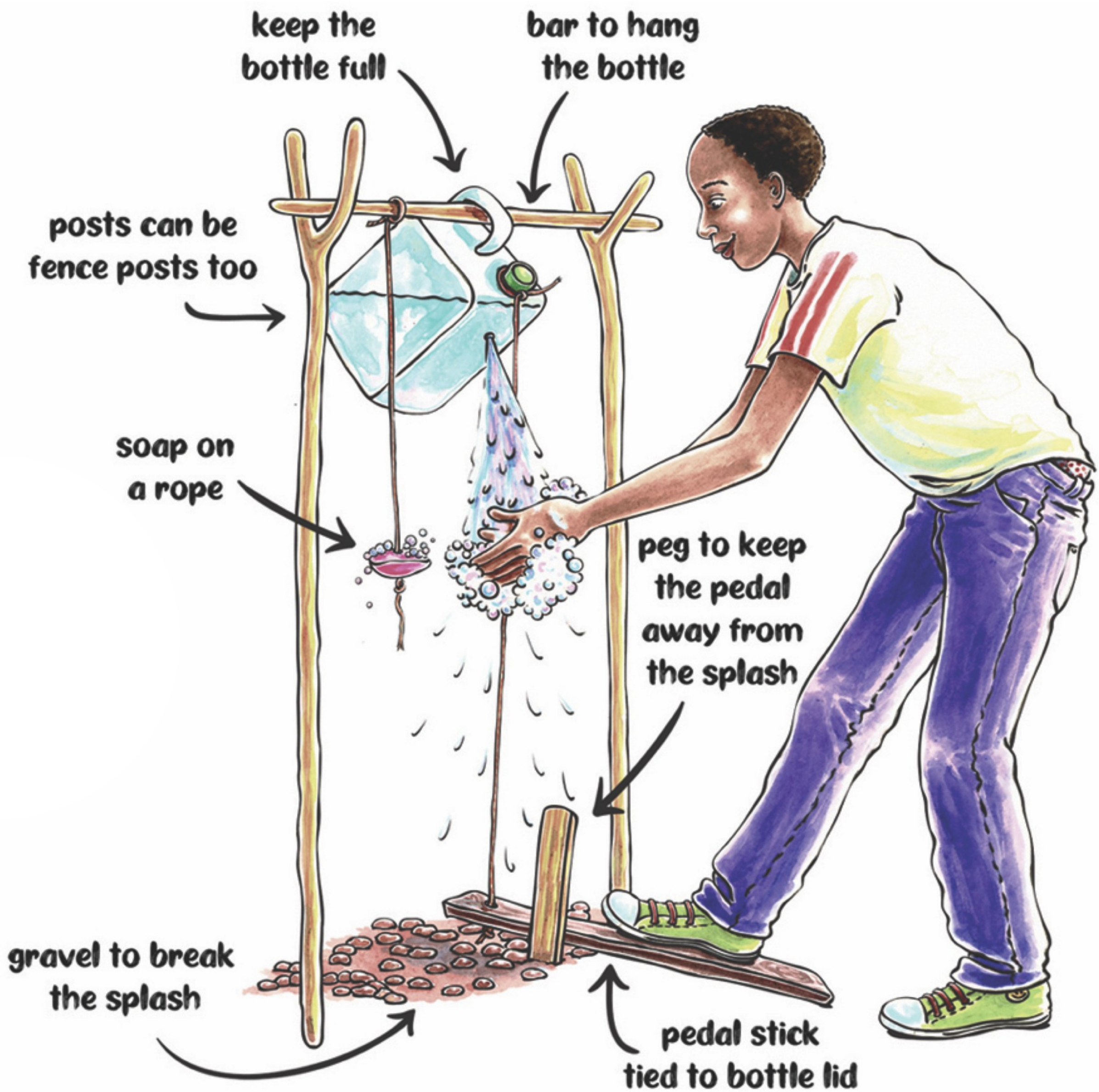




Marrisa's tip: CONSERVE WATER!

Create a hygienic, water-saving backyard tippy tap.

Click [here](#) for more info.



Click [here](#) to see what other youth across the United States are doing about Climate Change.



REFUSE REPLACE REVIVE

Tips for living a more eco-friendly life



PREPARE IN ADVANCE

Keep reusable bags in the car so your family never forgets them on grocery trips!

