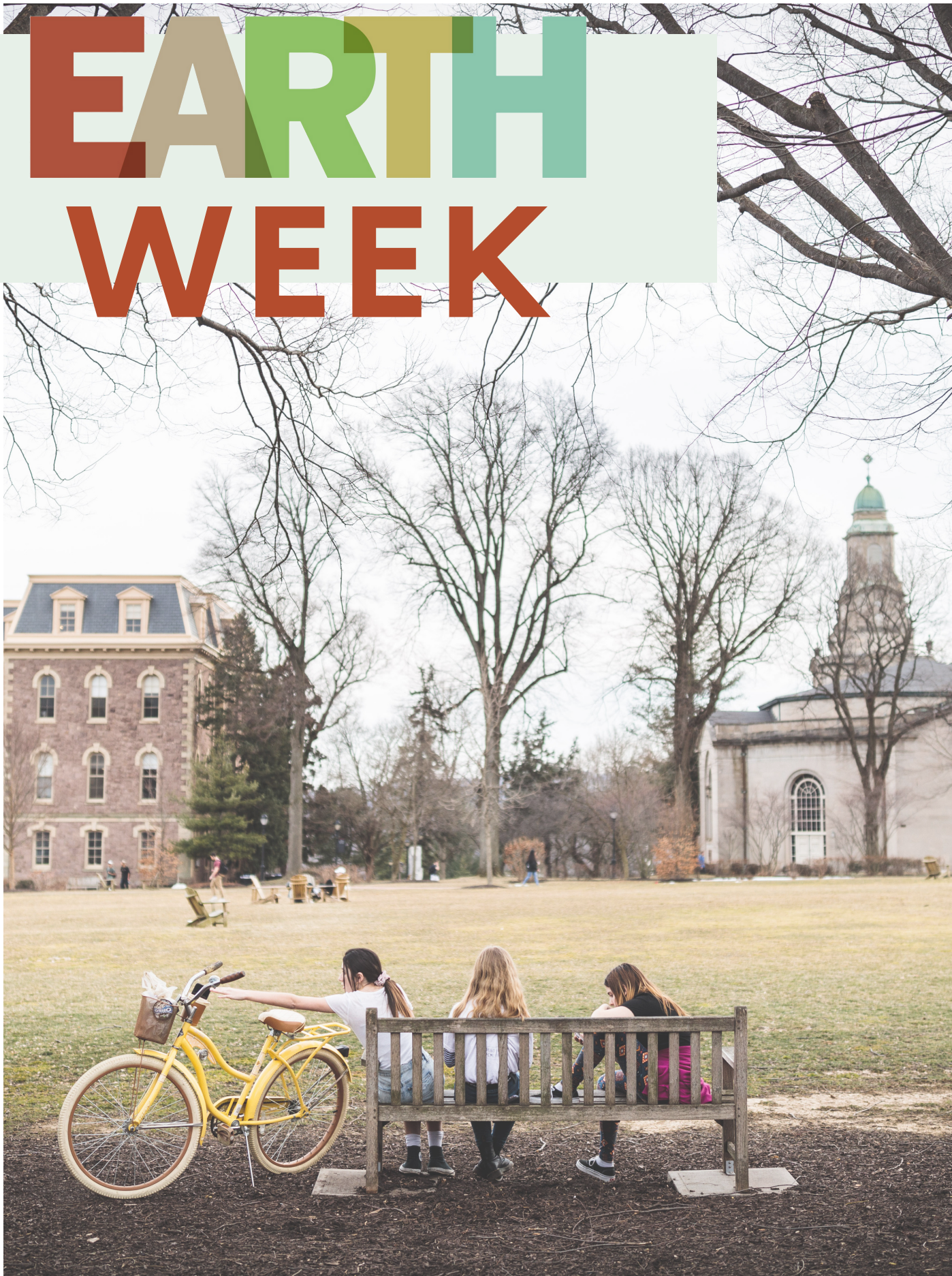


APRIL 15TH - 22ND

EARTH WEEK





A NOTE

In lieu of in-person events, Earth Week will be hosted virtually April 15th - 22nd. The virtual Earth Week events can be found on our website at sustainability.lafayette.edu. We encourage everyone to follow along throughout the week using this packet as a guide for personal, lifestyle, and household growth.

