

Emeryville Earth Day 2020: Connecting Climate and Health

Earth Day's 50th Anniversary

Earth Day began in 1970, as a response to increasing public consciousness about the state of the planet. Images the Apollo astronauts shared, of a fragile, interconnected blue sphere in space changed the way we viewed our planet and environment. Fifty years later, the efforts to protect and restore earth's ecosystems are ongoing, and with thanks to individual and group action, are increasingly effective. Each one of us is a necessary part of this change.



The iconic Earthrise image of planet Earth as seen from the moon. (Image: ©NASA)

Connecting the Pandemic to Climate

The current pandemic crisis “really brings home what matters to all of us. What matters is the same for all of us. It’s the health and safety of our friends, our family, our loved ones, our communities, our cities and our country. That’s what the coronavirus pandemic threatens, and that’s exactly what climate change does, too.”

- Dr. Katherine Hayhoe, a climate scientist at Texas Tech and an author of the federal government’s leading climate change report, the [National Climate Assessment](#), quoted in the New York Times on 3/18/20.

Climate Action is Health Action

COVID-19 not only foreshadows what the effects of climate change may bring, it also is a reminder that our planet is made up of interdependent systems. When one or more of these systems is out of balance, stability of all is threatened. Warmer climates, melting permafrost, and deforestation all increase the potential for the release and spread of new and existing viruses. Every action you take to heal the planet also has the potential to improve health.




















Learn More

For more information and activities, visit [Emeryville’s Virtual Recreation Center](#) or the [SF Environment climate action page](#) for activities for youth and families, free books and films, virtual events, or a [virtual vacation](#) from home.

Earth Day Bingo

Here are some ideas on things to do to celebrate Earth Day this year, in **Emeryville's Earth Day Bingo!**

Complete five in a row (any straight line) and enter to win Chinook Books, recycling equipment, and more. Take a photo or screenshot of your completed Bingo card and send it to zerowaste@emeryville.org by April 30 to be entered into the drawing. If you would like to add any tips you learned or ideas you have, we'd love to hear them.

B	I	N	G	O
Take the Pledge and Avoid Single Use Items 	Play a virtual Earth Day game (grade 3-8) 	Install a high-efficiency showerhead 	Use cloth napkins & towels instead of paper 	Avoid food waste – make a new recipe from leftovers 
Learn how to garden in small spaces from a guerilla gardener 	Check your home for water leaks 	Learn about the first Earth Day 	Watch a TED Talk on the economic injustice of plastic 	Support local businesses 
Repair torn clothes or broken belongings 	Grow food in your apartment or house 	 <p>Be kind to yourself, others, and the planet</p>	Learn what “sell-by” date means to avoid food waste 	Use refillable water bottles 
Learn a little about Environmental Justice 	Learn about a plant-based diet 	Unplug chargers when they're not in use (or use a power strip) 	Take a virtual tour of a national park 	Calculate your carbon footprint 
Wash clothes in cold water 	See if you qualify for a low-cost bike share with Bay Wheels' Bike Share for All 	Learn about efforts to reverse climate change 	Learn about fashion industry impacts & arrange a clothing swap 	Stop using plastic straws 