Same goes for water bottles; just remember to only use them for water to avoid funky smells and gross things!



ROUTINES MAKE HABITS STICK!

At first, you may reach for paper towels or paper cups, but if you make reusable items part of your routine, they'll become habits in no time!



DON'T GET OVERWHELMED

Change your habits at a comfortable pace for you. You don't need to go from lots of waste to zero-waste in a day! Keep working at it little by little & before you know it, you'll have made so much progress!!

CREATE AN ONLINE CHALLENGE

Change starts with you, then moves on to your family, & then to your community.

Websites like ecochallenge.org help you motivate your people to make lasting changes!



LESS TALK, MORE ACTION!

You don't need to be an expert to start making changes.

Don't know where to start? Here's a super easy change: make Ecosia.org your new search engine and plant trees with your searches - for free!



BE FLEXIBLE

Not everyone will feel the way you do. You can reach a lot of folks with your great example and a little empathy! Just keep working on yourself and others will notice the changes and be inspired by your passion!

REMEMBER!

REFUSE single-use plastics

REPLACE them with reusable items

and by doing so, you will

REVIVE the deserts, oceans, and planet.

Click [here](#) to watch a newscast covering

the Junior Docents'

Blue Saguaro campaign.

**REFUSE.
REPLACE.
REVIVE.**



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DESERT MUSEUM

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DIY Beeswax Wraps: Deanna's Wisdom!

Watch this video about how to make beeswax wraps in different sizes, along with counsel about how to use them and what is safe to wrap in them...https://www.youtube.com/watch?v=6_bsxrqAF-s. She even teaches you how to fold/use the wraps at the end of the video (twists, folds, envelopes, etc.) and how to prep wraps for gifting! You can also watch this video, which does a great job of showing all the ingredients at the beginning:

<https://www.youtube.com/watch?v=gUyK27XDn4E->.

A recipe by portions:

1. Pre-wash all fabric (any cloth that is THIN 100% cotton). Avoid heavily dyed fabrics, they will stain your hands and may contain dyes that aren't safe to use with food! You can get fabric scraps from the store!
2. Find containers to use as stencils for cutting circles, shapes...
3. Think ahead...what containers or food items will be covered by the wrap?
4. Gather pine resin, beeswax (local!), jojoba oil, a pot/pan/iron, some kitchen towels you don't care about or cardboard sheets to cover workspace, parchment paper.
5. Crumble the pine resin...grate beeswax or use scissors to cut thin sheets of beeswax...see recipe above.

3 methods to melt and apply mixture:

1. Use hot iron and two pieces parchment to melt proper portions of mixture into cut cloth pieces (might help to iron.
2. Can melt proper portions of mix* in a pan (300 degrees, 2 minutes), place cloth piece into melted mixture, then iron this piece on top of another piece to further distribute accumulated melted mixture.
3. Boil mixture and "paint" onto the cloth pieces.
4. Use decorative fabric scissors or pinking-sheers to pre-emptively de-string fabric AFTER waxing.
5. To wash beeswax wraps: Wash with cold water and soap, using your hands, a cloth or a sponge, then allow to air dry. Wraps can be used for about a year before you need to redo the waxing process on the cloth pieces. No need to throw out beeswax wraps when they start drying out! But, if desired, you can compost these wraps!

*Be sure to thoroughly mix the portions. Using only beeswax or only having beeswax in a part of the cloth piece results in a wrap that is not pliable, too stiff to use! Antibacterial value of beeswax wraps is in the combination of ingredients in this video.

Some other really good, shorter DIY videos!

https://www.youtube.com/watch?v=F-DD7AW_Eu0

<https://www.youtube.com/watch?v=FhFnwNkXE8>

<https://www.youtube.com/watch?v=wkRoh1pQoks> (this one mentions making these out of shirts)

Deanna's tips:

- Storing my fresh food in beeswax wraps and mesh produce bags in the fridge helps them stay good much longer than storing them in plastic bags from the store!
- Many fabric dyes are not safe for foods, much less skin! The beeswax locks it in for the most part, but not all. Best to select organic fabric if possible, fabric that is natural, or fabric that has very little dye.
- Use only food-grade ingredients for obvious reasons!
- Beware...these smell SOOO good! You might want to do this right before bed so you can go to sleep smelling beeswax on the air!