

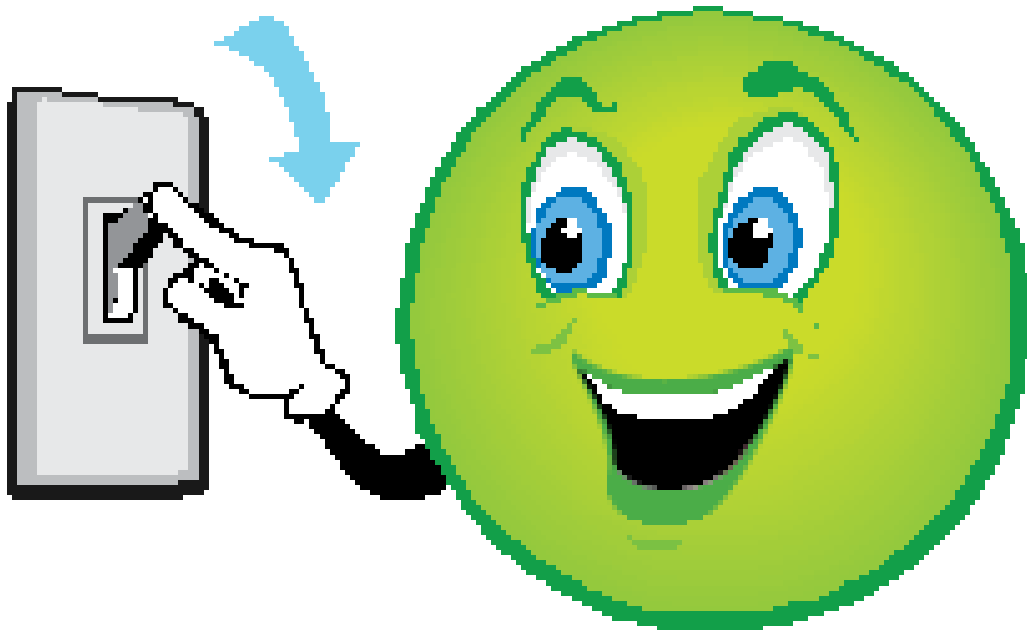
Eco-Friendly State of Mind

环保意识



Our collective home is in danger and we each share in the responsibility for saving it.

我们的共同家园正处于危险中，我们每个人都有责任去拯救它。



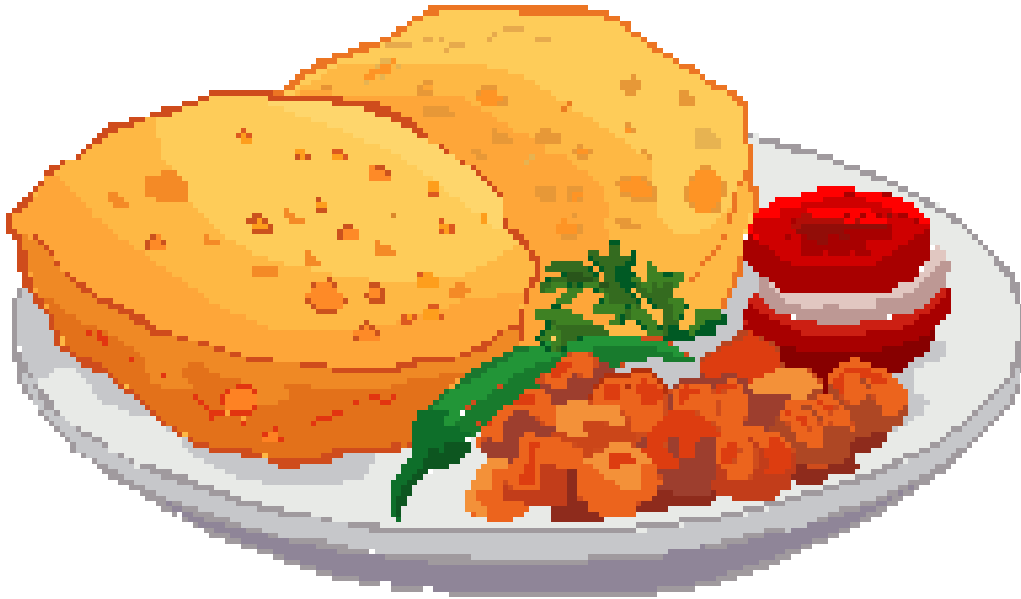
Having an eco-friendly state of mind involves these elements:

