

# 50 for 50

The logo features the text "50 for 50" in a dark blue font. The zeros are stylized as circular icons containing a landscape with trees and a sun. To the right of the text is a large, wavy, purple graphic element. Below the main text, the words "EARTH DAY 2020 PLEDGE" are written in a bold, dark blue, sans-serif font.

## EARTH DAY 2020 PLEDGE

In preparation for the [50th Anniversary of Earth Day in 2020](#), join us in taking the **50 for 50 pledge**, featuring 50 actions you can take to embrace the principles of climate justice.

This pledge was designed by the College of the Environment's [Office of Diversity, Equity and Inclusion](#) and [UW Sustainability](#). It is aligned with the United Nation's Sustainable Development Goals, which address the need to strengthen the global response to climate change and tackle poverty and other environmental injustices.

This pledge contains a list of actions and resources to promote individual action towards Earth Day 2020 and beyond. Each participant can choose which activities are appropriate for themselves or use this list as a starting point for their own ideas.

Our actions on the planet have an impact and can make a difference in the long run. Join us in adopting small changes, make a difference and share your acts to inspire others!

Take the pledge now at [green.uw.edu/50for50](https://green.uw.edu/50for50)

## Community

1. Share how I care for the environment. Post a photo on Facebook, Twitter, or Instagram and tag UW Sustainability (@sustainableUW) or #UWEarthDay
2. Participate in the College of the Environment's Intersectionality Project.
  - a. *Information on the Intersectionality Project and how to get involved will be available in late January. Follow the [College of the Environment on Facebook](#) to get information as it is available.*
3. Apply for Green Certification for your office, lab or student group at UW.
  - a. [Learn more about UW's Green Certification programs.](#)

4. Try a sustainable cooking recipe and share it with family and/or friends.
  - a. [See some ideas from the ASUW Student Food Coop.](#)
5. Start a climate conversation. Ask one person you're close to how climate change has affected them. Listen to their thoughts and stories, then share your own.
6. Volunteer in your community.
  - a. *There are many volunteer opportunities and organizations available in the Seattle area. Seattle Works is one organization connecting volunteers with opportunities. [Visit their volunteer match page to learn about upcoming events.](#)*
7. Connect or volunteer with groups who are rescuing, preparing, and distributing food.
  - a. [Visit Sustainable America's Food Rescue Locators for some locations.](#)
8. Visit a National Park and share your story.
  - a. [Share your story](#) with the National Parks Conservation Association.
9. Help my city by getting the new King County app to report noxious weeds.
  - a. [Learn more and download the app.](#)
10. Ask at least three of my friends or co-workers to take the pledge!

## Participate

11. RSVP and attend the UW Environmental Justice Conference organized by the College of the Environment.
  - a. [RSVP here.](#)
12. Mark my calendar and attend UW EarthFest on April 22 at Red Square.
  - a. [See event details.](#)
13. Provide feedback on the draft UW Sustainability Plan.
  - a. [Take our survey or learn more here.](#)
14. Volunteer with or visit the UW Farm.
  - a. [See details on the UW Farm's volunteer opportunities.](#)
15. Volunteer or organize a food drive for the UW Food Pantry.
  - a. [Learn more about the UW Campus Food Pantry.](#)
16. Volunteer with a Society for Ecological Restoration UW restoration event or at the student native plant nursery.
  - a. [Learn more about the Society for Ecological Restoration and upcoming events.](#)
17. Visit the Washington Park Arboretum and engage through one of their hosted activities.
  - a. [Check out a list of activities and events at the Arboretum.](#)
18. Join the Peoples Climate Movement.
  - a. [Learn more here.](#)

19. Learn about the predicted impacts of climate change in the Pacific Northwest.
  - a. *UW's Climate Impacts Group has many resources, including [a climate impacts overview](#).*
20. Follow UW EarthLab or sign up for the newsletter.
  - a. *UW EarthLab engages public, private, nonprofit and academic sectors in a shared and ongoing conversation that converts knowledge to action. [Learn more and sign up here](#).*
21. Organize an event with friend or in your community to learn more about climate change and request a speaker from the UW Program on Climate Change.
  - a. *[Learn more or submit a request](#).*
22. Participate in a Citizen Science project.
  - a. *You can find area citizen science opportunities through the [UW College of the Environment](#) or the [Woodland Park Zoo](#).*
23. Visit the 2020 Earth Day Northwest website and learn more about local events.
  - a. *[Earth Day NorthWest 2020 website](#).*

## **Reduce my footprint**

24. Become aware of my carbon footprint on the planet by calculating it.
  - a. *You can try [this calculator from the EPA](#) or [this alternative](#), among others.*
25. Use the King County EcoConsumer site to learn about ways to reduce waste.
  - a. *[The EcoConsumer site](#) includes tips on reusing and repurposing materials, as well as free community repair events across the region.*
26. Reduce my food waste by not taking more than I can eat and saving my leftovers for later.
  - a. *The [Food and Agriculture Organization of the United Nations \(FAO\)](#) estimates that around 1/3 of the world's food was lost or wasted every year*
27. Eat local and in-season food.
  - a. *King County is home to more than 1,800 farms and 40 farmers markets. [Find a farmer's market near you](#).*
28. Take action locally by joining a project or event through the Washington Sea Grant.
  - a. *[See a list of WSG volunteer opportunities](#).*
29. Reduce my consumption of meat and dairy.
  - a. *The meat and dairy sectors are among the biggest emitters of the greenhouse gases. A total of 14.5% of the world's greenhouse gas emissions come from the livestock sector, [according to the UN Food and Agriculture Organization estimates](#).*
30. Use reusable bottles for water and reusable mugs for coffee.

