50 YEARS AGO:
APRIL 22, 1970

CHICAGO EARTH DAY 1970
SOURCE AP/MADE WORLD PHOTOS
# Earth Day 2020

## Reduce Energy at Home

<table>
<thead>
<tr>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>Reading over streaming</td>
</tr>
<tr>
<td>Lowered the temperature of the water heater</td>
</tr>
<tr>
<td>Turned off lights when not in the room</td>
</tr>
<tr>
<td>Unplugged gaming consoles when not in use</td>
</tr>
<tr>
<td>Used daylight instead of electricity when possible</td>
</tr>
<tr>
<td>Unplugged my charger when done using</td>
</tr>
<tr>
<td>Washed my laundry with cold water</td>
</tr>
<tr>
<td>Turned down my thermostat when I went to sleep</td>
</tr>
<tr>
<td>Sealed a crack or leak by a window or door</td>
</tr>
</tbody>
</table>
GO A MEAL WITHOUT EATING MEAT
Cook County’s Environmental Messaging in the Time of COVID-19

Actions rooted in:
- Control
- Cost-efficiency
- Calm
Cook County’s Environmental Messaging in the Time of COVID-19

Actions rooted in:

- Control
TURN DOWN YOUR THERMOSTAT WHEN GOING TO BED
Cook County’s Environmental Messaging in the Time of COVID-19

Actions rooted in:
- Control
- Cost-efficiency
WEIGH YOUR FOOD WASTE FROM ONE DAY
Cook County’s Environmental Messaging in the Time of COVID-19

Actions rooted in:

- Control
- Cost-efficiency
- Calm
PLAN YOUR GARDEN FOR THE YEAR

IDENTIFY TREES AROUND YOUR HOME
Cook County’s Environmental Messaging in the Time of COVID-19

Actions rooted in:
- Control
- Cost-efficiency
- Calm

NO FROZEN FOOD CONTAINERS IN RECYCLING BIN

Stay Safe
Please remember that plastic gloves, masks, and medical tubing cannot be put in the recycling bin at home.
If interested in the resources discussed, please check out our Twitter @CookEnviro
Earth Day Virtual Resources

**These sites are listed for informational purposes only. GRCorps does not endorse any of these entities nor their views.**

- **GRCorps’s 7 Things List:**
  - Available at mayorscaucus.org/earth-day-2020/

- **Calumet Collaborative:**
  - Full day of virtual programming looking at the Calumet Region
  - Available on Facebook @calumetcollaborative

- **Earth Day Live:**
  - 3 days of livestreaming with activists, performers, thought leaders, and artists
  - Available on earthdaylive2020.org
  - Contains tool to find local events near you
Earth Day Virtual Resources

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- **Earth Day Network:**
  - 24hr digital event (featuring calls to action and special guests)
  - Can participate in largest citizen science challenge through their app that lets you track air quality and plastic pollution
  - Available at [earthday.org](http://earthday.org)
Thanks for joining us!

- Stay connected with us
  - Facebook: @GRCorps
  - Twitter: @GRCorps
  - Website: www.mayorscaucus.org/greenest-region-corps/

- Questions?