



NAME _____

EMAIL _____

DEPARTMENT _____

AFFILIATIONS _____

DIRECTIONS

Earth Day started in 1970 when people demanded we protect public health by protecting our resources. Get a **FREE** insulated water bottle/coffee mug for participating*. Here's how

- ☐ Watch any of the 5 videos below (links on the titles below).
- ☐ Check which videos you watched, and note a few takeaways in the spaces provided. Submit this form to sustainability@unthsc.edu. We'll email you instructions on picking up your water bottle.

*Please note, giveaways are for current HSC students and employees only. Water bottles are manufactured from a Certified B Corp and Climate Neutral Certified company.



VIRTUAL LIVE SESSIONS & FOOD CHALLENGE (ATTEND AT LEAST ONE)

Check which one you attended and include a brief statement about your takeaways. More information and registration at unthsc.edu/earthday:

- ☐ Sustainable Menstruation
- ☐ Cooking 101: Learn Basic Cooking Skills to Reduce Your Impact and Eat Healthier
- ☐ Greening Your Closet
- ☐ Why Should Health Care Professionals Care About Climate Change?

TAKEAWAYS

ON-DEMAND VIDEOS (WATCH ONE FROM EACH CATEGORY)

Check which one you attended from each category and include a brief statement about your takeaways.

FOOD & GARDENING

- ☐ Growing Food as Activism
- ☐ Food Waste & Composting with Cowboy Compost

TAKEAWAYS

LIFESTYLE, HEALTH, & KIDS

- ☐ Sustainability in the Kitchen
- ☐ Practicing Sustainability with Your Kids
- ☐ Impacts of Climate Change

TAKEAWAYS

REDUCE - REUSE - RECYCLE

- ☐ Recycling 101 & Putting the Other Rs Into Practice
- ☐ Recycling Alone Isn't Enough - Here's Why

TAKEAWAYS

AT HSC

- ☐ 10 Tips From YOUR Sustainability Committee
- ☐ Sustainability in the Labs
- ☐ Coming Back to Campus the Sustainable Way

TAKEAWAYS