

# ONLY TAKE WHAT YOU NEED

by Joyce Johnson Rouse

Every little piece of paper once was a living thing  
Every little glass of water came from a living spring  
Every little fruit and veggie started from a little seed  
So choose a little, use it a lot and only take what you need  
Uh-huh, only take what you need

Every little juice burger once had a mama, too  
That roamed around the pasture before it became your shoes  
Every little shrimp and scallop used to swim around the sea  
So choose a little, use it a lot and only take what you need  
That's right, only take what you need

Every little piece of plastic started in the earth as oil  
Every little inch of concrete covers up some farming soil  
Every little cardboard carton once was a living tree  
So choose a little, use it a lot and only take what you need  
Uh-huh, only take what you need  
Oh, yeah, only take what you need  
That's right, only take what you need