

Virtual Earth Week

Aloha mai kākou,

We would like to invite you to join us in a virtual celebration of Earth Week. 2020 marks the 50th anniversary of [Earth Day](#), and our celebration this year will be unlike any in year's past. The University of Hawai'i has a long standing tradition of Earth Day celebrations. In an effort to keep our community safe, in-person Earth Day celebrations were cancelled. The University of Hawai'i Office of Sustainability recognizes the importance of doing our part to help flatten the curve, and extends a deep mahalo to everyone who is working to do so. We would also like to thank everyone who was working to create Earth Day celebrations across our campuses for being flexible working to create a digital opportunities.

We compiled this Virtual Earth Week package to connect our community with the earth that sustains us. This is a week long, topic-based guide, to provide you with facts, resources, and activities surrounding local and global sustainability. We hope this virtual guide helps you to unplug from our chaotic world, and focus on this incredible earth.

As we navigate these uncertain waters, we have been amazed and humbled by the resilience of our community, and are grateful for the opportunity to connect with each other during this challenging time.

Mahalo, me ke aloha 'āina,
University of Hawai'i Office of Sustainability Kupu AmeriCorps VISTA Team



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Daily Challenges

Follow along with the UH Office of Sustainability for Earth Week (April 19 - April 25) and complete these challenges! Make sure to share and tag @sustainableuh on Instagram to be featured!

IMPORTANT: Follow the most up to date recommendations for COVID-19 while completing these challenges.

Sunday:



Start an environmental journal & share one of your observations!

Monday:



Mālama 'āina by following one of the 27 gardening hacks from home.

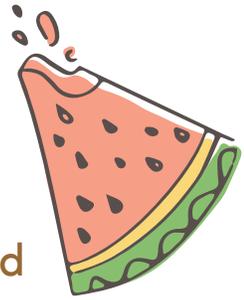
Tuesday:

Walk or bike somewhere that you'd usually drive. What did you notice on your journey this time?



Wednesday:

Start composting your food waste at home! What method will you be using?



Thursday:

Take your used coffee grounds & create your own exfoliating coffee scrub.



Friday:

Try to regrow a fruit or vegetable from food scraps. Easy starters are lettuce onions & ginger!



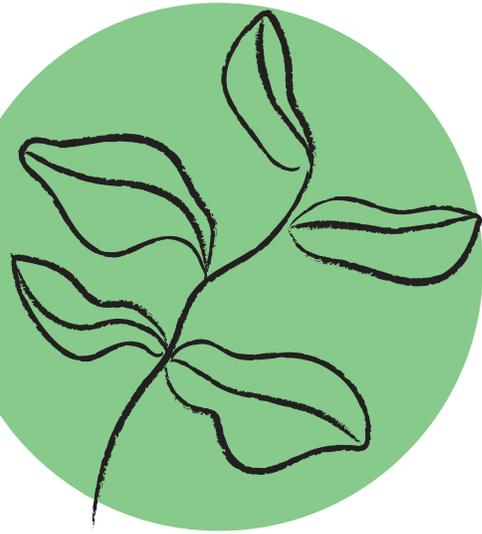
Saturday:

Tag us in a photo of your favorite outdoor spot. (Old pictures work great!)



Sust'ĀINAbility Sunday

Our Amazing 'Āina



- Kupukupu is an indigenous fern that is among the first plants to populate a new lava flow.
- Kupukupu can start growing a few months after a new flow.
- This resilient fern was named for its ability to grow on lava rock. "Kupu" means "to sprout" in Hawaiian.

How will you show Aloha 'Āina?

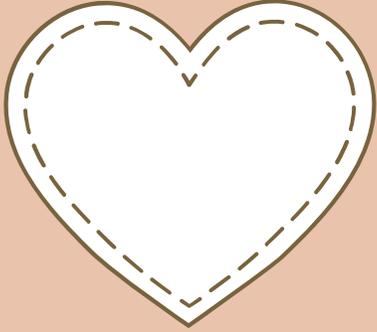
- Start by observing your surroundings; we can learn a lot from the earth!
- Keep a journal with environmental observations.
- There is much to be observed from your yard, window, or lanai. What's the weather like? Are there any birds or bugs that grab your eye? What do you see resilience in? Maybe it's you!



