

# Family-Friendly Guide to Park Cleanup

There will be lots of cleanups happening on Earth Day, but you can help keep your favorite park clean all year long! Get together with your family and a few friends and follow these steps to plan your own park cleanup.

## 1) Choose a Park and a Date

Before you begin, make sure you have a good park in mind. Choose one that your family enjoys visiting so that you all feel especially excited to help it look its best. Also, check the weather ahead of time to make sure rain clouds won't put a damper on your plans.

## 2) Gather Supplies

Being prepared will make your clean up time more productive and less stressful. You should bring the following materials with you on the cleanup day:

- Work gloves to protect your hands from germs
- Small garbage bags to hold your trash
- Hats, sunglasses, and sunscreen to keep you safe in the sun

## 3) Pack Snacks

Healthy food will keep you energized while you work. Bring food that's easy to transport and quick to eat on the go such as bananas, apples, and granola bars. You can also make your own trail mix with nuts, pretzel sticks, and raisins.

## 4) Stay Hydrated

Bring at least two reusable water bottles for each person coming to the cleanup. For a fun treat, drop in some fruit like strawberries, raspberries, and orange wedges to really hype up your hydration!

## 5) Clean-Up Time

Head to your favorite park and pick up any garbage that you see on the ground.

## 6) Have Some Fun!

Celebrate the end of your work time by enjoying the park that you just helped clean! Swing and climb on the playground, hike on the trails, or play a game of tag in the field--there are lots of ways to have fun at the park!