

Family Helper Badge



CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

With the help of an adult, do any seven of the following:

- _____ 1. Show how to use the kitchen stove or microwave oven safely, and then make tea, coffee, hot chocolate, soup or cook an egg. Show how much quicker a pot with a lid on will boil than a pot without a lid. Explain how this helps you to cook with less energy. Explain how using a microwave to heat up food instead of the stove will help reduce energy use and climate change.
- _____ 2. Set a table for a two course meal for your family.
- _____ 3. Know how to load a dishwasher and when it is full, how to turn it on. Or show the proper way to wash dishes by hand. Explain how only running a dishwasher when it is full will help reduce how much water and energy are used.
- _____ 4. Clean windows and mop a floor.
- _____ 5. Make a bed and clean and tidy a room.
- _____ 6. Vacuum a rug.



- _____ 7. Show the correct way to answer callers at the door and on the telephone, and show how to pass on a message.
- _____ 8. Wash and dry a load of laundry and iron your neckerchief. Explain how hanging clothes to dry will help reduce the amount of energy you use.
- _____ 9. Show how to recycle, compost and dispose of household garbage. See if you can reduce the amount of garbage you are throwing out each week by putting this into action.
- _____ 10. Sew on a badge and a button.
- _____ 11. Discuss how to properly dispose of household toxic waste such as paint, oil, paint thinner, old medicine, cleaners and batteries.



- _____ 12. Wash an automobile.
- _____ 13. Keep an entrance to a home clear of snow for one month.
- _____ 14. Water a lawn or garden for one month. Explain what time of day is best to water plants to conserve water.
- _____ 15. Show that you can help reduce your family's energy costs by turning off lights and electrical equipment that are not being used during a one week period.

I completed my Family Helper Badge requirements on:

_____ (date)