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Mālama Monday



Mālama Others

- Check up on loved ones or friends with a phone call or text.
- Offer to pick up food or supplies for kupuna.

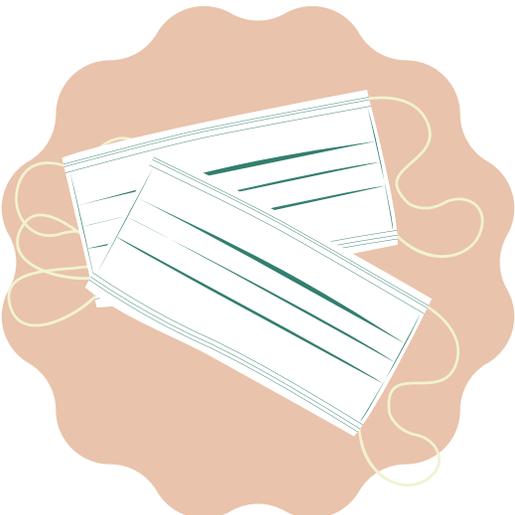
Mālama 'Āina.

- Take care of your 'āina at home.
- Try to propagate a plant! Aloe is an easy one to start with.
- [Check out this video for 27 creative ways to Malama 'Āina.](#)



Mālama Yourself

- Make a mask with a bandana or scarf if you have to leave the house for errands.



Transportation Tuesday

Is it possible for you to drive less?

Alternatives to driving:

- Bus.
- Walk.
- Bike.
- Carshare/Carpool.

Physical benefits:

Walking and cycling incorporates physical activity into daily living. Bike shares such as [Biki](#) (O'ahu), [Bikeshare Hawai'i Island](#) (Big Island), and bike rentals on Kaua'i and Maui provide a fun, affordable, and clean transportation option.



Financial benefits:

Save money. Even with low gas prices due to Covid-19, Hawai'i still has the highest gas prices, \$3.31 per gallon, compared to the national average, \$1.89.



Environmental benefits:

Air quality has improved with reduced cars on the road. With Covid-19 you might want to get outside and walk/ride your bike - remember to social distance!



Waste Less Wednesday

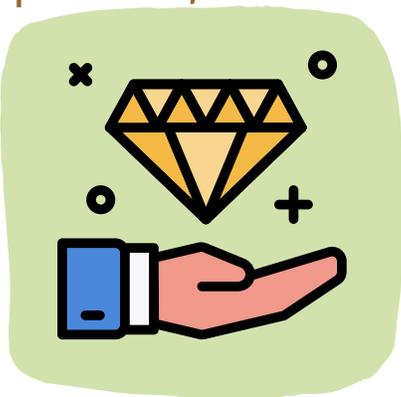
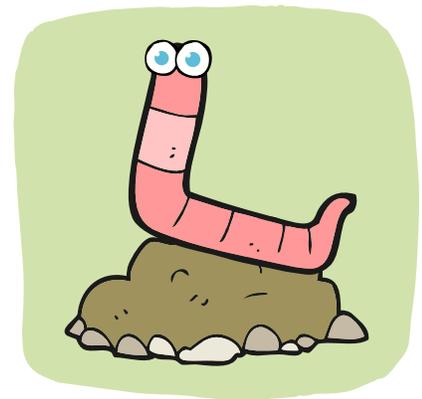


Why Waste Less?

- The waste cycle is a [major driver of climate change](#)
- [Landfills](#) are bad for our vulnerable communities.
- Hawai'i residents produce 6.5 pounds of waste per day, 2 pounds more than the national average
- Plastic pollution is poisoning our oceans, our 'āina, and our keiki.
- Almost 40% of our waste can be [composted](#).
- WASTE IS A RESOURCE.

What can you do?

