



Earth Day Activity Ideas!

1. Take a hike

Get in touch with Earth's rhythms by exploring nature. Maybe take a trip to Acadia National Park or Baxter State Park. Or stay local and explore the great Orono trails. Bring a bag and pick up litter along the way!

2. Donate your old clothes

Why not clean out your overstuffed closet and then donate those clothes you haven't worn in years to a local charity? Local organizations accepting donations include the Black Bear Exchange, the Orono Thrift Shop, and the Goodwill Store in Bangor.

3. Earth Day and chill

There are tons of great sustainability-focused documentaries. Watch and learn about environmental issues and the amazing people working to solve them. Stick with the Earth Week theme - Ending Plastic Pollution - by watching documentaries like "Bag It", "A Plastic Ocean", or "Addicted to Plastic".

4. Go vegetarian or vegan

According to the Food and Agricultural Organization, livestock contributes 14.5 % of human-caused greenhouse gas emissions. Reduce your environmental footprint by choosing vegetarian or vegan options in the dining hall, at a restaurant, or at home. Your meals will be just as tasty as they are green!

5. Green your dorm or office

Do you use power strips for all your electronics? Have you installed LED light bulbs? Have you checked your thermostat recently? Use Earth Day to give your dorm room or office a green makeover. Click [here](#) for green tips and info about how to get your office Green Certified!

6. Support a local environmental org.

There are so many amazing orgs. working to conserve Maine's ecosystems. Show them your support by visiting, donating, volunteering, or becoming a member. Local organizations include: Orono Land Trust, Bangor Land Trust, Penobscot Valley Audubon, Coastal Maine Heritage Trust, and the Schoodic Institute.