

## Recipe for a Sustainable Community

Activity for Peel Children's Water Festival

### Overview for Volunteer Facilitators

It's important to remember that everything we do has an impact on the planet - what we BUY, how we get AROUND, what we EAT and where we LIVE. A sustainable community is one that is well designed, walkable, close to shops and transit, connected to nature, and where neighbours are doing their part for the planet.

Building sustainable communities is a powerful asset to fighting climate change and being prepared for the challenges it will bring. Festival participants will be reminded about the impact our day-to-day choices have on the planet and will be asked to build their own sustainable community using our menu and sustainable community building board. The menu will include options for energy, transportation, food, waste and green space.

### Activity Introduction for Participating Students

#### **Older Students...**

It is important to remember that everything we do has an impact on the planet - what we BUY, how we get AROUND, what we EAT and where we LIVE.

According to the Global Footprint Network, each year, globally, we are using almost twice as many resources as the planet can regenerate within that same year. Unfortunately, that is the good news, if everyone in the world lived like the average Canadian, we would need 5 Earths to support our rate of consumption.

*How can we make our community sustainable* - A sustainable community is one that is well designed, walkable, close to shops and transit, connected to nature, and where neighbours are doing their part for the planet.

**ASK STUDENTS:** *What does sustainability mean to you? How can we make our communities more sustainable (think about: energy, food, transportation, waste and water)?*

### Younger Students...

Everything we do has an impact on the Earth - what we BUY, how we get AROUND, what we EAT and where we LIVE.

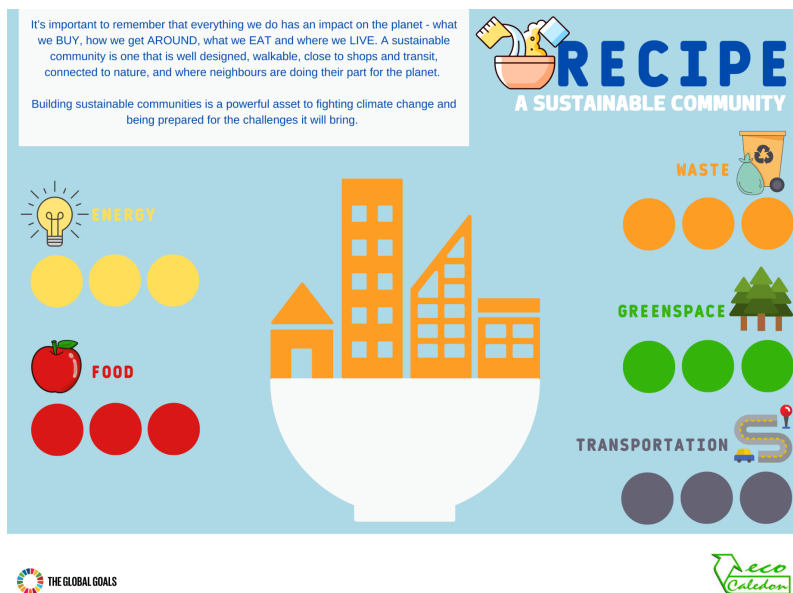
It is important for us to learn how to take care of the Earth so that she can continue to take care of us - providing us with clean air, water and land; food to eat; trees to help us breath; greenspaces for us to play in; oceans/lakes for us to swim in; and much much more!

**ASK STUDENTS:** *What do you think it means to care about the Earth? What actions could you take to keep the Earth healthy?*

### Recipe for a Sustainable Community Activity Steps

1. Go over the Activity Introduction and Prompt Questions
2. Explain to students that in small groups, they will work together to select the 'ingredients' it would take to create a sustainable community. Students can choose from 'ingredients' pieces to stick onto the Recipe boards under each category: Energy, Food, Waste, Greenspace, and Transportation.
3. Hand out the recipe cards with options for a sustainable community (4).

Ex. Recipe Card



Ex. Ingredient that would go under energy.



Sustainable Community Ingredients will be labelled as follows:

Energy - Labeled #1

Food - Labeled #2

Waste - Labeled #3

Green Space - Labeled #4

Transportation - Labeled #5

4. Review filled out recipe cards with students and ask what prompted them to pick different “ingredients”. For example: why choose wind as a possible energy source? Or, why grow your own vegetables?
5. Closing Remarks... ***Remember, every positive action you take - at home, at school or in your community - helps fight climate change!***