

# PCC EARTH WEEK 2020

For a chance to win prizes and more, complete five-in a row and e-mail your completed BINGO card to sustainability@pcc.edu by April 30th, 2020 using "BINGO" as your subject heading. Many actions can be completed by clicking on the icon from your computer.

Obtain your card from: <a href="mailto:pcc.edu/earthweek">pcc.edu/earthweek</a>. You may fill it out digitally by downloading Adobe and filling out the form, or print it and return a scan or photograph to us. Detailed instructions are available on page 2.

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take 5 minutes with Ron Finley and spend an hour building a container garden	PREPARE A PLANT-BASED DISH	spend twenty minutes discovering seasonal eating	GET THE DIRT ON PCC'S LEARNING GARDENS AND SUBSCRIBE TO WHAT'S GROWIN' ON	review the PCC student made food insecurity education resource center (FIERCE) website
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WATCH THIS 13 MINUTE TED TALK: THE ECONOMIC INJUSTICE OF PLASTIC	Listen to a one hour episode of PCC sustain me!	TAKE 5 TO LEARN ABOUT THE STUDENT FUNDED PCC ECOSOCIAL JUSTICE GRANT	get to know  19 youth climate  activists of color	KNOW YOUR STATE REPRESENTATIVES
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tune up your bike to prepare for the bike more challenge with the Street Trust	GREEN YOUR BANKING IN HALF AN HOUR	tag epcc_sustain on instagram with your best earth week bingo in action photo	GET INVOLVED WITH PCC's CLIMATE ACTION PLAN online	spend 30 minutes learning about self-care with Leslie Davenport
SHOP FOR YOUR GROCERIES WITH A SUBSCRIPTION TO A FARM	learn about setting up a mason bee home or learn more with Beyond Toxics about protecting pollinators  CO CO	JOIN THE OREGON DEAR STRANGER PROJECT AND STAY CONNECTED	set a reminder to  go for a 15 min  walk  every day for a  week and then  do it	DOWNLOAD EWG'S HEALTHY LIVING APP
eat smart, waste less and reduce your food waste at home	CHECK YOUR HOME FOR WATER LEAKS	go on a virtual sustainability tour of PCC	TEST YOUR OREGON RECYCLING KNOWLEDGE	take 5 new steps towards a <b>plastic free life</b>
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### **DIRECTIONS & PRIZE INFORMATION**

Adapted from Multnomah County's Sustainability Bingo.

Goal: Engage staff and students virtually in celebration of Earth Week.

We are holding a raffle for three fabulous sustainability prizes and we will raffle one additional grand prize for "Blackout Bingo" - for completing all of the actions. To be eligible for prizes, download or print your bingo card from: pcc.edu/earth week and return a completed card that shows Bingo or "Blackout Bingo" to sustainability@pcc.edu. Download Adboe to complete the file as an Adoble fillable form or send us a screenshot/photo of your completed card. A completed card consists of five-in-a-row vertically, diagonally, or horizontally. Complete all 25 squares for "Blackout!" Please include your contact information, so we can get in touch with you if you win! The contest ends April 30, 2020.

> View all of the Virtual PCC Earth Weeks details at pcc.edu/earthweek. Prizes will be given out when we return to campus.

We will ask winners if they would like to be featured in social media.

#### **REFERENCES**

Take 5 minutes with Ron Finley and spend an hour building a container garden:

youtube.com/watch?v=7t-NbF77ceM

extension.oregonstate.edu/gardening/techniques/container-gardening-basics oregonlive.com/kympokorny/2010/08/garden zone more on parking st.html

Prepare a plant-based dish: <a href="defaultveg.com/#!/recipes">defaultveg.com/#!/recipes</a>

Spend twenty minutes discovering seasonal eating: seasonalfoodguide.org/why-eat-seasonally Get the dirt on PCC's learning gardens and subscribe to What's Growin' On: pcc.edu/sustainability/initiatives/learning-<u>gardens/</u>

Review the student made Food Insecurity Education Resource Center (FIERCE) website: sj-210.wixsite.com/fierce

### Watch this 13-minute TED Talk: The Economic Injustice of Plastic

ted.com/talks/van jones the economic injustice of plastic?language=en

List to a one hour episode of PCC Sustain Me!: pcc.edu/sustainability/initiatives/pcc-sustain-me-podcast/ Take 5 to learn about the PCC student funded ecosocial justice grant: youtube.com/watch?v=NcQMsWNLVM8 Get to know 19 youth climate activists of color:

> wearyourvoicemag.com/news-politics/youth-climate-activists-of-color Know your State Representatives: gov.oregonlive.com/legislators/

Tune up your bike to prepare for the Bike More Challenge hosted by the Street Trust: youtube.com/watch?v=M3dPRG p 6g and thestreettrust.org/events/2020/2020-bike-more-challenge

Green your banking in half an hour: greenamerica.org/finance

Tag @pcc\_sustain with your best earth day in action photo on instagram: instagram.com/pcc\_sustain/ Get involved with PCC's Climate Action Plan update: pcc.edu/sustainability/commitment/cap/ Spend 30 minutes learning about self-care with Leslie Davenport: youtu.be/uzsDeSJr 6M

Shop for your groceries with a subscription to a farm: <u>localharvest.org/csa/</u> Learn about setting up a mason bee home or learn more with Beyond Toxics about protecting pollinators:

lifehacker.com/how-to-correctly-set-up-a-mason-bee-house-1834551902

beyondtoxics.org/work/save-oregons-bees/

Join the Oregon Dear Stranger project and stay connected:

oregonhumanities.org/programs/collaborative-projects/dear-stranger/

Set a reminder to go for a 15-minute walk every day and then do it:

nytimes.com/2020/03/17/style/self-care/is-it-ok-to-take-a-walk.html Download EWGs Healthy Living App: <a href="mailto:ewg.org/apps/">ewg.org/apps/</a>

## Eat smart, waste less, and reduce your food waste at home:

eatsmartwasteless.com/about-the-challenge#why-it-matters

Check your home for water leaks: plumbingmastersaz.com/blog/what-are-the-steps-in-a-leak-detection/

Go on a virtual sustainability tour of PCC: <a href="pcc.edu/sustainability/map/#sy-outside">pcc.edu/sustainability/map/#sy-outside</a>

Test your recycling knowledge: recycleornot.org

Take five new steps towards a plastic free life: <a href="myplasticfreelife.com/plasticfreeguide/">myplasticfreelife.com/plasticfreeguide/</a>

## LEARN MORE ABOUT PCC SUSTAINABILITY

pcc.edu/sustain

Follow us: Instagram, Twitter, Sustainability Blog, and GivePulse!













