



Be Well at Work  
Faculty/Staff Wellness



# APRIL 2024 EARTH MONTH RESOURCES

## UC Berkeley Resources

- Explore some of Be Well at Work's Recorded Programs such as...
  - [Plant Based and Planet Friendly](#)
  - [DIY Household Goods](#)
  - [Upcycling T-Shirts](#)
  - [Our Soil, Ourselves: How Your Health Connects Soil](#)
  - [Creative Uses for Food Scraps](#)
- Volunteer at the [Staff Garden!](#)
- Take the UC Berkeley [Sustainability Staff Training](#)
- Check out the [Sustainable Flexible Work Toolkit](#)
- Go on your own [campus sustainability walking tour](#) and find [other ways](#) to engage.
- Check out [Parking and Transportation resources](#) for getting to/around campus
- Find a water refill station using the [HBI map](#)
- Hosting a meeting or event? Prioritize reusable food ware and explore other ways to [reduce waste](#).

## Local Resources

- Find an Earth Day volunteer event with [East Bay Parks](#) or search for other opportunities near you
- Plant [native wildflowers or other plants](#) to attract pollinators
- Use the [cool climate calculator](#) to evaluate your environmental footprint
- Learn more about [reducing waste and what to do with unwanted stuff](#).

