EARTH DAY MENU

AT HOME





CLIMATE LITERACY

- Use an <u>Advocacy Packet</u> to start advocating for sustainable initiatives in your community.
- <u>Sign the letter</u> to demand climate education from our global leaders.
- <u>Explore our toolkits</u> to learn about environmental issues and take action!

FOOD & ENVIRONMENT

- Implement Meatless Mondays, or swap one meal a day to plant-based.
- <u>Calculate your carbon</u> <u>foodprint</u> and set goals to reduce it!
- Challenge each other to see who can make the best plant-based dinner during Earth Week.
- Try some of our <u>climate-</u> <u>friendly recipes</u>!



GLOBAL EARTH CHALLENGE

- Download the <u>Global Earth</u> <u>Challenge app</u> and collect data about air quality, plastic pollution, insects, and food in your community.
- Use the <u>air quality</u>, <u>plastic</u> <u>pollution</u> and <u>insect</u> lesson plans for fun activities to do from home!

PLASTIC POLLUTION

- Count how many single use plastic items you have in your bathroom and kitchen. Research alternatives you can use to replace them.
- Write your local officials to implement a plastic bag ban.
- Research where to send hard to recycle items like toothbrushes and markers.



ARTISTS FOR THE EARTH

- Repurpose materials from around your house into new items.
- Draw or paint what you want a sustainable future to look like. Write a creative story about this green future!
- Write a song about the Earth!

BIODIVERSITY

- Plant a <u>pollinator garden</u> in your yard or in containers.
- Make an insect hotel to give bugs a safe place to live.
- Designate areas of your yard as natural areas - don't mow, let native plants grow!
- Find eco-friendly alternatives to your cleaning and lawn-care products.

Visit EARTHDAY.ORG to learn more