

SungAh Kim

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Bloomington High School South

## Day 29/30: Change

# Project Green Challenge Final

My name is SungAh Kim and I am from Bloomington, Indiana. I have grown up in this small college town for all of my life and I absolutely love it. I am currently a junior at Bloomington High School South and an executive leader of my school's environmental club. My favorite AP environmental science teacher, Amanda Figolah, introduced me to Project Green Challenge and since then, I have been an avid participant. Project Green Challenge was perfect for me because it gave me the opportunity to engage myself into a sustainable lifestyle. As a member of my environment club, I strive to educate my peers to make conscious decisions, but I found that hypocritical of myself to preach what I don't practice. With daily engagement projects to look forward to every day, I was able to be fully involved as a student and learn what it was really like to indulge myself in sustainability. Participating in Project Green Challenge not only gave me a way to engage myself in my community and school, but it also gave me a way to find out where my true passion is in: the environment. The overall experience of Project Green Challenge has inspired me to take action in what I believe in and that I am capable of creating change in the world.



*Dear Viewers,*

*I selected 10 of my most dedicated, valuable submissions that would best exemplify the amount of effort and dedication I have put in over this 30 day Journey. My submissions are diverse in the aspects that they range from student involvement, DIY-recipes, self-analysis, greener-alternatives, and life-changing decisions. Each one of my submissions were created with the fiery passion that is the essence of myself, and all of them are extremely precious and momentous to me. My submissions are a visible and tangible representation on how much I have evolved and changed over this past month. I cannot express how much gratitude I have towards this challenge and the kinds of opportunities Project Green Challenge has granted me. I hope that you enjoy revisiting these incredible memories we have made over the month of October and that hopefully they kindle a spark in you as each one of these challenges did in me!*

*Love,*

*SungAh Kim*

*2016 PGC Contestant*

SungAh Kim

Team Sustainable South

Bloomington High School South

Project Green Challenge 2016

## Day 2: Organic Greener

Every day, I use a multitude of products whether it is for cleaning or consuming. I put it on my body and in my body, so wouldn't I want what is best for me? I took a couple of my most-used products around my house-hold and took the time to read the label and do a little research on what I really am using for my body.

I looked around my house and found 5 of my most popular products and then was shocked at the results. My deodorant was said to be all-natural, but surprise-surprise. I look into the ingredients and find a multitude of chemicals. What is this that I am putting in my body and doing to my health? I then found 5 alternatives at my closest, local green grocer to the products I was using and compared the two. I ended up discovering products that are making it on my next grocery list and learning about the ingredients I was using on a daily basis.



Current:	Organic Alternative
<i>Pure Vanilla: The Healthy Deodorant</i>	<i>Nourish Organic Deodorant Stick: Fresh Fig</i>
<a href="http://www.lavanila.com/products/the-healthy-deodorant-vanilla">http://www.lavanila.com/products/the-healthy-deodorant-vanilla</a>	<a href="http://nourishorganic.com/products/organic-deodorant">http://nourishorganic.com/products/organic-deodorant</a>
\$14.00	\$8.99
	
<p><b>Ingredients:</b> aloe leaf juice, propanediol, corn starch, sodium stearate, silica, carrageenan, stearyl behenate, lemon peel oil, inulin, saccharomyces ferment, alpha-glucan oligosaccharide, yeast beta glucan, honeysuckle flower extract, lichen extract, valerian root extract, goldenseal extract, tea tree flower/leaf/stem extract, goji berry extract, fragrance (botanical blend)</p>	<p><b>Ingredients:</b> Organic Cocos Nucifera (Coconut) Oil, Organic Beeswax, Organic Zea Mays (Corn) Starch, Organic Theobroma Cacao (Cocoa) Seed Butter, Organic Butyrospermum Parkii (Shea Butter), Organic Saccharomyces Ferment, Organic Fragrance*</p>
<p><b>Certified Organic:</b> <b>No</b></p>	<p><b>Certified Organic:</b> <b>Yes; USDA</b></p>
<p>I bought this product in search for a naturally-derived deodorant that contained no aluminum in it. The overall appearance of the deodorant and the way it was advertised made me believe that this deodorant was safe and all natural. Companies green-wash their items like this company with words like all-natural and organic without the certification. Truly sickening. The deodorant is indeed made of natural materials, but not of them are organically produced. This is a great example of the difference between the two easily confused words, natural and organic.</p>	<p>The scent of this deodorant to me is a lot fresher and more pleasant than the current deodorant I am using. Will I make the switch? Absolutely. This deodorant contains less products, and I know I am able to trust the ingredients based off of the seal on its packaging. I can actually understand the label rather than having to look up the ingredients. I am knowledgeable about the sources it comes from and know that the products are 100% organic. It defeats the stereotype of organic being pricier because it is almost half the price of the current deodorant I am using.</p>

