

Be Sustainable this April!









Our daily actions can have a huge impact on the environment.

This month help our planet by utilizing these sustainability tips:

- Reduce, Reuse, Recycle
- Reduce Food Waste
- Replace Disposables with Reusables
 - Grocery Bags
 - Razors
 - Batteries
 - Coffee Pods
- Stop Junk Mail or Go Paperless



April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>We believe in the Jesuit value of cura personalis: care of the whole person.</i></p>			1 	2 Make your own compost bin. Compost Bin	3 Set 3 goals for sustainability 	4 Plant trees and landscape items native to NE. NE Plants 
5 Stay engaged throughout the month with Creighton activities .	6 Start out your spring cleaning by getting outside in your yard or garden.	7 Follow this how to make a bird house video 😊 Kids Bird House 	8 Make your home office green with these tips from the CU sustainability team.	9 It's not too early to plant wildflowers, beans, and herbs. 	10 Good Friday University Holiday 	11 Drink water like it's going out of style. More water = more energy 
12 	13 Participate in sustainable entertainment this weekend 	14 Plant foliage that uses less water. drought-tolerant-ideas	15 Recycle your yard waste by composting or use as mulch.	16 Seriously filling lunch and dinner salads: Recipes	17 Try container gardening, if your yard is small. C-G	18 Wear sun screen and sun glasses when playing outside. 
19 Reflect on the weekend. What is one thing you are thankful for. 	20 Visit a garden nursery and purchase bee-loving bushes. 	21 Read food labels - serving sizes can be surprising!	22 Earth Day! Walk outside and enjoy nature. CU events online	23 Use your coffee grounds in your garden or compost bin. 	24 Walk during your work day today 	25 Complete a scavenger hunt through your neighborhood.
26 Take 5-minute break outside. Sit in a comfortable chair, close your eyes and listen to the sounds of	27 Pets can reduce stress. 	28 Save energy while cooking dinner with these tips .	29 Try out Meatless Monday with these meal ideas . 	30 To stay up to date on sustainability sign up for the sustainability listserv.	<div style="background-color: #e0f2f1; padding: 10px;"> <p>Stay in the know! Join the cu_wellness@creighton.edu list serve and/or like our Creighton Employee Wellness Facebook </p> </div>	

When one tugs at a single thing in nature, he finds it attached to the rest of the world.
 - John Muir