

HEALTH AND ENVIRONMENT

IF WE CARE FOR CHILDREN, WE SHOULD TAKE CARE OF THE ENVIRONMENT THEY WILL GROW UP IN



HELP YOUR CHILD CONNECT TO NATURE

Make sure you have time to **play outside** and explore the **natural environment** together.



BUY LESS, USE BETTER

To **save resources**, think about sharing, recycling and second hand.

TOGETHER LET'S CHOOSE WISELY



Less medicine may sometimes be **better for your child**.



ENERGY IS PRECIOUS

Remember to **switch off** appliances, screens and lights when you **aren't using them**.



BREASTFEED YOUR CHILD

Breastfeeding is cheap and offers **numerous unique benefits** for the baby, the mother and the environment.



LET'S GET INVOLVED AND ADVOCATE FOR A HEALTHY ENVIRONMENT

Young people committed to preserve a healthy planet deserve our full support.



LET'S EAT HEALTHY AND LOCAL

A **fresh, seasonal** and predominantly **plant based** diet benefits both the planet and your families' health.



MOVE ACTIVELY

Getting around on foot, by bike, scooters... will keep us in good shape and **make us happy !**



DRINK TAP WATER

It is precious and its quality is **well regulated !** Let's prefer it to bottled water and let's make an effort together not to waste it.