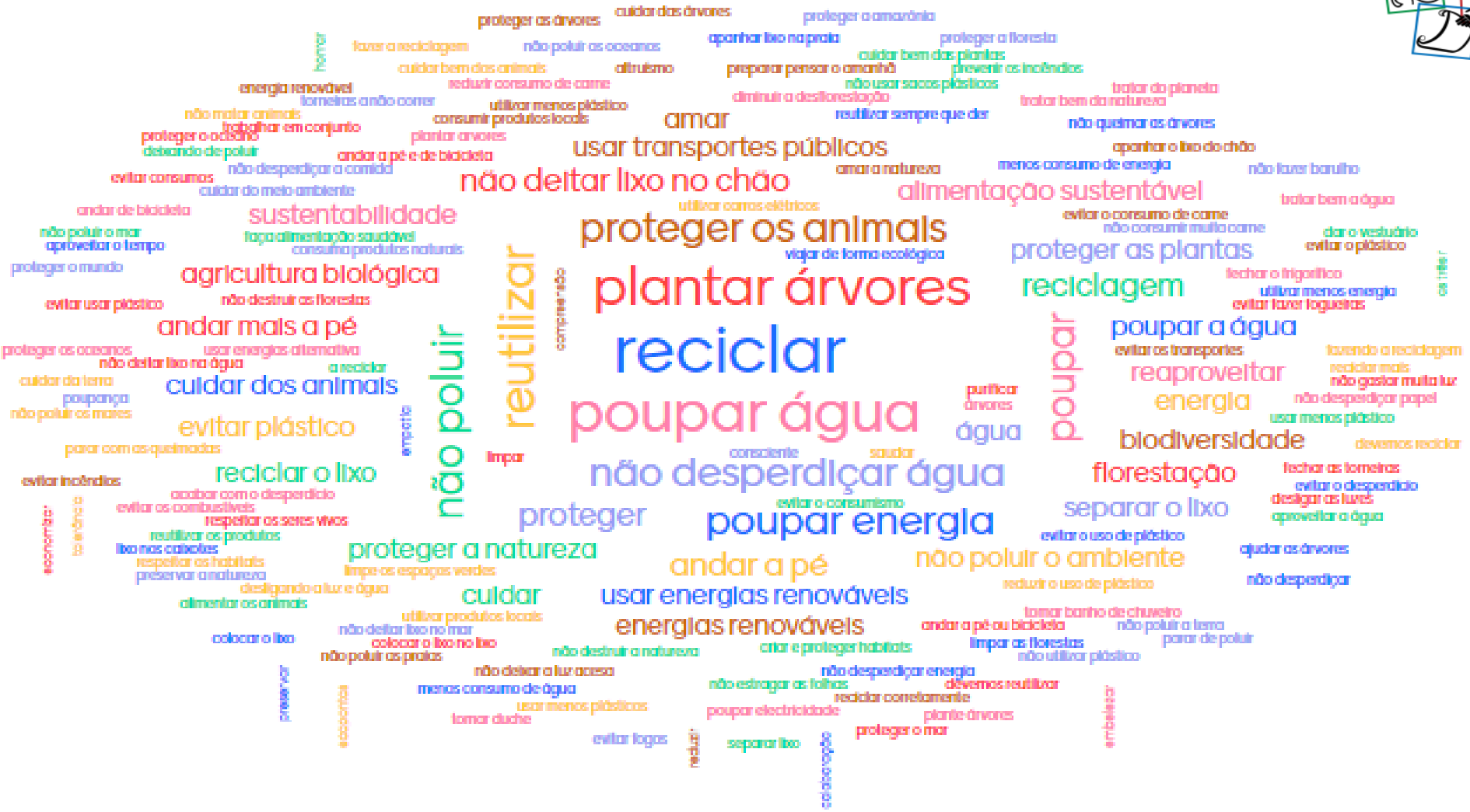Como podemos ajudar a salvar o nosso planeta?