**HOW TO HELP THE RAINFOREST**

One of the biggest threats to the rainforest today is large-scale logging of rainforest trees. To help decrease the number of trees logged in the rainforest, you can:

* avoid buying products made from "exotic woods" that grow in the rainforest. These include Mahogany, Teak, Rosewood, Sitka Spruce, and Western Red Cedar.
* use recycled paper (or tree-free paper made from cotton, straw, or other substances)
* recycle paper goods at home and at school

Another way you can help is by using fewer products made from oil. When oil is drilled and piped in the rainforest, it causes a lot of pollution to the water and ground there. One out of every four gallons of oil coming into the U.S. comes from the Amazon rainforest. Try to do the following:

* walk or ride your bike when you can. If you can't do that, keep gasoline use to a minimum by carpooling or taking a bus.
* use glass instead of plastic (which is made from oil). If you have to use plastic bottles, utensils, etc., recycle them.

Cattle farming in the rainforest leads to large-scale "slash-and-burn" practices in the Amazon: the rainforest is set on fire to clear away the trees and other plants, and then grass is planted for cows to eat. The meat from these cows often comes to the U.S. for fast food burgers, frozen dinners, and other products. Every hamburger patty from the rainforest means 55 square feet of rainforest land has been destroyed. Try to:

* find out where the meat you eat comes from. In the grocery store, look to see if you can find this information on food packaging.
* if possible,write letters to fast-food restaurants and other food manufacturers asking them not to buy beef from the rainforest if they're doing so now.