- Buy less, buy local, buy used, buy sustainable.
- When buying something, consider where it will go when you are finished with it.
- Start a [worm bin](#) or [compost pile](#) at home.
- Grow your own food and cook at home.
- Reuse and [recycle](#) what you can.
- [Make your own](#) cleaning supplies, personal care products, home essentials, and more.



What are the benefits?

- Reduce your environmental impact.
- Feed your garden and your community.
- Become a creator, not a consumer.
- Save money and resources.
- ZERO WASTE IS THE FUTURE.



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Thrive & Jive Thursday



Beyond the cup

Many of us are now brewing that fresh cup of coffee at home, meaning we've got a lot of coffee grounds on hand -- don't let them go to waste!

DIY Coffee Scrub

Ingredients

- 1/2 cup Coffee grounds
- 1/4 cup Coconut Oil
- 1/4 Brown Sugar
- 1 Tbsp Cinnamon

Method & Tips

Combine ingredients into a paste. Gently rub coffee scrub on body, leave sit 5-10 minutes & rinse! *Scrub may be too abrasive for face.* Keep in an airtight container for 1-2 months.



Where else can Joe go?

Used coffee grounds are great compost or mulch material! They add nitrogen to compost, help aerate soil, and caffeine content drives away pests like slugs & snails! [Check out 16 ways to use grounds!](#)

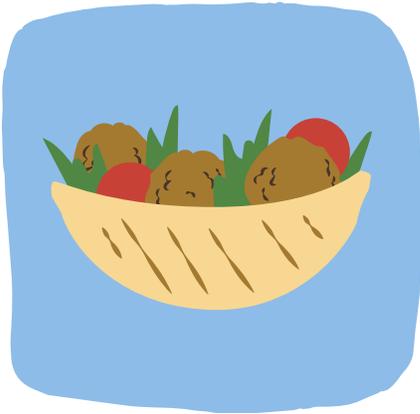


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Food Friday

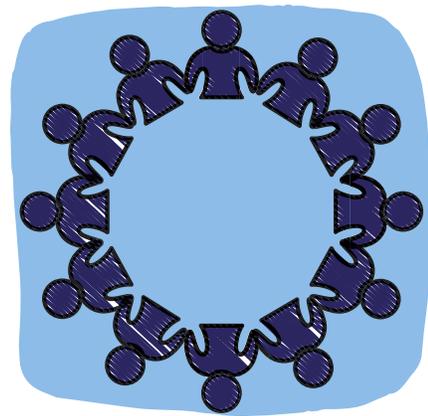
Food Banks & Virtual Donations



- Food demand is up by 30% and many food banks are in need of more donations! To help, virtually donate food to the organizations below:
 - O'ahu & Kauai: [Hawai'i Food Bank](#)
 - Hawai'i Island: [Hawai'i Food Basket](#)
 - Maui: [Maui Food Bank](#)

Support Local Food

- Farmer markets may be closed, but farmers still have produce to sell!
- Go to Gofarmhawaii.org and click "find food" to see where to get local food in your community at this time. Many farms have set up a delivery or drive thru systems.



Grow Your Own Food



- Lots of plant shops are still open! Call your local nursery and see if they are still operating.
- Got space? Build your own planter box!
- Want to start from seed? Try planting in an old egg carton.
- Grow new veggies from old vegetable scraps!



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Self Care Saturday



Why is self care important?

- You are important and maintaining a healthy relationship with yourself allows you to have healthy relationships with others.
- Self care helps with stress management. It also helps with preventing burnout and helps you recharge.
- Self care helps you sustain yourself!

Activities

- Eat your favorite food.
- Exercise.
- Take a nap.
- [6 Hawaiian traditions you should try for self care](#)



Campus wellness resources

- [Mānoa](#)
- [UHMC](#)
- [UHWO](#)
- [UH Hilo](#)
- [Hawai'i CC](#)
- [Kapi'olani CC](#)
- [Kaua'i CC](#)
- [Windward CC](#)
- [Leeward CC](#)
- [Honolulu CC](#)



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