50 WAYS TO CELEBRATE
EARTH DAY AND EARTH WEEK
Courtesy **UMaine Office of Sustainability** and **Green Campus Initiative**

THE UNIVERSITY OF MAINE · 1865

Climate Action
April 19th - 25th

To learn more about the suggestion, click bold text links.

Celebrate "Climate Action" on Earth Day

1: **Take part in EarthRise's Digital Earth Day.** Over the 24 hours of Earth Day, EARTHRISE will include global conversations, calls to action, performances, video teach-ins and more.
2: Watch a webinar on **Happiness & Sustainability Around the Earth**. The Sustainable Development Solutions Network is hosting a 24-hour webinar event on Earth Day to explore the Sustainable Development Goals through the lens of well-being and happiness.

Educate yourself

3: Read the **UMaine Sustainability Spring Newsletter** and the latest issue of the **SPIRE journal.**
4: Calculate your **carbon footprint online**.
5: Learn how you can **reduce your footprint**.
6: Use ecomaine's **Recyclopedia** to answer all the questions you've ever had about what's recyclable and what's not.
7: Use the App **Project Sunroof** to calculate the cost benefit of installing solar panels on your roof.

In your community

8: Support Maine State Parks and other conservation lands by visiting one of the many locations across the state, where open. Practice physical distancing, and turn back if the park begins to get crowded.
9: Use your phone to take photos of plants, insects, and other wildlife and upload to **iNaturalist** to identify them.
10: Discover a new walk or bike route. Practice physical distancing for as long as cautions are in place.
11: Plant, or donate, trees through the **Earth Day Canopy Project**.
12: Buy local food to reduce the distance from farm to fork. Buy direct from a farm, from a local farmers' market, or join a local food co-op.
13: Go "Plogging." When you're on a jog, pick up trash along the way. Don't forget gloves!

Get involved

14: Enter Green Campus Initiative's Nature Photography contest with your best nature photo! **Get the details here.**
15: Try a remote **Nature Scavenger Hunt.**
16: Run the **Virtual Earth Month 5K.**
17: Sign up for the **City Nature Challenge.**
18: Create an Earth Day poster (8 ½ x 11) with your family or housemates, then take a photo of it and share it on social media to help raise awareness about Earth Day!
Tag us on social: @UMaine-Sustainability and @UMaineGCI.

Use your voice

19: **Speak up.** Make your voice heard and contact your legislators about issues that are important to you whether it is protecting wild places, recycling reform, improving public transport, acting on climate, or something else.
20: Encourage your town or city to add sidewalks or off-street paths so residents have safe places to walk and bike.
21: Join Earth Day Network's campaign to **End Plastic Pollution.**
22: Join Earth Day Network's campaign to create **Foodprints for the Future.**
23: Advocate for environmental issues with **craftivism.**

At home

24: Start, or continue, composting. Check out these tips from **UMaine Cooperative Extension**.
25: Take a light bulb inventory of non-LED bulbs, then make a plan to swap them out to save money and energy.
26: Create a vegetable garden.
27: Swap disposable kitchen and bath products for reusable versions.
28: Make a reusable t-shirt bag. **Learn how here.**
29: Make your plants happy. Re-pot the ones you've "been meaning to get to."
30: **Try a new meatless recipe.** Reducing meat consumption curbs carbon emissions from the livestock industry.
31: Fill up a reusable water bottle before you head out of the house.
32: Keep cloth rags around your home to use instead of paper.
33: Stop using disposable plastics, especially single-use plastics like bottles, bags and straws.
34: Choose 100% post-consumer recycled paper goods.
35: Declutter and support the community: Make a goal of donating items to organizations including the Black Bear Exchange, local animal shelters, Adoptive & Foster Families of Maine, Goodwill or Salvation Army, when they reopen for donations. Contact them before delivering your donation.
36: Spring cleaning? Use toxin-free cleaning products. Learn to make your own with everyday household ingredients. Learn more by downloading the **Natural Resources Council's Clean & Healthy Housekeeping brochure.**
37: **Organize your refrigerator to help reduce food waste.** Store meat and fish on the bottom shelf where it's coldest. Put veggies in the high-humidity drawer, and fruits in the low humidity drawer. Store leftovers on the upper shelf and label them with dates. Don't put milk or eggs in the door where it is the warmest.
38: Plant native plants in your yard. Non-natives can out-compete native species for resources. Look especially for plants that attract pollinators and other insects that are part of a healthy ecosystem and that rely on native plants for food and habitat.

Reduce, reuse, recycle

39: Batteries: Recycle appliance/electronic batteries. Use rechargeable ones instead.
40: Recycle used printer, fax, and copier cartridges.
41: Recycling paper, plastic and glass can reduce your garbage by 10% and your carbon footprint by 1,200 pounds a year.
42: Take a shorter shower and use a water-saving shower head.
43: Set your printer to print two-sided.
44: Switch to e-billing. It saves paper and ensures health safety.
45: Conserve natural resources by turning something old into something new! Find thousands of ideas at **Instructables**.
46: Skip the dryer. Hang clothes outdoors on a clothesline or use a drying rack inside.
47: Turn off and unplug unused electronics. This includes turning off your computer at night.
48: Turn off lights when you leave a room.
49: Run your dishwasher only when it's full to save water and energy.
50: Wash your clothes only when necessary, use cold water and line dry.