Even from your home, wherever that may be, you are a world changer. Your goodness and kindness and creativity were made to make this world better and more just for all. Our hope is that you would be able to use this resource to learn about our shared Earth and ways to protect her.

This guide was not made for the experts, but for those that want to learn. It is meant to serve as a jumping off point no matter where you are on your earth-love journey. We imagine you will have questions, comments, or want to learn more throughout the week.

Feel free to email us at sustainability@lafayette.edu or text questions to 610-766-7052. We're always available to chat!

**FROM OUR HOMES TO YOURS,
THE OFFICE OF SUSTAINABILITY**

DELICIA, KENDALL, LISA + NICK

THE DASH

BY LINDA ELLIS

I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on the tombstone
From the beginning...to the end

He noted that first came the date of birth
And spoke the following date with tears,
But he said what mattered most of all
Was the dash between those years

For that dash represents all the time
That they spent alive on earth.
And now only those who loved them
Know what that little line is worth

For it matters not, how much we own,
The cars...the house...the cash.
What matters is how we live and love
And how we spend our dash.

So, think about this long and hard.
Are there things you'd like to change?
For you never know how much time is left
That can still be rearranged.

If we could just slow down enough
To consider what's true and real
And always try to understand
The way other people feel.

And be less quick to anger
And show appreciation more
And love the people in our lives
Like we've never loved before.

If we treat each other with respect
And more often wear a smile,
Remembering this special dash
Might only last a little while

So, when your eulogy is being read
With your life's actions to rehash...
Would you be proud of the things they say
About how you spent YOUR dash?

SCHE DULE

15 EARTH WEEK
KICK-OFF

16 FOOD + FARM

17 ENERGY

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CONSUMPTION

20 BIODIVERSITY

21 WASTE +
RECYCLING

22 EARTH DAY!



”
***THIS CRITICAL
EFFORT WILL
REQUIRE
COLLABORATION
FROM THE
ENTIRE
COMMUNITY.***
“

APRIL 15TH - 22ND

EARTH WEEK BINGO!

Go on a picnic	DIY something	Recycle something	Follow @lafayettesustainability on Instagram	Explore a local trail, greenway or sidewalk!
Try a plant-based recipe	Acknowledge territory - visit native-land.ca	Call a loved one	Air dry your clothes!	Grow a garden or herb plant
Turn off lights when you leave a room	Try a gardening project	Free space!	Shop local businesses and farms	Use a reusable water bottle
Follow @lafayettecollegefarm on Instagram	Wash your clothes in cold water!	Try an upcycle project	Buy an item second-hand or swap with a friend	Watch an environmental documentary
Do a random act of kindness	Go one day without creating food waste	Send a letter to a friend	Take a break from your screen	Write a poem