- Conserving electricity and water

促进环保意识，包括以下这些要素：

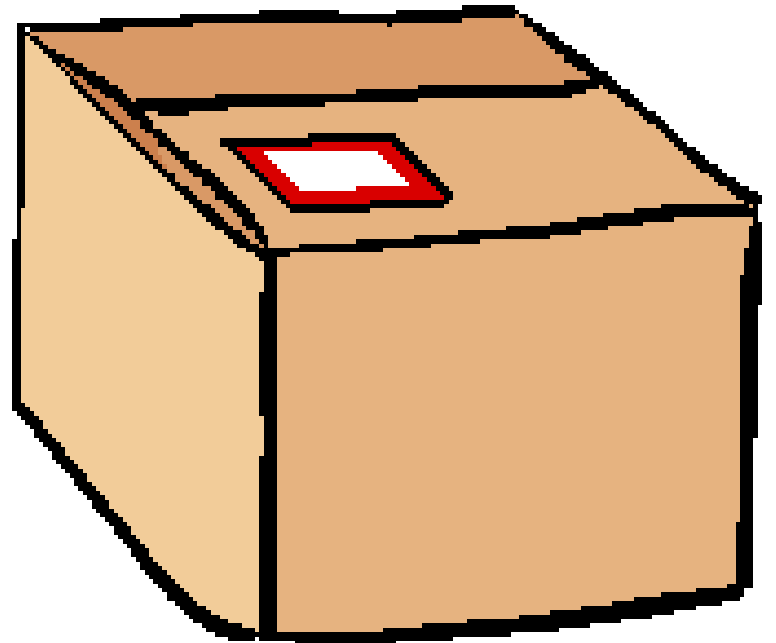
- 节约用水、电

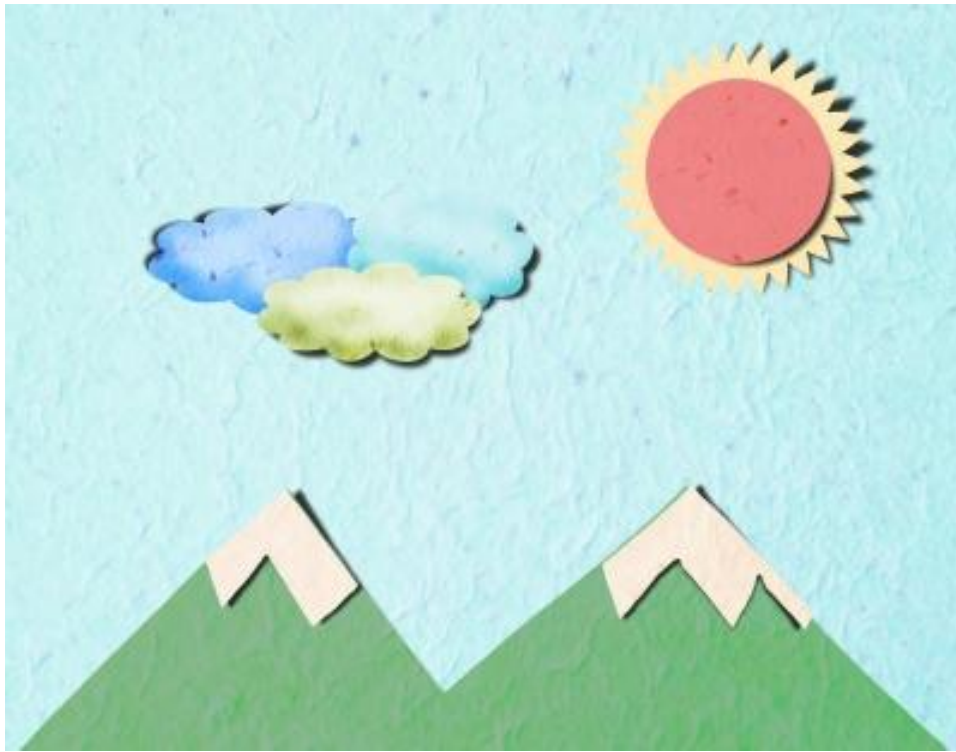




- Not being wasteful with food
- Offer unwanted items to family or friends, or give them to charity

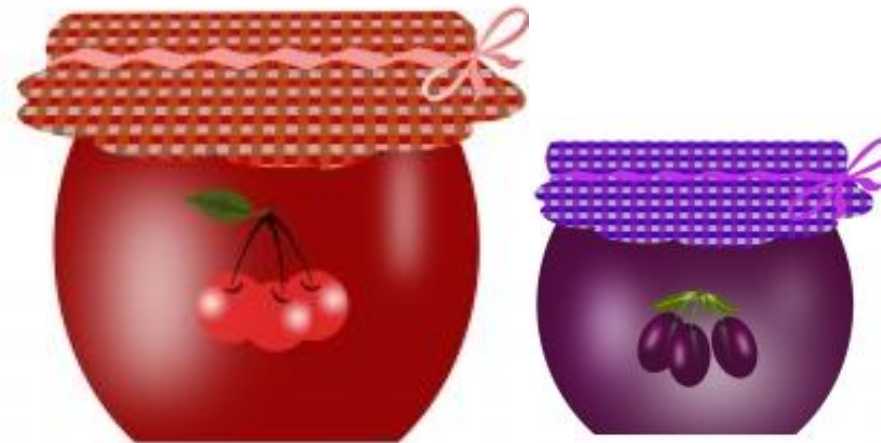
- 不要浪费食物
- 把自己不用的东西送给其他家庭或朋友，或捐给慈善机构。





- Finding new uses for items that had outlived their original purposes. Envelopes can be used to keep receipts or as scratch paper. Cans, jars, and boxes make good storage containers. Materials for craft projects can be salvaged from all sorts of worn-out or broken items. Stale bread is great for French toast or bread pudding. Turn bruised fruit into sauce or jam.

• 找新的方法来使用已失去原有用途的东西。信封可以用作便条纸。罐子、瓶子和盒子，可以做很好的储物容器。你可将旧衣服和床单等物品，剪成清洁用的抹布。手工艺用的材料，可以取自各种废旧物品。不再新鲜的面包，则可以用来做法国土司或面包布丁。碰伤或压伤了的水果，可以做调味酱或果酱。



- Gratitude. Taking time to appreciate this wonderful world that I'm privileged to live in and to create spaces in my heart and mind for wonder and thanksgiving. Gratefulness and mindfulness go hand in hand.

- 感恩的态度。每天花时间去感谢欣赏我有幸居住在其中的这个世界；在我的心里和思想上保留赞叹和感恩的空间。感恩的态度和留心关切密不可分。



- Respect. I feel responsible to not take from the planet what can't be replenished, or take more than I need. I will strive to be more thoughtful and less selfish.

- 尊重的态度。我有义务不从这个星球上获取不可再生的资源，不占有任何超过我需求的东西。我将尽力多顾虑他人一点，少一点自私心。

