

# At-Home Luminary Instructions

For those who want to participate in International Overdose Awareness Day but cannot take part in the events on August 29<sup>th</sup> or 31<sup>st</sup>, or if you just want to create a project at home, you are invited to create an at-home luminary in remembrance and raising awareness of those lost to overdose.

## Supplies

- Paper bag.
- Sand, dirt, rocks, or kitty litter
- Tea light candle or LED / battery powered candle
- Long lighter (if using a tea light candle)
- Glass jar (if using a tea light candle)

## Instructions

- Open the paper bag and fill with 2 inches of sand, dirt, small rocks, or kitty litter.
- Fold down the top of the bag once to ensure stability and support for your luminary.
- If using a tea light candle, place in a jar to prevent the bag from catching fire, then press jar down firmly into the sand.
- Use long lighter to light the candle. Never leave a burning luminary unattended.
- If using an LED / battery powered candle, press firmly into the sand.
- Set your luminary out at dusk.
- Take a picture to share on social media with the hashtags #ALighttoRemember and #AL2R and tag "USU Extension HEART".