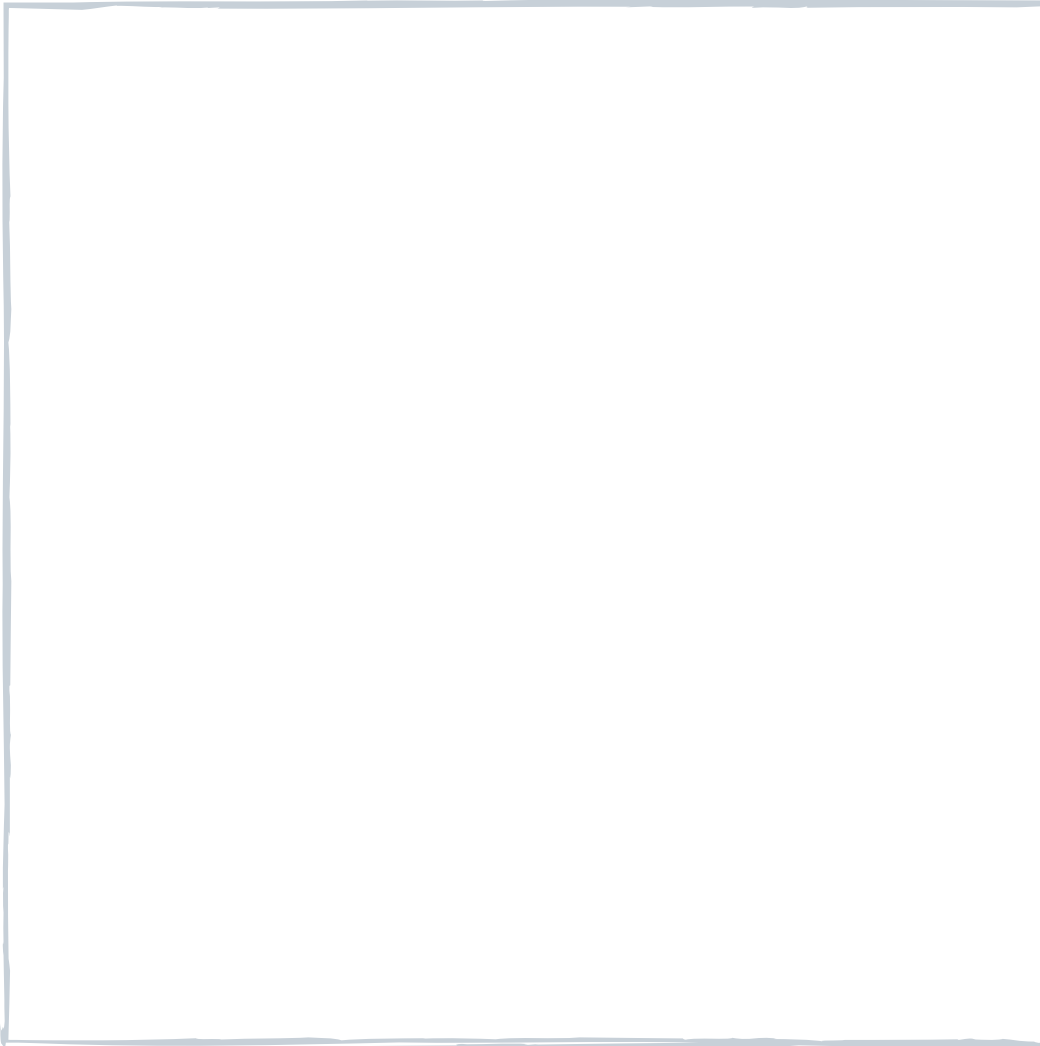


Cross off as many squares as you can and send a picture of your bingo sheet to sustainability@lafayette.edu for a prize!

EARTH WEEK KICK OFF

APRIL 15TH

Journal Prompt: Draw yourself in the square below (feel free to go outside the lines) and reflect on what you love about the Earth.



My Earth Favorites

Bug:

Leaf:

Bird:

Flower:

Person:

Fruit:

Vegetable:

Animal:

Landscape:

Temperature:

Climate:

Season:

Time of Day:

Weather:

Body of Water:

FOOD LOOP

Three times a day we are each invited to form a direct and essential relationship to the earth: through eating a meal. Food, that life-giving transformation of solar energy into plant matter and animal protein, reminds us of our complete dependence on this earth, and all of the beings—microbes, fungi, kale, cows, farm workers—who bring that solar energy to our plates. Through our dietary choices we have the opportunity to build a restorative relationship with the land (or not), by buying local, eating plant-based, growing our own, or supporting producers who treat animals, land, and humans ethically. Making the “right” choice is not always easy, or even clear, and is certainly not equally accessible to all—we start with where we are. From choosing a beet over a beef burger, learning about the long and painful history of racist land policies in the U.S., or reducing our food waste in order to show respect and appreciation for our meal, we together learn how to build a just & sustainable food system. Are you ready to take the first bite?

Lisa Miskelly, Assistant Director of Food + Farm



FOOD LOOP




ACTION ITEMS!

