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