

MUNDO VERDE – MISTER G

WHAT YOU CAN DO FOR A GREEN WORLD



We've got to protect this planet of ours
Sing with me children wherever you are
- Mister G, Mundo Verde/Green World



AGUA • WATER

My body's mostly
made of you
Sometimes you're clear,
sometimes you're blue
Freezing cold you're ice,
burning hot you're steam
And when I'm dirty
you make me clean

- Mister G

DRINK TAP WATER, NOT BOTTLED WATER. Americans buy more bottled water than any other nation – 29 billion bottles a year! This water isn't necessarily cleaner or safer than the water we get from the tap. And most disposable water bottles are NOT recycled; they end up in the landfill or floating as trash in our rivers and oceans. Carry a reusable water bottle, and use it in place of disposable bottles and plastic cups when you are away from home.

PROTECT EVERY DROP. Water is precious, so turn it off when you're not using it. Here are some ideas to help you save water at home: Turn the faucet off while you brush your teeth. For dishes, fill a basin with soapy water instead of letting the water run. Don't run the dishwasher or washing machine unless you have a full load.

KEEP IT CLEAN. Water can carry harmful, invisible pollution, such as lead, a dangerous heavy metal that can come from old pipes. Get your home water tested for lead – contact your local health department to find out how. Many areas offer free tests. Ask your school principal if your school's water fountains have been tested for lead. Lead is especially harmful to the developing brains of children, so you should avoid drinking any water with high lead levels. Boiling water will not remove lead, but special filters can get lead out of tap water. Learn more about lead in tap water here: www.cdc.gov/nceh/lead/tips/water.htm.

AIR • AIRE

We all share the air, and everyone should get to breathe clean air. That's why we need our leaders to protect the air from pollution. What can you do to help protect our air?

USE LESS ELECTRICITY. Power plants burn coal and natural gas to make electricity, and that makes air pollution that is unhealthy to breathe. That's why using less electricity in your home is a good way to be a clean air champion. Turn off appliances and lights when not in use; open the windows and use fans, instead of the air conditioner, whenever possible; and add insulation if your home is leaky to stay warmer in winter and cooler in summer. Bonus: Using less electricity will save you money.

NO IDLING. Cars are a major source of air pollution. Pollution from cars can increase the risk of low birth weight babies, premature birth, and asthma attacks. Turn your car engine off whenever you are not driving – even if just for 30 seconds.

LEARN WHAT'S IN THE AIR. Babies, children, and people with asthma are especially vulnerable to air pollution and should take precautions on high-pollution days. Find out whether your air is safe to breathe today by checking www.airnow.gov.

I live in the forest with
the black bears
We share the same water,
we share the same air
With the deer and the rabbit,
the fox and the birds
It's a beautiful life,
it's a beautiful world

- Mister G



WHAT YOU CAN DO FOR A GREEN WORLD

How many fish are in the sea
I asked my sister, she said to me
Count your fingers, count your toes
Keep on counting 'til you know
Uno, dos, tres, cuatro, cinco, seis
Siete, ocho, nueve, diez
I'm taking notes, I'm making lists
Yeah, you can call me a scientist

- Mister G



PECES • FISH

Fish are a healthy food source, but some fish is polluted with mercury, which can harm the developing brains of babies and children. Did you know that the mercury in fish comes mostly from coal-fired power plants? Here's what you can do to protect the fish - and the people who eat them - from mercury pollution.

SUPPORT RENEWABLE ENERGY. Electricity that comes from wind and the sun doesn't create mercury pollution. If you can choose to get renewable energy from your electric utility, sign up! If you can get solar panels for your home, do it! Tell your local, state, and federal officials that you want to get your energy from clean, renewable sources.

EAT YOUR FISH - BUT CHOOSE CAREFULLY. Fish can be an essential part of a healthy diet. Learn about which fish you can safely eat, and how often, here: www.epa.gov/fish-tech/2017-epa-fda-advice-about-eating-fish-and-shellfish.

IF YOU CATCH YOUR OWN FISH - OR EAT FISH SOMEONE HAS CAUGHT FOR YOU - CHECK POSTED ADVISORIES. Many local streams, rivers, and lakes have high mercury levels and other contaminants that may be dangerous to eat. Check local fish advisories, and follow them. You can search for advisories where you live at <https://fishadvisoryonline.epa.gov>.

SI SE PUEDE • IT IS POSSIBLE

Pollution causes health problems and climate change - but we can work together toward solutions. We know how to solve these problems, now it's time to build a movement of families who want a healthier future. Let's "join hands and work together" for solutions. Here are some ideas for what you can do to "fix the world," as Mister G says.

LEARN. Learn more about the issues that you care about. Go to www.momscleanairforce.org for family-friendly resources about where pollution comes from, how it harms our health, and what we can do about it.

MAIL. Write a letter to your elected representatives, whether at the city, state, or national level. Let them know what you care about, and why. Send them a drawing or a photo. Tell them you want clean air, clean water, and a "mundo verde" for your children.

CALL. Call your lawmakers on the phone. Even though you aren't likely to speak with them directly, they pay close attention to the calls and voicemail they get. Tell them who you are and why you care about a "mundo verde."

JOIN. Join Moms Clean Air Force to get regular information about what you can do to clean the air and protect your children from pollution.

If we all join hands
and we work together
We can fix the world,
we can make it better
C'mon kids,
you'll lead the way
No time to waste
let's start today
We can fix the world,
we can make it better

- Mister G



Check out Latin-GRAMMY winner Mister G at www.mistergsongs.com

MOMS
clean air
FORCE

