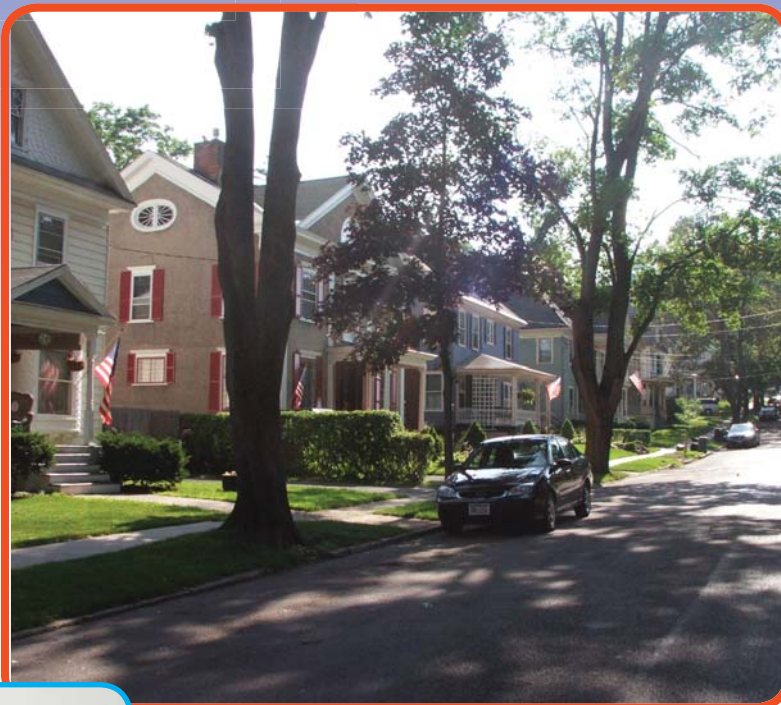


The **OUTSIDE** Page Ideas for Exploring Outdoors!

A World of **Carbon**

Take a friend and go for a walk outdoors. Take a deep breath. Remember the carbon dioxide in the atmosphere? It's in the air you breathe. The trees and other plants need it for photosynthesis; it helps them grow. While they are growing, they are storing carbon, locking it out of the atmosphere.

Where else is carbon stored? It's in the plants and in anything made from plants: the wood in buildings, decomposing leaves and branches on the ground, and in the soil. See page 3 for some hints.



Make Your Own **Litterless Lunch Kit**

Instead of a throwaway lunch, pack everything in containers you can clean and reuse each day. Consider what you like for lunch and choose containers to suit your needs. You'll use fewer resources and send less to the landfill, and you'll save money because you can buy food in bulk, rather than expensive single-serving packets.

NEW YORK STATE DEPARTMENT OF ENVIRONMENTAL CONSERVATION

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