



Rules of the Game: 1) Each challenge can only be completed once. 2) Don't forget to record your completed challenges in the survey at the end of each weeks. 3) You may carry any challenges you do not complete into the following week. 4) Any group activities organized by the committee will be announced one day prior as a reminder, but dates and times can be found in this document. 5) All "bonus" activities are worth one (1) point 6) Feel free to reach out to us if you have any questions!

Week 2: May 8 – 14th

- 1- **Have fun with balanced plant-based dinners!** (2pts/dinner max 10pts)
 - Resources: <https://theflexitarian.co.uk/seasonal-food/> and <https://bcfarmersandfood.com/whats-in-season/>
 - Bonus: share the recipes!
- 2- Visit **[Roots on the Roof!](#)** a rooftop garden on the NEST! (5pts)
- 3- **Learn about the [guiding principles of the UBC Food Systems Project](#)** (3pts)
 - Extra resource: [UBC Food System Project](#)
- 4- **Watch the documentary "The Whale and the Raven" (1hr 41min)** (4pts)
 - Link: <https://www.nfb.ca/film/whale-and-the-raven/>.
 - Bonus: comment reflections!
- 5- Look into seasonal produce - **Create one meal designed around seasonal items.** (6pts)
 - <https://bcfarmersmarket.org/why-bc-farmers-markets/whats-in-season/>
- 6- **Utilize candles at night rather than lights** all week (where safe). (9pts)
 - Bonus: Learn how lights and your circadian rhythm!

Eco Challenge 2022 Weekly Calendar

- <https://www.sleepfoundation.org/bedroom-environment/light-and-sleep>
- 7- **Upcycle old clothes by using them as rags.** Use old t-shirts instead of wet wipes or paper towels. (3pts)
- 8- Do you know everything about recycling on our UBC campus? **Play the Sort it out Game!** (3pts)
- Link: <https://sustain.ubc.ca/get-involved/campaigns/sort-it-out>
- 9- **Learn about your local plants, animals, fungi, and bugs!** (2pts)
- Download and use <https://www.inaturalist.org/> to identify species.
- 10- Join us for a **tour of the Botanical Gardens Wed-May 11th 12:30 pm – 2:30 pm** (10pts)