

Virtual
EARTH



DAY 20
20

Coming Together While We Are Apart

Directions

This year Earth Day celebrates its 50th anniversary, and it all started when people demanded that we protect public health by protecting our resources. This year, we celebrate Earth Day Virtually with a theme of “coming together” while we are apart.

Complete [at least one item](#) from each of the following categories by May 6th for a chance to **win a \$25 Amazon gift card!**

Two ways to participate:

- 1 Submit this completed form to sustainability@unthsc.edu
- 2 Complete the online form available at unthsc.edu/earthday



Come Together (In Spirit)

- **Help a neighbor** – Whether it’s buying groceries for a neighbor or mowing a yard, look for ways to help a neighbor.
- **Pick up litter** – Take a bag and pick up litter as you enjoy being outside. This keeps trash out of our rivers, lakes, and eventually oceans.
- **Buy local** – Now is the time to support our local farmers, restaurants and grocery stores.
- **Plant a garden** – Provide food and habitat for pollinators or grow your own vegetables and herbs.

Tell us what you did:



Learn

- Story of Stuff ([video link](#))
- Climate 101: Causes & Effects ([video link](#))
- Earth Day: A History of Protecting Public Health Through Environmental Protection & Advocacy ([infographic link](#))
- Food & the Environment ([infographic link](#))
- Supporting Local Food ([infographic link](#))

Tell us what you did:



Make the Switch

- **Choose to use less plastic** – Try shampoo and soap bars and decline the plastic cutlery with your takeout.
- **Eat plant-based meals** – Plant-based meals are not only good for our health but good for the planet too. Take the quiz at eatlowcarbon.org.
- **Practice gratitude and compassion** – Keep a gratitude journal or tell someone what you are thankful for each day. Look for ways to practice kindness and compassion.

Tell us what you did:



Reduce, Reuse, Recycle

- **Clothing Drive to Support Environmental Student Group** – Receptacle in MET west driveway from April 22nd to May 6th. Full list of accepted items and more information at unthsc.edu/earthday.
- **Donate a book** – Find a Little Free Library near you at littlefreelibrary.org (we have two on campus).
- **Donate food or resources** – Many food pantries and nonprofit organizations are accepting food and financial donations.
- **Use reusable bags** – When you go to the grocery store, use your own bags (wash them afterwards). You can also recycle plastic bags at most supermarkets.
- **Save energy (and money)** – While you’re spending more time at home, don’t forget to turn off the lights when you leave a room and unplug electronics when not in use.
- **Think You Know Recycling?** – Take this quiz to find out if you recycle right! ([quiz link](#))

Tell us what you did:



Social Media

- Follow us at [sustainable_UNTHSC](https://www.instagram.com/sustainable_UNTHSC)
- Like us a [sustainableUNTHSC](https://www.facebook.com/sustainableUNTHSC)
- Sign up for our newsletter at unthsc.edu/sustainability (link is located under the video)
- Tag yourself doing something for Earth Day with [#unthscearthday](https://twitter.com/unthscearthday)
- Join the discussion and share your activities in our Facebook group ([link](#))

Tell us what you did:

| [sustainable_unthsc](https://www.instagram.com/sustainable_unthsc)
contact | sustainability@unthsc.edu
website | unthsc.edu/earthday

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