



**CANADA**  
4-H Saskatchewan

# 4-H Month Sustainability Initiative Bingo Card

Complete any two lines and get entered to win a prize.  
Submit your bingo card and accompanying photos to [communications@4-h.sk.ca](mailto:communications@4-h.sk.ca).

Name: \_\_\_\_\_

Club: \_\_\_\_\_

|  Environment |  Community |  Sustainable AG |  Science & Tech        |  Healthy Living |
|---|---|--|---|--|
| Use a reusable bag the next time you grocery shop.  | Find out what traditional territory you're on. <sup>1</sup>                                 | Learn about what food items are locally produced in your area.                                   | Turn off devices when not in use  | Drink your whole reusable water bottle each day.   |
| Wash a FULL load of laundry and hang it to air dry  | Make a donation, volunteer, or otherwise support a local community group.                   | Grow your own produce—lettuce and herbs are easy to grow indoors!                                | Turn off all the lights when you leave home.  | Eat 3 balanced meals for a day.  |
| Pack your lunch with all reusable containers  | Learn what four areas Plains Midstream Canada supports in their community <sup>2</sup>      |               | Reduce your screen time. (You can use different apps for this)  | Put your devices away 1 hour before bed.   |
| Take a shorter shower to conserve water.  | Learn about your local government and steps they are taking towards sustainability          | Make a meal with all Canadian, in season ingredients   | Lower your thermostat at night and when no one is home.   | Set a goal, create a routine to reach this goal, and keep a journal for accountability             |
| Start a compost bin   | Find out how many UN Sustainable Development Goals there are <sup>3</sup> .                 | Buy Local<br>Reference 4-H Canada's my plate and the planet resource <sup>4</sup>                | Find one example of a past 4-H Canada Science Fair project that would improve sustainability <sup>5</sup> | Set aside 20 minutes for dedicated exercise each day in a week                                     |



### Thank you to our Sustainability Initiative Sponsor:

Everyone who submits a completed BINGO card will be put into a draw. The winning card will get the opportunity to donate \$100 to the environmental charity of their choice, thanks to the support of Plains Midstream Canada

1— Saskatchewan Treaty Map [http://www.otc.ca/pages/treaty\\_map.html](http://www.otc.ca/pages/treaty_map.html)

2 — Plains Midstream Canada Community Investment <https://www.plainsmidstream.com/page/community-investment>

3 — UN Sustainable Development Goals Website <https://sdgs.un.org/goals>

4 — 4-H Canada's My Plate and the Planet Resource—see <https://4-h-canada.ca/healthyliving/myplate>

5 — 4-H Canada Science Fair (check under "Looking for Inspiration") <https://4-h-canada.ca/sciencefair>