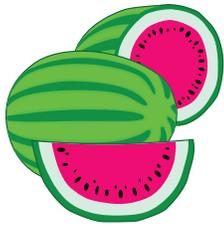




## Food, Wonderful Food!



One of the best things about summer is all of the wonderful food to eat. Strawberries, watermelon, cucumbers, hamburgers, corn, ice cream and more! Yum!

Most of us enjoy eating and tasting the delicious food. But we eat not because it's tasty. We eat because our bodies need nutrients to survive.

Did you know that all living creatures on earth need to "eat" some type of food to live?

Humans grow their own food by planting crops and raising livestock. We harvest food, or buy harvested food at the grocery store or farmers market. Then we eat the food to get the nutrients we need to live a long and healthy life.

Hot or cold, wet or dry, the weather can have a big impact on growing crops. When it is really hot and dry like this summer has been so far, farmers need more water to keep their plants growing and thriving. On the flip side, you don't want too much rain on your crops either. And, if it is cold it could be difficult to get your crops to grow.

Trees make their own food through the process called photosynthesis. Trees are able to absorb energy from the sun, water from the soil, and carbon dioxide from the air and make sugar. This sugar is used by the tree to help it grow. Also, tree roots, deep in the ground pull nutrients from the soil to the tree.

Worms help break down material in the soils by eating it and pooping it out. This allows plants and trees to soak up the broken down nutrients through their roots.



Birds eat worms, insects, fruits and seeds to get the nutrients they need.

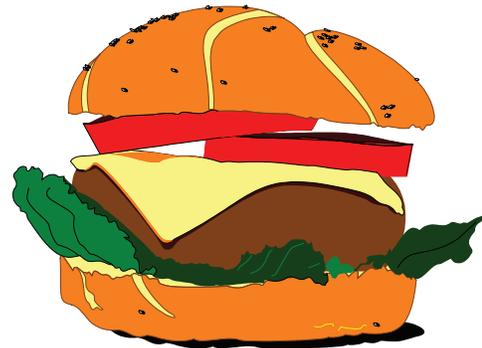
Large animals may eat other animals, roots, insects, or berries to get the nutrients they need.

Water is also very important. Plants need it to grow. All living creatures need it to live.

Have you ever thought about how much water it takes to grow your food? Let's take a look at this burger and see how much water went in to producing each part. The choices we make about our food can make a big difference in how much water we use.

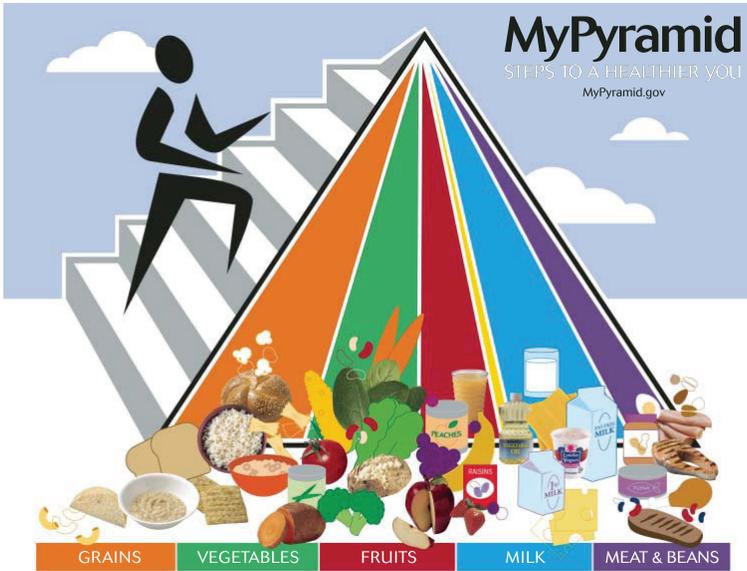
### Bacon Cheeseburger Breakdown

(Source: The Water Footprint Network)



660 gallons	22 gallons
beef patty (1/3 lb)	bun (2 slices bread)
+	+
40 gallons	108 gallons
1 slice of cheese	3 slices bacon
+	=
1 gallon	831 gallons
2 slices tomato	The amount of water
+	would fill 13,296
3 cups	glasses of water (8
1 lettuce leaf	ounces in a cup)
+	

# You are what you eat.



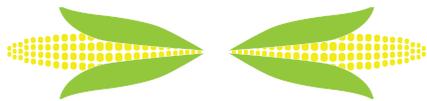
You may have heard this saying: “You are what you eat.”

The saying is true! The different foods we eat contain different types of nutrients (vitamins and minerals) that our bodies need to build strong bones, muscles, hair, etc.

If we eat too much junk food, which is often low on nutrients, but high in salt, sugar and fat, we aren’t getting the good nutrients we need.

If we eat lots of fruits, vegetables, and whole grains, which are high in nutrients, low in fat and salt, then we get nutrients our bodies need.

Before you eat, think about what goes on your plate.



## Community Calendar:

- August 8:** **Kids’ Day**  
Riverfront Park  
11 a.m. - 5 p.m., free admission
- August 15:** **Unity in the Community**  
Riverfront Park  
10 a.m. - 4 p.m., free admission
- Sept. 11 - 20:** **Spokane Interstate Fair**  
Spokane County Fairgrounds  
10 a.m. - 10 p.m., admission fee
- Sept. 19:** **Spokane River Clean Up**  
Riverfront Park  
9 a.m. - 12p.m.
- Sept. 26:** **Valleyfest**  
Mirabeau Park  
10 a.m. - 6 p.m., free admission
- Oct. 24:** **Fall Leaf Festival**  
Finch Arboretum  
11 a.m. - 2 p.m., free admission

## What is a drought?

A drought is a period of water shortage, when lack of precipitation (rain and snow) makes for very dry conditions. Droughts can last as long as several years!

