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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. Most actions can be completed by clicking on the  icon from your desktop computer. Download your card and use Adobe to complete and return your form (instead of printing and scanning it back to us) for an extra free space. Detailed instructions and extra ways to earn a free space are on page 2.

B I N G O



<p>WATCH THIS ONE HOUR TED TALK:</p> <p>THE ENVIRONMENTAL INJUSTICE OF PLASTIC</p> <p> </p>	<p>green your finances in half an hour</p> <p> </p>	<p>TAKE 5 MINUTES WITH RON FINLEY & SPEND AN HOUR BUILDING A CONTAINER</p> <p>GARDEN</p> <p>   </p>	<p>Go on a virtual sustainability tour of PCC</p> <p> </p>	<p>JOIN A PCC LEARNING GARDEN WORK PARTY</p> <p> </p>
<p>LEARN HOW TO REDUCE YOUR FOOD WASTE CATERING</p> <p> </p>	<p>celebrate green monday</p> <p> </p>	<p>PREPARE A PLANT-BASED DISH</p> <p> </p>	<p>spend twenty minutes discovering seasonal eating</p> <p> </p>	<p>REVIEW THE PCC STUDENT MADE FOOD INSECURITY RESOURCE CENTER</p> <p> </p>
<p>get to know ten youth climate activists of color</p> <p> </p>	<p>REVIEW PCC's CLIMATE ACTION GOALS</p> <p> </p>	<p> attend a PCC earth week event</p> <p> </p>	<p>TAKE STEPS TO CONTACT YOUR STATE REPRESENTATIVES</p> <p> </p>	<p>get your bike tuned up for the bike more challenge & join the PCC team</p> <p>   </p>
<p>VISIT YOUR LOCAL FARMER'S MARKET</p> <p> </p>	<p>eat organic on a budget</p> <p> </p>	<p>SWAP A DANGEROUS HOME CLEANER FOR A GREEN ONE</p> <p> </p>	<p>set a reminder to stand up and stretch every day for a week and then do it</p> <p> </p>	<p>DOWNLOAD EWG's HEALTHY LIVING APP</p> <p> </p>
<p>bring your reusable dishware to work or use the OZZI machine at PCC SY or PCC RC</p> <p> </p>	<p>TAKE AN HOUR TO LEARN MORE ABOUT GOOGLE SUITE SO YOU CAN GO DIGITAL</p> <p> </p>	<p>take the pledge and avoid single use plastics</p> <p> </p>	<p>TEST YOUR RECYCLING KNOWLEDGE</p> <p> </p>	<p>spend ten minutes double checking your printer settings</p> <p> </p>

DIRECTIONS

Goal: Engage staff and students that might not be able to attend events due to schedule conflicts and mobility issues.

Download your bingo card from:

Prizes will be given to the FIRST x people to turn in their completed digital file to sustainability@pcc.edu. Contest ends April 30th, 2020. A completed card consists of five-in-a-row vertically, diagonally, or horizontally. A grand prize will be given to the first person who achieves "Blackout Bingo."

View all of the PCC Earth Weeks details at
<https://www.pcc.edu/sustainability/news-events/earth-week/>.
This is a clickable .pdf file; the links will only work on a computer, not a cell-phone.
We can arrange to deliver prizes to your office.
We will ask winners if they would like to be featured in social media.

BINGO EXTRA WILD CARD ACTIONS

Complete any one of the following actions in order to get an extra "free" space.
Take a photo of an earth day activity. Post it to Instagram and tag us with @pcc_sustain. Send to @pcc_sustain.
Recommend the sustainability focus award to your students.
Get in touch with the SPARC council to see about how your course can be part of the sustainability focus award.

REFERENCES

Watch this Ted Talk: The Environmental Injustice of Plastic

https://www.ted.com/talks/van_jones_the_economic_injustice_of_plastic?language=en

Green your finances in half an hour: <https://www.greenamerica.org/finance>

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

<https://www.youtube.com/watch?v=7t-NbF77ceM>

<https://extension.oregonstate.edu/gardening/techniques/container-gardening-basics>

https://www.oregonlive.com/kympokorny/2010/08/garden_zone_more_on_parking_st.html

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

Join a PCC Learning Garden Work Party: <https://pcc.givepulse.com/group/215270-Sustainability-and-Learning-Gardens>

Learn how to reduce your food waste in catering:

Celebrate Green Monday: <https://greenmondayus.org/about/>

Spend twenty minutes discovering seasonal eating: <https://www.seasonalfoodguide.org/why-eat-seasonally>

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

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

<https://youtu.be/exue9srDU9Y>

Review PCC's Climate Action Plan Goals: <https://www.pcc.edu/sustainability/commitment/ghg-inventory-update-2018/>

Get to know ten youth climate activists of color:

<https://www.vox.com/identities/2019/10/11/20904791/young-climate-activists-of-color>

Attend a PCC Earth Week event <https://www.pcc.edu/sustainability/news-events/earth-week/>

Get your bike tuned up for the Bike More Challenge and join the PCC Team: <https://www.lovetoride.net/oregon>

Take Steps to Contact Your Representatives: <https://gov.oregonlive.com/legislators/>

Visit your local farmer's market: <https://www.oregonfarmersmarkets.org/find-a-market>

Eat organic on a budget: <https://www.ewg.org/foodnews/dirty-dozen.php>

Swap a dangerous home cleaner for a green one: <https://www.ewg.org/guides/cleaners>

Set a reminder to stretch every day for a week and then do it: <https://www.standupdeskstore.com/standing-news/best-office-exercises/>

Download EWGs Healthy Living App: <https://www.ewg.org/apps/>

Bring reusable dishware to work or use the OZZI machine: <https://www.pcc.edu/sustainability/2015/02/12/ozzi-reusable-togo-containers-explained/>

Take the pledge and avoid single use plastics: <http://action.storyofstuff.org/sign/plasticfree/>

Take an hour to learn more about google suite so you can go digital: <https://pcc.csod.com/ui/lms-learner-playlist/PlaylistDetails?playlistId=a902c45e-5a58-439d-b0d1-be087927b949>

Test your recycling knowledge: <https://www.recycleornot.org>