- Research why composting is better for the environment than a landfill: see if composting is available in your area or if you can start at-home composting
- Volunteer with a local community garden or pantry while following COVID-19 safety guidelines
- Watch a food related documentary like *The Biggest Little Farm* or *The Game Changers* or *Growing People*
- Shop seasonal produce this week (use guide on next page)
- Practice "Thoughtful Thursday" and skip animal protein at all meals



Did you know?

HEINRICH BÖLL STIFTUNG  **GRAIN**

THE TOP MEAT AND DAIRY CORPORATIONS EMIT MORE GHGs THAN EXXON, SHELL OR BP
 Meat and Dairy company emissions in MtCO₂e (2016); Oil company emissions (2015)

Company	Emissions (MtCO ₂ e)
Top 5 Meat and Dairy Companies	578 Mt
Exxon	577 Mt
Shell	508 Mt
BP	448 Mt
Top 3 Meat Companies	484 Mt

TOP 5 MEAT AND DAIRY EMITTERS

- 1 JBS
- 2 TYSON
- 3 CARGILL
- 4 DAIRY FARMERS OF AMERICA
- 5 FONTERRA GROUP

FACTSHEET **BIG MEAT AND DAIRY'S SUPERSIZED CLIMATE FOOTPRINT** [c/o www.iatp.org](http://www.iatp.org) & www.grain.org

SEASONALITY CHART

Seasonal produce is often more fresh, local and can reduce your transportation carbon footprint

Spring

Apples	Carrots	Lettuce	Radishes
Apricots	Celery	Limes	Rhubarb
Asparagus	Collard Greens	Mushrooms	Spinach
Avocados	Garlic	Onions	Strawberries
Bananas	Kale	Peas	Swiss Chard
Broccoli	Kiwi	Pineapples	Turnips
Cabbage	Lemons		

Summer

Apples	Blueberries	Honeydew	Raspberries
Apricots	Cantaloupe	Lemons	Strawberries
Avocados	Cherries	Lima Beans	Summer
Bananas	Corn	Limes	Squash
Beets	Cucumbers	Mangos	Tomatillos
Bell Peppers	Eggplant	Okra	Tomatoes
Blackberries	Garlic	Peaches	Watermelon
	Green Beans	Plums	Zucchini

Journal Prompt:

Read The Youth Food Bill of Rights found here:

sustainability.lafayette.edu/yfbor

What right surprises you the most? What right excites you the most?

ENERGY



APRIL 17TH

ENERGY



We have an opportunity to make an immediate change to our carbon footprint by reducing our electricity consumption through conservation. Every person can make a positive impact on the Earth's environment - through daily habits that reduce energy consumption and waste. Nothing is cleaner than the kWh or BTU you don't need and don't use. Moreover, every kWh or BTU that is not conserved remains part of our carbon footprint that will need to be replaced by RECs or carbon offsets.

Nick Desalvo, Campus Energy Manager

ACTION!

- Turn Down for Watt - commit to one hour, no power and turn off lights, unplug electronics, etc.
- Try to take a 5 minute or less shower (or stick to 2 songs - use the Earth Week playlist)
- Use cool/cold water when washing your clothes and hang them to dry
- Replace an incandescent light bulb with an LED

JOURNAL PROMPT

WAYS I CAN CONSERVE ENERGY



CONSUMPTION

It's not hard to understand that we are all consumers. Many of our ancestors were producers and likely made their own clothes and grew their own food. However, our current society seems to have forgotten these skills. We've lost connection with the makers and growers by prioritizing convenience and cheapness over everything else. With the availability of almost any item at our finger tips, we can be distracted from the reality that most products we own or buy today were created by the exploitation of land, resources, and/or people.

This system is obviously unsustainable, and consumers have started to catch on. This has created a conscious consumer movement. The conscious consumer wants to be closer connected with the producers and sources of goods (i.e. Farmers Markets).