You may be wondering how droughts affect your food supply. If all plants and animals need water they may not survive or have a hard time growing during a drought. Hot, dry weather hurts stream flows. Most of us get our water from the Spokane Valley-Rathdrum Prairie Aquifer. During a drought, our drinking water could be affected because the aquifer is recharged or replaced by the precipitation that we receive that makes its way into our rivers and lakes.

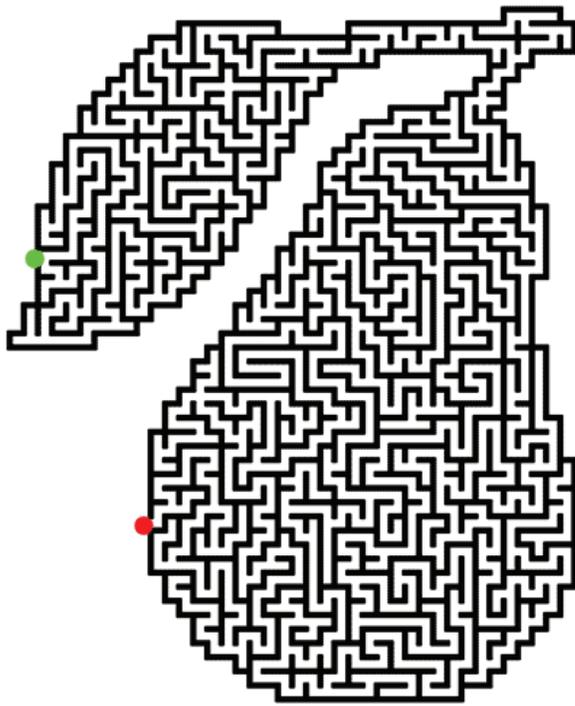
We are currently experiencing a drought right here in Washington State. The Spokane River is at the lowest level we have seen for 100 years. What do you think that will look like next year if we have another drought? Do you think that there is anything you can do to help? You can!! There are lots of things that you and your family can do to help conserve or save water during a drought or any time for that matter.

To conserve water you can:

- Take shorter showers or not fill the bath tub as much.
- Only water the yard in the mornings or evenings.
- Turn off the water when you are brushing your teeth.
- When washing dishes by hand, don’t let the water run.
- Use a broom and not a hose to clean your driveways.

There are so many more things a person can do to conserve water. Talk with your family about some other ways to save water around your home.





## Fresh Fruit!

Fill in the blanks to name the fruit! Then attempt the pear maze. Start at the green dot and end at the red dot.

Members can earn 5 points each by completing activities on this page!



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

## Water Bank Account Game

You can think of a water supply as a bank account, with deposits (water put in) and withdrawals (water taken out). What happens to the bank account as the population grows?

Year	Yearly rainfall (add)	City water needs that year (subtract)	=Water Supply
Starting Water Supply = 5 coins			
1	3	1 coin	7
2		2 coins	
3		3 coins	
4		4 coins	
5		5 coins	
6		6 coins	
7		7 coins	

- Place 5 coins in a cup. This is your initial water supply. Keep 20 coins aside.
- Make 5 strips of paper. Number them 1-5.
- Mix up the strips and draw one. The number tells the amount of precipitation you receive that year. For example, if you draw a 3, add 3 coins to your cup.
- Fill in the chart. Then remove the number of coins required to fill your city's water needs that year.
- Continue to add and subtract coins from your water supply as you draw numbers. Fill in the chart as you go. What happens?



## EnviroKids' Club

EnviroKids' Club  
c/o Spokane Regional Clean Air Agency  
3104 E. Augusta Ave.  
Spokane, WA 99207

PRSR STD  
U.S. Postage  
**PAID**  
Spokane, WA  
Permit No. 722

**See inside for  
Activity Details!**  
Members can earn 5 points  
by completing each special  
EnviroKids' activity that is  
marked with a gold star!

## EnviroKids'... caring for the Earth

EnviroKids' Club provides its 200+ members with information and activities to explore aspects of the environment: air, water, weather, garbage and recycling, plants and animals. The Club is open to all Spokane County residents who are in grades K-6.

Club members receive a newsletter in the mail four times a year. The newsletter contains activities to complete and ideas for activities at home or in the community. Members who are interested can complete activities and/or participate in some of the events to earn points. Earned points can then be used to trade-in for prizes. **Members need to participate in at least one activity per calendar year to receive newsletters.** For more information, visit [www.spokaneenvirokids.org](http://www.spokaneenvirokids.org).

**To earn points, mail your completed activities by October 31, 2015 to:**

EnviroKids' Club c/o National Weather Service  
2601 N. Rambo Rd. Spokane, WA 99224

Fill in this form with the activities page complete and send it back to us to earn your points! Do you have a friend or sibling who would like to join Envirokids' Club? Copy this page for them to send in and be added to our mailing list.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Phone: \_\_\_\_\_

My child has permission to participate in EnviroKids' Club activities that I accompany him/her to and permission is granted to use his/her photo that may be taken at such event, for promoting the Club (newsletter, flyers, ads, website, etc.)

Parent Signature. Please print name, then sign and date

*EnviroKids' Club Partners: National Weather Service, Spokane Aquifer Joint Board, Spokane Conservation District, Spokane County Water Resources, Spokane Regional Clean Air Agency, and Spokane Regional Solid Waste System.*

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