- a. *[According to Starbucks](#), an estimated 600 billion paper and plastic cups are distributed globally each year. Purchasing a disposable cup every day this creates about 23 pounds of waste per year. If you bring your own reusable cup, you receive a discount off drink purchases at all campus cafes.*
31. Print only when it is necessary and double-sided if possible.
  - a. *Reducing our use cuts down on the use of natural resources and energy required to produce, distribute, use and dispose of paper. [Learn more about paper reduction at the UW.](#)*
32. Reduce my plastic waste.
  - a. *[Use the Plastic Pollution Calculator](#) to calculate your personal plastic consumption and see tips on breaking free from single-use plastics.*
33. Calculate my home energy use and commit to some positive changes.
  - a. *The Department of Energy has an [appliance and electronic energy use calculator](#) which allows you to estimate your annual energy use and cost to operate specific products.*
34. Unplug electronic devices when not in use.
  - a. *Phantom energy can account for 15% or more of the total electricity used by many types of electronics and office equipment, including computers, stereos and printers, continue to draw electricity when they're plugged in and off. [See more information.](#)*
35. Carpool, ride your bike, use public transportation or drive an electric or hybrid car to reduce my carbon footprint by one pound for every mile you do not drive.
  - a. *Use the [commute calculator](#) to see how much changing your commute could save in emissions and money.*
36. Use natural cosmetics and sunscreens to avoid polluting water bodies.
  - a. *Marine life is seriously damaged by chemicals present in sunscreens and other cosmetic products, which cannot be treated in all water treatment plants or that are washed off when swimming. [Learn more.](#)*
37. Create a personal composting bin.
  - a. *King County has information on [how to create a worm composting bin online.](#)*
38. Buy and plant a native plant.
  - a. *The UW Society for Ecological Restoration has an annual native plant sale to benefit the on-campus student nursery. [Sign up for their newsletter](#) to stay informed. King County has also [compiled a list of local native plant nurseries.](#)*
39. Learn how to build a rain garden.
  - a. *[Learn more about rain gardens here.](#) Property owners may be eligible for a refund of the rain garden installation cost [through the RainWise program.](#)*
40. Record my own act of green through the Earth Day Network.

- a. *The Earth Day Network has set a 2020 goal of 3.5 billion actions taken, logged, and aggregated around the world. [Learn more at the Act of Green page.](#)*
- 41. Participate in King's County 1 Million Trees program.
  - a. *King County and partners will plant 1 Million Trees by 2020 across King County in both urban and rural areas. You can help by volunteering, donating or planting a tree. [Learn more about the program here.](#)*
- 42. Save water for wildlife.
  - a. *See water conservation tips at the [Don't be a Drip website](#), from the Center for Biological Diversity.*
- 43. Learn how to choose sustainably-produced seafood at the grocery store.
  - a. *The [Monterey Bay Aquarium Seafood Watch program](#) provides recommendations to help you choose seafood that's fished or farmed in ways that have less impact on the environment.*

## Environmental Justice

- 44. Read the guide: "The Lazy Person's Guide to Saving the World," created by the United Nations to fight inequality and injustice.
  - a. *You can [read or download the guide here.](#)*
- 45. Read or recommend a book around environmental or climate justice.
  - a. *The UW Libraries has an [excellent guide on Environmental Justice](#) with suggested readings. Click the categories in the sidebar menu to see the suggested lists.*
- 46. Educate myself by answering a 5-question quiz to challenge my knowledge on the relationship between poverty and the climate crisis.
  - a. *[Take the quiz on the Global Citizen site.](#)*
- 47. Discover the Indigenous History of the land I live on as a way to express respect.
  - a. *The University of Washington acknowledges the Coast Salish peoples of this land. To honor the native communities in the land you come from you can explore the [Native Land digital map](#) to learn more.*
- 48. Find out why people of color and indigenous groups are protesting.
  - a. *[This video from Perspective Film Production](#) highlights the work of four Indigenous Communities fighting for environmental justice.*
- 49. Stay informed about indigenous rights issues by subscribing to Indigenous Rising's YouTube channel.
  - a. *[See the Indigenous Rising YouTube channel here.](#)*
- 50. Choose one of the actions in this pledge and continue practicing for a year.