

Hospital Earth Day Activities

Compiled by MD H2E

February 2012

Have Fun and Learn!

- Host a team game of Eco Hospital Jeopardy (contact Plisko@son.umaryland.edu for a free copy)!!!
- Create an online Eco Trivia Quiz.
- Play “Know Where to Throw” bean bag toss game.
- Hold a Blue Wrap Fashion Show.
- Collect from staff “Acts of Greenness”
- Conduct a Blind Taste Test of Tap vs. Bottle Water.
- Host a 2-4 hour Farmers Market with local organic produce.
- Make a Video! ([Click here](#) to view a hospital Earth Day video!)
- Have eco-friendly experts provide topical presentations.*
- Sponsor a “Lunch-and-Learn” to inform staff of the successes that your hospital has accomplished in the area of “going green” over the past year.
- Show a movie such as [Story of Stuff](#), [Food Inc.](#) or [Human Footprint](#).
- Place “Table Tents” on Patient Trays and in Dining Services areas to share sustainability message.
- Develop educational posters on topics such as the effects of plastics on the environment; national pharmaceutical take back program; public transportation opportunities; green building.
- Hold an Eco Prayer Service to encourage environmental stewardship.

Eco-friendly products demonstrations and recycling education booths or Earth Day Fest/Fair. Booth ideas include:

- Recycle/Compost training
- Community Supported Agriculture (CSA) sign up
- Build a plastic bottle mini-greenhouse
- Sign the living green pledge
- Organic food cooking demonstration
- Reiki massage
- Light bulb exchange
- Green cleaning demonstration
- Healthy eating by registered dieticians
- 2-Liter plastic bottle collection to build a plastic bottle greenhouse
- Fair Trade coffee samples
- Serve local sustainable beef

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Announce a new campaign or program:

- Turn Off the Lights
- Power Down
- Quiet Down
- Bike to Work
- Hospital Garden
- Composting Program
- Low Carbon Diet Day
- Healthy Food in Health Care Pledge
- Recycling Program
- Announce 5K run for 2013 (get planning now!)

Collect items for recycling:

- Used eyeglasses: donate them to a program where given to individuals in need at no cost
- Confidential paper shredding: event for employees to shred personal documents which will then be sent for recycling
- Electronic waste: recycle
- Cell phones: donate to women's shelter or recycle
- Pens, highlighters, correction tape, and pen/pencil packaging material: recycle
- Batteries: recycle
- Greeting cards

Hold trade in or swaps:

- Provide CFLs for traditional bulbs
- Provide efficient shower heads for older less efficient ones
- Scrub swap
- Office supply swap to share no longer needed office supplies
- Provide non-mercuric thermometers for mercury containing ones
- Book swap

Hold collection events:

- Pharmaceuticals
- Car seats
- Clean Sweep (Spring cleaning, de-cluttering for TJC survey, items go to storage or are donated)

Alternative transportation:

- Sponsor free bike tune up
- Host a cycling town hall meeting for staff
- Share commuting options and ride sharing program; announce a new car pool initiative of preferred parking for parties of 3 or more

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Give-Aways and Sales:

- Distribute reusable coffee mugs to employees in order to minimize landfill waste created through the use of disposable cups
- Have a tree raffle (or giveaway) -- raffle winners can plant the tree in their own yard or donate it to a park or school
- Sell gently used scrubs (i.e., \$1 each)
- Have a plant sale
- Host a food garden seed giveaway

With the Community:

- With Habitat for Humanity, build homes and provide planting trees and shrubbery
- Have community "clean up" events targeting areas around healthcare facilities
- Project Clean Stream
- Rx take back program
- Mercury thermometer collection

*Select Local Eco Experts

- Bike Maryland, Carol Silldorff, 410-960-6493, carol@bikemd.org, bikemd.org
- Future Harvest, 410-549-7878, futureharvestcasa@gmail.com, futureharvestcasa.org
- Maryland Pesticide Network, Ruth Berlin, 410-849-3909, mpnberlin@gmail.com, mdpestnet.org
- Maryland PIRG, Jenny Levin, 410-467-9389, marylandpirg.org
- Master Gardeners, Larry Kloze, 410-367-2946, klozes@gmail.com
- Parks and People Foundation, Katie Dix, 410-448-5663, katie.dix@parksandpeople.org
- U.S. Green Building Council – Maryland, Lorraine Doo, 410-207-0682, lorraine@dooconsulting.net, usgbcmd.org

Sustainable Food Resources:

- Amazing Grazing Directory: futureharvestcasa.org/publications
- How to Start a Garden: growit.umd.edu/
- Maryland Farmers Market Directory: mda.state.md.us/md_products/farmers_market_dir.php
- What's Ripe Now? – Maryland Harvest Chart: marylandsbest.net/tips.php
- The Maryland Food System Mapping Resource: jhsph.edu/clf/programs/food_mapping/
- Shoppers Guide to Pesticides in Produce - Pocket Guides: mdh2e.org/wp-content/uploads/2012/02/2011-EWG-Pesticide-Cards-4-per-page-COPY-THESE-IN-BLACK-WHITE.pdf
- Seafood Watch Pocket Guide: www.seafoodwatch.org

For a list of vendors that have exhibited at MD H2E's 2011 Environmental Excellence in Health Care Conference, [click here](#).

For a national listing of hospital earth day events and downloadable posters, visit Practice Green Health's website, by [clicking here](#).