Some questions to consider when choosing items to buy and brands/producers to support:

- What are the living + working conditions of production workers, and are there ethical standards in place?
- Is there transparency of wages and are all employees paid a fair + living wage?
- Does the organization value human rights throughout all sections of production and all levels of employees?
- Does the organization provide details of ingredients or materials used in production? Are the ingredients naturally or chemically derived?
- Does the organization practice responsible resource use through production, packaging, transportation, etc.?

The conscious consumer also knows the difference between needs and wants. One of the easiest ways to practice mindful consumption is saying no to unnecessary or temporary purchases. The conscious consumer does research and makes purchases only when necessary.

CONSUMPTION

APRIL 18TH + 19TH



UPCYCLE PROJECT

Using discarded items in your home, create something new through upcycling!



Send a picture to sustainability@lafayette.edu of your upcycle project for a prize!

ACTION!

- Commit to buying no new things this weekend
- Donate unused or unwanted items to a thrift store in your area (following COVID-19 guidelines)
- Research local stores and small businesses in your area and follow one on social media
- Attempt a zero-waste lifestyle; log or carry around all items that cannot be recycled or composted in your area -- post your waste at the end of the day
- Use the Environmental Working Group's Skin Deep website to see what's in your products at home
- Research "Green Washing" and become a conscious consumer



Save the bees!

One way to support biodiversity in your area is to provide sanctuaries for pollinators (bees, butterflies, beetles, birds, etc).

Choose plants that flower at different times of the year in order to provide nectar and pollen sources throughout the growing season. Plant in clumps, rather than single plants, to better attract pollinators!

ACTION: Research native plants for your area and provide recommendations to family members and friends!



ACTION!

Go on a walk and search for these objects.
Check them off when you see them!

- something beautiful
- something that smells good
- something that makes you happy
- something that is a pretty color
- something that makes a beautiful sound
- a special leaf

BIODIVERSITY

APRIL 20TH

Pollution negatively impacts our environment in many ways.

Animals can accidentally consume man-made items which they cannot digest and can die from obstruction or depletion of nutrients. They can also become entangled in items which can cause injury or death.

ACTION! COMMUNITY CLEAN UP

Go on a walk or a hike and pick up litter along the way!

Litter in water ways can also cause microplastics and toxins to be released which can kill plant life on riverbanks and at the bottom of the water source. Toxins can also be consumed by animals and cause life-threatening illnesses.

Of course, there are also community impacts of litter. Litter reduces resident's pride in their community and can reduce time spent in public spaces. Litter can also encourage pests and bugs which may further reduce resident's interest in outdoor spaces.

Safety Tips:

