

30 DAY SUSTAINABILITY CHALLENGE



THE WHOLE U
UNIVERSITY of WASHINGTON

As Earth Day falls in April, let's use this month to focus on sustainability. Each day, challenge yourself to complete the following sustainability tips and expand your knowledge on how to love our planet.

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|--|---|--|---|---|
| 1 <input type="checkbox"/>
Choose sustainably produced seafood at the grocery store | 2 <input type="checkbox"/>
Learn about the UW transition to paperless records | 3 <input type="checkbox"/>
Become aware of my carbon foot bring on the planet | 4 <input type="checkbox"/>
Take the stairs whenever you have the option to | 5 <input type="checkbox"/>
Carry a reusable water bottle or coffee mug |
| 6 <input type="checkbox"/>
Ride your bike or walk over driving | 7 <input type="checkbox"/>
Recycle electronics appropriately | 8 <input type="checkbox"/>
Unplug cell phone or computer chargers when not in use | 9 <input type="checkbox"/>
Completely shut down or sleep your computer at the end of the day | 10 <input type="checkbox"/>
Turn off all lights before leaving any space |
| 11 <input type="checkbox"/>
Set your thermostat to 65 degrees or lower when possible | 12 <input type="checkbox"/>
Make sure that all faucets are fully shut off | 13 <input type="checkbox"/>
Try to buy second hand when possible | 14 <input type="checkbox"/>
Replace light bulbs with energy efficient LEDs | 15 <input type="checkbox"/>
Use recycled paper |
| 16 <input type="checkbox"/>
Wash clothes in cold water | 17 <input type="checkbox"/>
Take shorter showers | 18 <input type="checkbox"/>
Try a sustainable cooking recipe and share it with family and/or friends | 19 <input type="checkbox"/>
Start a climate conversation. Ask one person you are close to how climate change has affected them. Listen to thoughts and stories, then share your own | 20 <input type="checkbox"/>
Discover the indigenous history of the land you live on |
| 21 <input type="checkbox"/>
Visit a National Park | 22 <input type="checkbox"/>
Attend an Earth Day related event | 23 <input type="checkbox"/>
Eat local and in-season food | 24 <input type="checkbox"/>
Reduce my consumption of meat | 25 <input type="checkbox"/>
Reduce consumption of dairy |
| 26 <input type="checkbox"/>
Use natural cosmetics and sunscreens | 27 <input type="checkbox"/>
Buy and plant a native plant | 28 <input type="checkbox"/>
Create an E-Zworm Composting Bin | 29 <input type="checkbox"/>
Invest in a metal straw to limit single use plastics | 30 <input type="checkbox"/>
Check out the UW Sustainability Action Plan |