

Earth Week 2023

April 24th – 28th

EARTH DAY, Saturday, April 22nd

Sponsored by the Brielle PTO Eco Committee

Monday 4/24	Tuesday 4/25	Wednesday 4/26	Thursday 4/27	Friday 4/28
Meatless Monday Protect the Planet with a Plant-Based Meal	Toxin Free Tuesday Turn the Key. Go Idle Free.	Waste Free Wednesday Pack a Waste Free Lunch.	Trash to Treasure Thursday Turn Food and Yard Waste into Black Gold. Compost!	Footprint Friday Walk/Bike to School Day & Arbor Day!

Why Meatless Monday? Meat and dairy farming contribute significant amounts of greenhouse gas emissions. Choosing one day a week to opt for a plant-based meal can lower your carbon footprint and add healthful foods to your plate.

What can I do?

- Add nuts and seeds to oatmeal for some extra protein and heart healthy fats.
- Make chili with quinoa which is packed with hearty protein and fiber.
- Swap the beef for beans! Have a taco Monday with beans and tofu in place of meat.
- Snack on hummus and fresh vegetables.

Why Go Idle Free? Idling (when parked cars stay running) releases toxic fumes that cause air pollution and negatively impact student health. Turning off your car if you must wait longer than 10 seconds can also save 1-2 tanks of gas per year.

What can I do?

- Be mindful of when and for how long you leave your vehicle running.
- Shut off your engine (when feasible) at school drop-off and pick-up.

Why Pack a Waste Free Lunch? On average, a student with a disposable lunch generates about 67 lbs. of waste per school year. Most of the waste comes from single-use plastic packaging (over five trillion tons of plastic garbage floats in our oceans).

What can I do?

- BYO (Bring Your Own) reusable water bottle for school lunch and school events!
- Bring reusable lunch boxes, baggies, napkins, utensils, and straws.
- Bulk-buy and transfer items into smaller reusable containers.

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Why Compost? Composting reduces waste by naturally decomposing food scraps and yard waste into "black gold" or nutrient-rich soil. According to the Environmental Protection Agency (EPA), food scraps and yard waste make up about 30% of materials sent to landfills.

What can I do?

- Purchase your own Earth Machine backyard compost bin from Monmouth County by calling the Township of Ocean Public Works Department at 732-531-5001. The fee is \$35 and payable with a check made out to Monmouth County Grant Fund. The office is located at 399 Monmouth Road, Oakhurst, NJ 07755.
- Subscribe to "Un-Waste"- A local organics recycling company that serves residences and businesses in Brielle. For a small start-up and monthly fee *Un-Waste* will pick up your compostable material directly from your home.
- Learn how to compost and get your kids involved! Composting is a great way to raise awareness about the environment by teaching them how to reduce waste.
<https://www.visitmonmouth.com/Documents/70/Kid%20Compost%20Brochure%20Web.pdf>

Why Walk or Bike to School? School buses and vehicles burn fossil fuels that release greenhouse gas emissions and exhaust air toxins that harm the environment and student health. Walking or biking a mile to and from school each day can save 600 lbs. of polluting greenhouse gas emissions per school year.

What can I do?

- If you live close to the school, plan to walk or bike whenever possible.
- Walk or bike with older siblings, other families, neighbors, or friends.
- Wear a helmet, pump tires, and keep bikes tuned.

What is Arbor Day? The Latin word for tree is arbor. True to its name, Arbor Day celebrates the preservation and planting of trees. It is celebrated on the last Friday in April each year. Thanks to the support of the PTO and Brielle Shade Tree Commission, each Arbor Day, fourth grade students plant a tree at the school. This year they will be planting a Kwanzan Cherry Tree.

What can I do?

- Learn the names of different trees.
- Prune and preserve the trees in your yard.
- Plant a tree! Free seedlings are available to Monmouth County residents on Sat, April 29th from 9am-12pm at the Township of Neptune Municipal Building Parking Lot. Contact Christopher Bedrosian at 732-988-5200 x249 for more info.

Resources:

- <https://www.mondaycampaigns.org/meatless-monday>
- <https://dep.nj.gov/stopthesoot/idling/>
- <https://www.greatergoodsrefillery.com/>
- <https://www.unwastemovement.world/>
- <https://www.briellecyclery.com>
- <https://www.arborday.org/trees/treeguide/>