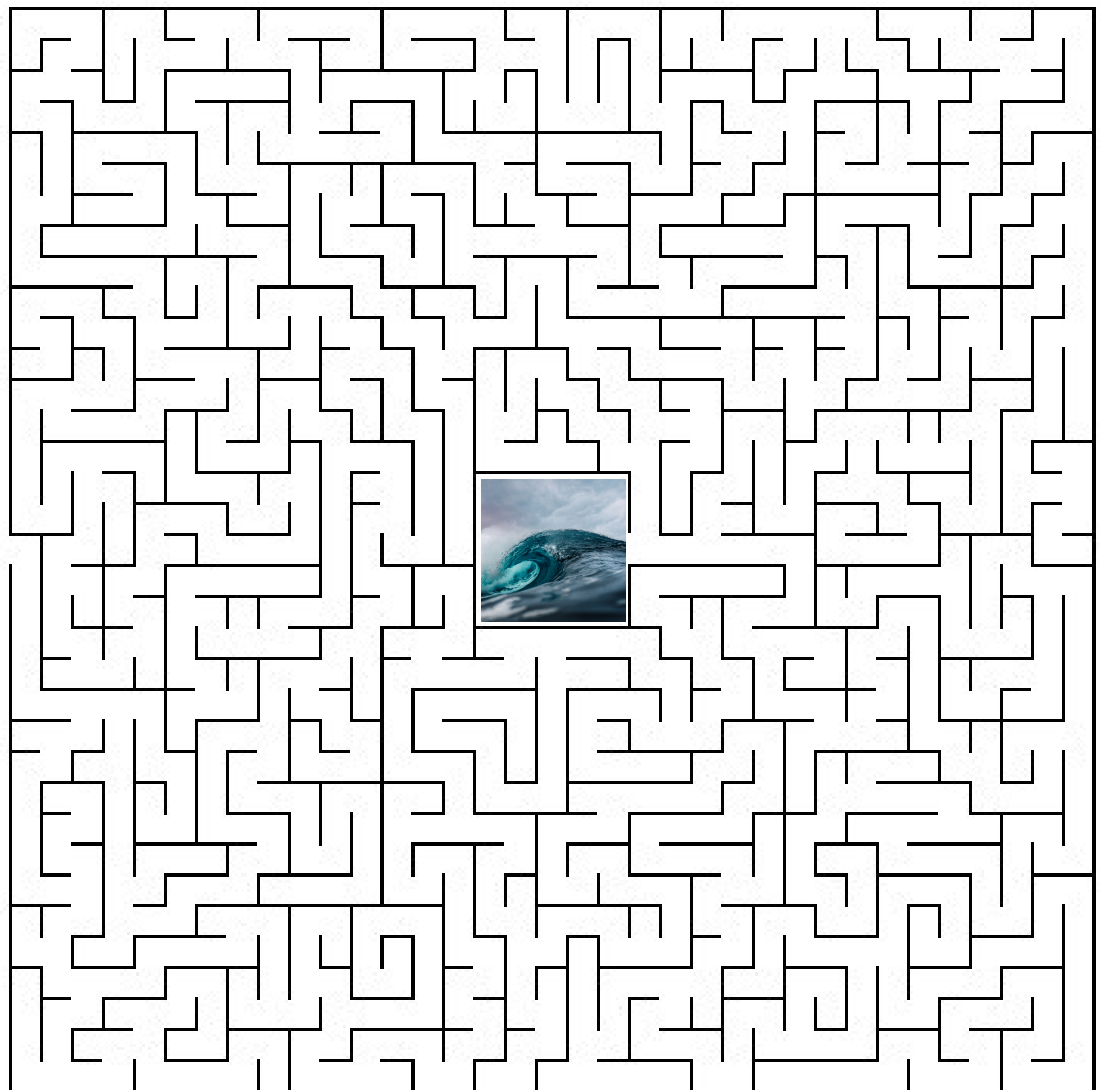
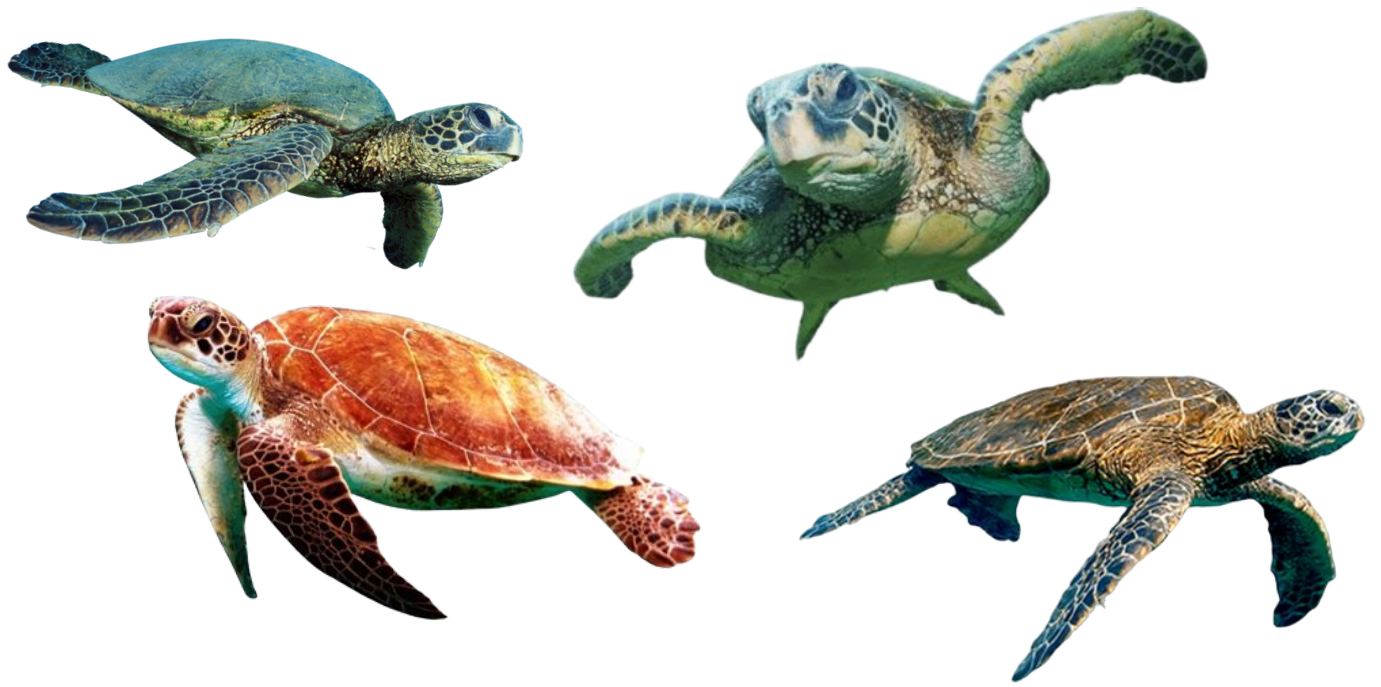
- Be sure to use gloves when picking up items
- Beware of sharp items like broken glass which can rip gloves and puncture skin
- Wear bright colors or reflective gear
- Practice social distancing and keep at least 6 feet between yourself and other individuals



