



Spring Into Service Social Media Challenge Resource Guide

Do some research on climate change

- There are many ways to learn more about climate change! Do a basic Google search and plenty of articles, reports, and books pop up. Check out [this list](#) of the 15 best books to read on climate change. Browse the United States Environmental Protection Agency's [website](#) to learn more about climate change related policies in the U.S. Learn more about research that is being done on Ohio State's campus at the [Bryd Polar and Climate Research Center](#).

Pick up any litter you see on campus

- Litter on campus, the side of the road, or near bodies of water are harmful for the environment in many ways. The chemicals litter can eventually be blown into our water sources like rivers, lakes, and oceans and can pollute these environments for animals. As you walk to class, pick up any litter that you see on campus! Even this small act can have a positive impact on the environment!

Avoid single-use, plastics for the day

- Single use plastics such as water bottles, coffee cups, straws, drink stirrers, cutlery, and containers all contribute to greenhouse emissions when they are created and not recycled correctly after use. Avoid them for an entire day and consider avoiding them in your daily behaviors in the future! Check out [this article](#) to learn more about the 10 worst single-use plastics and friendly alternatives.

Subscribe to an environmental newsletter or podcast

- Staying up to date on current climate issues is really important in the fight against climate change. Check out [this list](#) of climate change newsletters to subscribe to and [this list](#) of podcasts to listen to!

Shop second-hand in Columbus

- Shopping second hand or "thrifting" can help the environment in many ways! The world's landfills are already overflowing and the massive consumption of fast fashion and tossing of old clothes does not help the problem. The fashion industry contributes nearly [10% of the world's carbon emissions!](#) Buying second hand clothing is one of the best ways to engage in more sustainable behavior. Check out [this article](#) for more information! Here are some places that you can shop second hand in Columbus: Second Hand Consignment Boutique, Goodwill, One More Time, and Out of the Closet.

Use a reusable mug or water bottle

- This is one of the easiest ways to add more sustainable practices into your daily routine! Skip the single-use water bottles and coffee cups and switch it for a reusable one. Check out this report for more information about the hidden environmental costs of single-use plastics check out [this](#) article.

Skip the plastic straw with your drink

- If ordering a drink from a coffee shop or restaurant, skip drinking it with a plastic straw. After all, every straw counts in the fight against climate change. Check out [this article](#) for more information!

Bring a reusable bag while shopping

- Did you know: shoppers use approximately 500 billion single use plastic bags a year! Check out more statistics [here](#). Avoid using plastic bags when going grocery shopping this week! Remember, participating in just three activities of this Social Media Challenge qualifies you to receive a FREE reusable tote bag for your future shopping needs.

Incorporate a new sustainable habit into your daily hygiene routine

- There are many ways you can bring sustainability into your hygiene routine like conserving water while brushing your teeth, using a bamboo toothbrush, choose greener products, and recycling product packaging. [Here](#) are some eco-friendly tips to bring more sustainability into your hygiene routine!

Show your house plants some love or buy one for your room

- Having a house plant actually has many benefits for you like improving mental health, boosting your productivity, and increasing the quality of your indoor air. Check out [this article](#) for further explanations and more science-backed benefits!

Full Links

- **“15 Best Books on Climate Change”**
 - <https://www.esquire.com/entertainment/books/g35348912/best-climate-change-books/>
- **United States Environmental Protection Agency**
 - <https://www.epa.gov/>
- **Ohio State Byrd Polar and Climate Research Center**
 - <https://byrd.osu.edu/>
- **“10 Worst Single-Use Plastics and Eco-Friendly Alternatives”**
 - <https://www.wwf.org.au/news/blogs/10-worst-single-use-plastics-and-eco-friendly-alternatives#gs.we12wu>
- **“Best Climate and Sustainable Newsletters”**
 - <https://medium.com/age-of-awareness/best-climate-and-sustainability-newsletters-69b81479db9b>
- **“Top 15 Environmental Podcasts of 2020”**
 - <https://earth.org/top-environmental-podcasts/>
- **“The fashion industry emits more carbon than international flights and maritime shipping combined. Here are the biggest ways it impacts the planet.”**
 - https://www.businessinsider.com/fast-fashion-environmental-impact-pollution-emissions-waste-water-2019-10?fbclid=IwAR3-4emVbZPzfFj7g5vb_KnsUkwMJp37uSm1EOSCDE_IvJyXRil4wt8zfo
- **“Why Wearing Secondhand Clothing Is One of the Best Eco-Friendly Actions You Can Take”**
 - <https://brightly.eco/why-wearing-secondhand-clothing-is-one-of-the-best-eco-friendly-actions-you-can-take/>
- **Plastic & Climate: The Hidden Costs of a Plastic Planet (May 2019)**
 - <https://www.ciel.org/reports/plastic-health-the-hidden-costs-of-a-plastic-planet-may-2019/>
- **“Every straw counts in the fight against climate change”**
 - <https://www.unep.org/news-and-stories/story/every-straw-counts-fight-against-climate-change>
- **Plastic Statistics**
 - <https://oceanrulers.org/plastic-crusades/plastic-statistics/#:~:text=Shoppers%20worldwide%20are%20using%20approximately,circumnavigate%20the%20globe%204%2C200%20times>
- **“Eco-Tips to Clean Up Your Hygiene Routine”**
 - <https://earth911.com/living-well-being/eco-hygiene-routine/>
- **“A Hobby for All Seasons: 7 Science-Backed Benefits of Indoor Plants”**
 - <https://www.healthline.com/health/healthy-home-guide/benefits-of-indoor-plants>