



HSC EARTH DAY CELEBRATION | APRIL 5TH - 22ND | GET A FREE BRANDED T-SHIRT!

DIRECTIONS

Earth Day started in 1970 when people demanded we protect public health by protecting our natural resources. Get a FREE HSC branded t-shirt for participating* by completing three steps between April 5th-22nd:

- 1 Attend an event (offered virtually and in-person).
- 2 Watch a video on the HSC Sustainability Playlist.
- 3 Do an activity on your own, with friends, or as a family.

Full details are below, and you must submit this form by April 22nd to sustainability@unthsc.edu. Directions on where to pick up the t-shirt will be emailed to you.

*T-shirts are made from organic cotton and recycled plastic to reduce our impact. They are available for current HSC students and employees only.

STEP 1: ATTEND AN EVENT

Check which one you attended and include a brief statement about your takeaway. More information about each event as well as registration (if applicable) is at unthsc.edu/earthday.

- Social Media Upcycle Project** | *post between April 5th-22nd*
Upcycling is making something new from waste material or an existing product. Post your project and tag [@sustainableUNTHSC](#) on Facebook or Instagram. You can also choose to display it at the Earth Day Fair on April 21st.
- Mocktails at the Garden** | *April 8th from 4-6pm, HSC Community Garden*
Tour the garden and learn basics of container gardening and sprouting while enjoying refreshing drinks and light fare.
- HSC Service Expo** | *April 12th from 10am-2pm, MET 109-111*
Visit the HSC Sustainability table to take the recycling quiz and get a prize.
- Home Energy Tips** | *April 17th at 12pm (virtual; registration required for link)*
Stephanie Byrd with Schneider Electric will present tips on how to reduce energy where you live.

FEATURED EVENT

- Earth Day Fair** | *April 21st from 11am-1pm, MET Field (IREB Lobby if rain)*
Food trucks (\$5 voucher for first 200 people), \$2 ice cream, venter booths, clothing swap, and recycling opportunities. Learn all the details at unthsc.edu/earthday.

TAKEAWAYS

NAME

EMAIL

DEPARTMENT

AFFILIATIONS

STEP 2: WATCH A VIDEO

We have 13 videos on the HSC Sustainability Playlist of HSC's YouTube Channel. Topics range from sustainability in the kitchen to food waste to sustainable menstruation and more. Watch at least one video and include a brief statement about your takeaway.

VIDEO(S) VIEWED

TAKEAWAYS

STEP 3: DO AN ACTIVITY

Complete one of the following activities on your own, with friends or colleagues, or as a family between April 5th-22nd. Check your activity in the box and write a brief description of what you did.

- 7 Days of Gratitude Journal: Celebrate Our Planet and Our Lives Here**
Practicing gratitude is good for our health! Download the journal at unthsc.edu/earthday.
- Litter Cleanup, Choose Any Location**
Grab a bag and gloves and spend some time picking up litter. Supplies are available if needed.
- Nature Walk**
Spend some time outside this month in nature. Resources at unthsc.edu/earthday.
- Bike Ride**
Fort Worth Bike Share offers FREE memberships for students and discounts for employees.
- Earth Activities with Kids**
Get your kids involved in an eco-friendly activity such as cooking a plant-based meal or energy games. A list of 8 activities can be found here.

DESCRIPTION