

50 DAYS OF ACTION

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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This year marks the 50th anniversary of Earth Day. People across the globe are taking actions to stay safe and healthy. The suggested actions on the calendar connect to recommendations from leading environmental health and campus sustainability actions. Use the blue boxes to follow along and mark the actions you complete, and find ways to embed your healthy, sustainable habits into your daily schedule. Submit them in My Cardinal Green to earn rewards!

<p>Get active! Take a 15-minute walking break outside</p> <p>8</p>	<p>Join the Mug Shot Challenge! Tag us in a pic with your reusable mug</p> <p>9</p>	<p>Disinfect objects and surfaces with eco-friendly cleaners</p> <p>10</p>	<p>Brush up on waste best practices - Review the Zero Waste Guidelines</p> <p>4</p>	<p>Go paperless for a day</p> <p>5</p>	<p>Compost all paper towels today</p> <p>6</p>	<p>Save energy: Put on a sweater instead of turning on the heat</p> <p>7</p>
<p>Consolidate your shipments to arrive on one day</p> <p>15</p>	<p>Reduce your carbon footprint and participate in Meatless Monday!</p> <p>16</p>	<p>Eat green to celebrate St. Patrick's Day! Go vegan for a day</p> <p>17</p>	<p>Minimize your take-out: Cook your meals at home</p> <p>11</p>	<p>Don't drink any single use bottled beverages for one day</p> <p>12</p>	<p>Save paper and remove your name from unwanted junkmail</p> <p>13</p>	<p>Practice mindfulness and self-care activities</p> <p>14</p>
<p>Virtually explore a National Park</p> <p>22</p>	<p>Calculate your carbon footprint</p> <p>23</p>	<p>Reuse as much as possible for one day</p> <p>24</p>	<p>It's World Recycling Day! Share your recycling story on social media</p> <p>18</p>	<p>Take Sustainable Stanford Overview, an online waste training</p> <p>19</p>	<p>Don't create any food waste today!</p> <p>20</p>	<p>Plant something for International Day of Forests and the Tree!</p> <p>21</p>
<p>Create a meal plan for the week to help you minimize food waste</p> <p>29</p>	<p>Use zoom to attend a meeting or class</p> <p>30</p>	<p>Register recent trips you've taken or plan to take</p> <p>31</p>	<p>Prevent the spread of germs! Review the CDC's tips</p> <p>25</p>	<p>Review Stanford's Zero Waste Sustainability Report</p> <p>26</p>	<p>Donate a dollar to support food security and feed those in need</p> <p>27</p>	<p>Turn off your lights from 8:30-9:30pm for Earth Hour!</p> <p>28</p>

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." — Dr. Seuss, The Lorax



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APRIL

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<p>This year marks the 50th anniversary of Earth Day. People across the globe are taking actions to stay safe and healthy. The suggested actions on the calendar connect to recommendations from leading environmental health and campus sustainability actions. Use the blue boxes to follow along and mark the actions you complete, and find ways to embed your healthy, sustainable habits into your daily schedule. Submit them in My Cardinal Green to earn rewards!</p>			<p>Electronically encourage 5 peers to support sustainability</p> <p>1</p>	<p>Record the items that you didn't recycle, compost, or reuse for one day</p> <p>2</p>	<p>Write to your legislator about environmental efforts</p> <p>3</p>	<p>Check out local food delivery services</p> <p>4</p>
<p>Get crafty! Repurpose everyday items to give them new life.</p> <p>5</p>	<p>Try a sustainable alternative for an item you use everyday</p> <p>6</p>	<p>Collect water in a bucket while showering and use it to water plants</p> <p>7</p>	<p>Practice individual meditation in greenery</p> <p>8</p>	<p>Virtually learn about the Stanford Energy Systems Innovation project</p> <p>9</p>	<p>Wear eco-friendly clothes</p> <p>10</p>	<p>Soak up the sun! Use natural lighting for most of the day</p> <p>11</p>
<p>Take a self-guided nature tour of the Stanford campus</p> <p>12</p>	<p>Opt for a reusable straw for the day</p> <p>13</p>	<p>Challenge yourself: Keep your shower 5 minutes or less</p> <p>14</p>	<p>Uphold handwashing best practices today</p> <p>15</p>	<p>Listen to a climate or environment podcast</p> <p>16</p>	<p>Keep loneliness at bay! Call, write, or video chat a loved one</p> <p>17</p>	<p>Wash clothes in cold water and hang them to dry</p> <p>18</p>
<p>Enjoy what Mother Earth has to offer! Individually explore a nearby park</p> <p>19</p>	<p>Turn off the water every time you wash your hands today</p> <p>20</p>	<p>Attend a virtual learning summit about climate resiliency</p> <p>21</p>	<p>Earth Day  Join a virtual Earth Day film screening</p> <p>22</p>	<p>Zoom in to take a virtual tour of the Codiga Resource Recovery Center</p> <p>23</p>	<p>Take an online tour of Stanford's Stormwater Facility</p> <p>24</p>	



"I feel more confident than ever that the power to save the planet rests with the individual consumer." — Denis Hayes, Stanford '69, founding earth day coordinator

