



EARTH WEEK

2020 #OWLTOGETHERNOW

An Owl's guide for making an impact, even at home!



MONDAY
APRIL 20TH

Meatless Monday

Activity

Replace any meat in your meal(s) with another protein source today.

Be a winner, eat a plant based dinner!

How it helps the planet

Save 133 gallons of water with every meatless meal.

Reduces your carbon footprint by 8 pounds each Meatless Monday.

If the world reduced meat consumption by 15%, it would have the same impact on greenhouse gas emissions as taking 240,000,000 (yes million!) cars off the road each year.

TUESDAY
APRIL 21ST

The Impact of COVID-19

Activity

Attend the Panel on: Sustainability During Social Distancing

2:00pm-3:00pm
via Zoom

Topics:

- Reducing at home waste and putting waste to work (composting)
- Can I actually do anything that will make a difference?
- How do I protect myself from germs without using ALL the chemicals?
- Water use and hand washing.
- Single use product increase.
- Myths and Facts

WEDNESDAY
APRIL 22ND

Recycle, Reuse, Reduce, & Refuse

Activity

Join Oregon Tech Renewable Energy Engineering Faculty (and others) in the Drawdown Ecochallenge!

April 14th-May 14th.

Take the challenge, and see how a few weeks of action add up to a lifetime of change for you and the planet.

How it helps the planet

Challenges of all sorts that are focused on reducing the impact humans have on our natural environment.

Reducing our energy use in this kind of collective impact will reduce our output of CO2 in tangible ways.

THURSDAY
APRIL 23RD

Give a little, not a lot!

Activity

Join the Oregon Tech Folding@home and Rosetta@home teams!

Passively share your unused computer power to aid in research and potential cures.

How it helps the planet

These projects are focused on disease research. The problems they're solving require so many computer calculations - and they need your help to find cures!

The faster these scientist are able to process their experiments, the sooner they may be able to come up with solutions to COVID-19.

The trickle down effects of this pandemic are pro and con for the environment!

FRIDAY
APRIL 24TH

Outside and Inspired

Activity

Get outside: Plant in your garden, safely pick-up trash on a walk, see a view that you want to keep protecting.

How it helps the planet

Plants absorb CO2 and keep soil from eroding. Rotating your garden helps keep a good balance of nutrients in the ground.

Be inspired by a view that you want to keep around forever. Pollution, climate change, and human degradation are making natural wonders less wonderful. Keep this in your mind when making choices day-to-day.

Trash isn't natural and disrupts the optimal flow of waterways, growth, and composting.

Click text for extra info!

How it helps you

-Reduce risk of heart disease or diabetes by lessening the intake of cholesterol in meat.

-Save \$\$\$ by reducing grocery bills. Meat remains one of the most expensive line items for shoppers.

How it helps you

-Boredom is no fun and creativity is proven to raise moods!

-Your pets, kids, inner child will thank you.

-Save \$\$\$ by buying less disposable materials.

-Stress free shopping for paper products that are extremely out of stock.

How it helps you

-Most challenges are completely free and provide tons of tools and information about how to reduce your impact.

-Most of these will save you money in the long run!

-Established program backed by thousands of scientists and environmental allies alike!

How it helps you

-It's totally free and only requires a quick set-up on your end.

-The faster these scientist are able to process their experiments, the sooner you get back to gatherings, gyms, in-person classes, and more!

How it helps you

-The outside world is your playground and provides a major (free) source of physical activity right now!

-As the weather warms, spending time in the sun increases vitamin D levels in your body.

-Starting a garden now could lead to fresh produce and herbs later this summer. One less thing to have to shop for!

Connect with us:

NAILED IT!

Follow this meatless recipe and post your outcomes.

Cheese & Veggie Twist
-----Recipe here-----

We love a win, but are absolutely excited to see your oopses too!

Connect with us:

Join us on Zoom
2-3pm

-----Join via the App-----

Connect with us:

Post about the ways you kept yourself on schedule for a shorter shower.

Did you sing a song? Bribe yourself with snacks? Use a timer? Put a pizza in the oven? Let us know what worked for you!

Connect with us:

Folding@home
Team #: 255868

Rosetta@home
Team: Oregon Tech

Let us know when you sign up and we will tally members and our contributions!

Connect with us:

Share your inspirational views or moments outside and tag us!

We all could use some beautiful scenery right now!



Connect with Campus Life!

#OWLTOGETHERNOW