Send a picture to sustainability@lafayette.edu of your clean up or items you removed from your environment for a prize!



Professor Dave Sunderlin and family collecting roadside recyclables in Williams Township. So far they've collected over 100 lbs. of glass, plastic, and aluminum!



THE 5 RS

Match the 5 Rs with their correct definition!

REFUSE

being mindful about what you're purchasing by reflecting on what you need and want and not making unnecessary purchases.

REDUCE

items are diverted from the landfill and made into new items. each city has their own rules and process.

REUSE

can help eliminate waste from the very beginning; simply say no and look into reusable alternatives.

RECYCLE

composting helps reduce methane production in landfills and makes healthy, nutritious soil for plants!

ROT

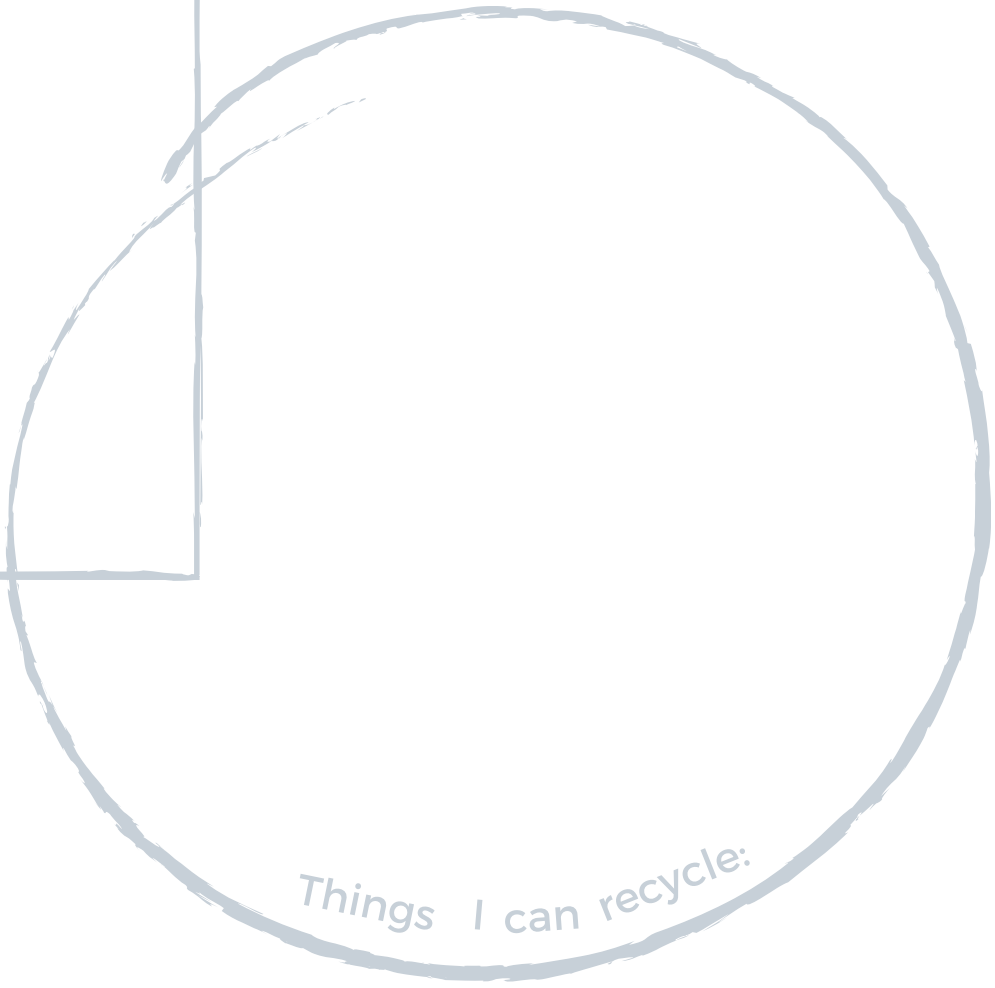
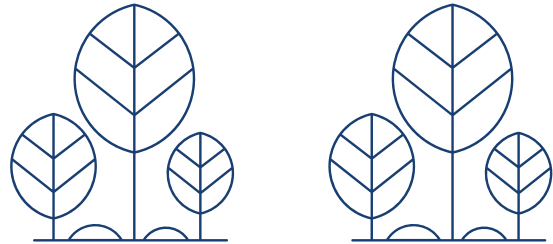
repair or repurpose to give items a second life; this also includes selling or donating items and shopping second-hand.

WASTE + RECYCLING

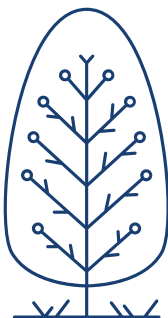
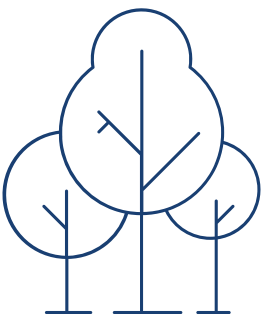
APRIL 21ST

Things I can reduce:

Things
I
can
reuse:



Things I can recycle:



EARTH DAY

APRIL 22ND



HAPPY EARTH DAY!

ACTION!

- Hug a tree - hugging trees is social distancing friendly
- Journal about the outdoors while outdoors
- Calculate your household carbon footprint; brainstorm ideas for how to reduce it
- Donate to Sustainability at Lafayette - Support the start of a Lafayette Free-Store and expanded Food Pantry
- Do one act of kindness for the earth
- Text or call a friend to wish them a happy Earth Day and tell them why you're happy they're on Earth

Journal Prompt:

What about the earth are you most grateful for?

MOVING FORWARD



ACTION!

- Get registered and vote!
- Celebrate Earth Day, every day
- Get involved with the environment and sustainability initiatives happening on campus
- Talk to others about things that matter to you
- Research environmental justice and get involved in your area

JOURNAL PROMPT
WHAT ACTIONS OR HABITS DO I WANT TO
INCORPORATE INTO MY EVERYDAY ROUTINE?



EARTH WEEK

You did it! A whole week of being mindful and taking action for our Earth! Thank you for being an active participant. We are always here as you continue on your journey and would love to encourage and connect with you (whether you're on or off-campus)!

Please always feel free to email us at sustainability@lafayette.edu or stop by our office when on campus at 203 Rockwell!

Thanks for helping us make Earth Day, every day!

