



- Collect the eco-trail record sheet.
- Find all 8 posters hidden along the trail.
- Read the eco-tips on each one.
- Copy the logo from each poster or write down the eco-tip on your sheet.
- This will help you to remember all you have discovered.
- Don't forget to come back to our stall to show us you've finished the trail!
- Hand in the personal details slip to be entered into our prize draw.

Please take the record sheet to share with friends and family.
Perhaps you can try some of the tips at home!

Would you and your family like to be Eco-Literacy Champions?
You can try out loads of adventures in nature.
Get in touch with Get Suffolk Reading to find out more.

1 Turn the tap off while brushing your teeth



**GET
SUFFOLK
READING**



Suffolk
County Council

**Did you know - if you turn
off the tap while brushing
your teeth, you could save
around 12 litres of water?
And that's every time you
brush your teeth!**

2 Donate your unwanted clothes, books and toys



**GET
SUFFOLK
READING**



Suffolk
County Council

Did you know - it takes 2,700 litres of water to make the average cotton t-shirt and that's enough drinking water for one person for 900 days.

3

Never drop litter



**GET
SUFFOLK
READING**



Suffolk
County Council

Did you know - a crisp packet can take up to 80 years to decompose and plastic bottles can take more than 450 years.

4

Avoid single use plastics



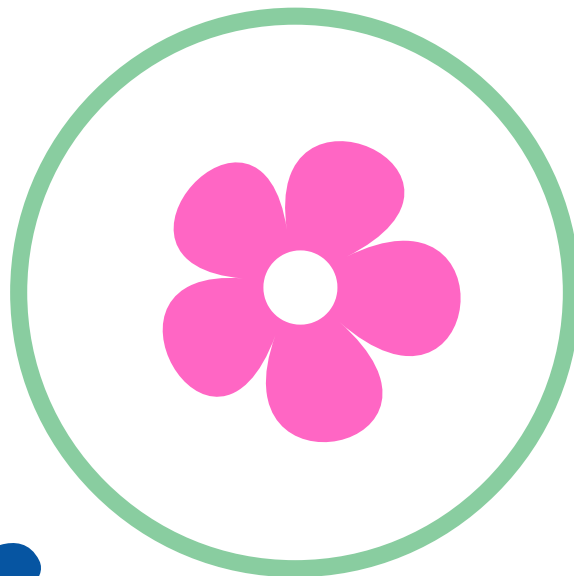
**GET
SUFFOLK
READING**

**Did you know - single-use
plastic products are more
likely to end up in our
seas than reusable
options.**



5

Let part of a
garden grow wild



**GET
SUFFOLK
READING**



 **Suffolk**
County Council

Did you know - by adding a small log pile in a wild corner of a garden, hibernating insects like peacock butterflies or ladybirds benefit from a snug shelter.

6

Eat lots of fruit and vegetables



**GET
SUFFOLK
READING**

**Did you know - salad leaves,
courgettes, beans, tomatoes
and potatoes can be fun and
easy to grow, even in pots!**

7 Turn lights off when not in use



**GET
SUFFOLK
READING**



Suffolk
County Council

Did you know - LED lights have a lifetime of between 20,000 and 30,000 hours, and that is 20 times longer than an ordinary light bulb.

8

Plant bee- friendly flowers



**GET
SUFFOLK
READING**

Did you know - making or buying a bee hotel is a great way to help bees and for you to learn more about bees by watching how they live and behave.