<b>Current:</b>	<b>Organic Alternative</b>
<b>Method:</b> Fresh Currant naturally derived hand wash	<b>Dr. Bronners:</b> 4-in-1 Sugar Lavender Organic Pump Soap
<a href="http://methodhome.com/products/gel-hand-wash-fresh-currant/">http://methodhome.com/products/gel-hand-wash-fresh-currant/</a>	<a href="https://www.drbronner.com/DBMS/ORGANICPUMPSOAP/SD0501.html">https://www.drbronner.com/DBMS/ORGANICPUMPSOAP/SD0501.html</a>
<b>\$3.99</b>	<b>\$9.99</b>
	
<p><b>Ingredients:</b> Aqua, sodium lauryl sulfate, cocoglucoside, sodium chloride, cocamidopropyl betaine, cocamidopropyl hydroxysultaine, parfum, glycerin, limonene, citric acid, linalool, magnesium chloride, magnesium nitrate, hexyl cinnamal, citronellol, sodium citrate, CI 14700, tocopheryl acetate, methylchloroisothiazolinone, CI 17200, methylisothiazolinone, aloe barbadensis leaf juice</p>	<p><b>Ingredients:</b> Organic Sucrose*, Organic White Grape Juice, Organic Coconut Oil*, Organic Palm Kernel Oil*, Potassium Hydroxide**, Organic Olive Oil*, Organic Shikakai Powder, Organic Hemp Oil, Organic Jojoba Oil, Organic Lavender Oil, Citric Acid, Tocopherol</p>
<p><b>Certified Organic:</b> <b>No</b></p>	<p><b>Certified Organic:</b> <b>Yes; USDA. Non-GMO Project, fair-for life, animal-cruelty free</b></p>
<p>I use this to wash my hands before and after I eat. Now I don't know what to use for my hands after looking up the ingredients. What the heck is cocamidoprophyl betaine and hexyl cinnamal? The packaging says it is biodegradable, but shouldn't all things be?</p>	<p>One of the best brands on the market for cleaning, Dr. Bronners. From castile soaps to toothpaste, hands down best brand. The number of certifications and the all-natural plant-based ingredients. What is not to love? The amount of soap in the dispenser is well worth the price.</p>

Current:	Organic Alternative
<b>Trader Joes: Spiced Chai Tea</b>	<b>Equal Exchange: Organic Chai</b>
<a href="http://www.traderjoes.com/fearless-flyer/article/1485">http://www.traderjoes.com/fearless-flyer/article/1485</a>	<a href="http://shop.equalexchange.coop/organic-tea-chai.html">http://shop.equalexchange.coop/organic-tea-chai.html</a>
\$1.99 for 20 bags	\$4.50 for 20 bags
 <p>The image shows a box of Trader Joe's Spiced Chai tea. The box is primarily orange and brown with a colorful illustration of a teacup and various spices. Text on the box includes 'TRADER JOE'S Spiced Chai', 'A rich, robust blend of Assam black tea &amp; exotic spices', and '20 TEA BAGS NET WT. 2.2 OZ (61g)'.</p>	 <p>The image shows a box of Equal Exchange Organic Chai tea. The box is red with a yellow bottom section. Text on the box includes the Equal Exchange logo, 'ORGANIC CHAI', 'SMALL FARMERS BIG CHANGE', and 'BLACK TEA'. At the bottom, it says '20 TEA BAGS   NET WT. 40g e (1.41 oz)'.</p>
<p><b>Ingredients:</b> Black tea, spices (cinnamon, ginger, cloves, cardamom, Chinese star anise, black pepper, nutmeg), roasted chicory, natural flavor and vanilla bean.</p>	<p><b>Ingredients:</b> Organic Black Tea Leaves, Organic Cinnamon, Organic Ginger, Organic Cardamon, Organic Black Pepper, Organic Cloves</p>
<p>Certified Organic: <b>No</b></p>	<p>Certified Organic: <b>Yes; USDA and Fair Trade</b></p>
<p>Trader Joes generally carries inexpensive foods which attracts a large number of consumers. I was attracted to this tea because number 1, I am a sucker to chai tea, and number 2, I love the price/packageing.</p>	<p>The Equal Exchange tea brand is one of the best tea brands out there. This chai tea is not only delicious but fair trade (gives good wages/working conditions to the farmers) and organic. I know I can trust the tea quality and what the tea funds. Will I be making the change? I am pretty stingy on my money, but I need to know that every dollar I am using is going to good use, both inside my body and out in the world.</p>

Current:	Organic Alternative
<b>Jif:</b> Crunchy Peanut Butter	<b>Santa Cruz:</b> Crunchy Lightly Roasted Peanut Butter
<a href="http://www.jif.com/products/peanut-butter/extra-crunchy-peanut-butter">www.jif.com/products/peanut-butter/extra-crunchy-peanut-butter</a>	<a href="http://www.santacruzorganic.com/products/peanut-butter/lightly-roasted-crunchy">www.santacruzorganic.com/products/peanut-butter/lightly-roasted-crunchy</a>
\$4.99	\$4.95
	
<p><b>Ingredients:</b> MADE FROM ROASTED PEANUTS AND SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.</p>	<p><b>Ingredients:</b> ORGANIC ROASTED PEANUTS, CONTAINS 1% OR LESS OF SALT.</p>
<p>Certified Organic: <b>No</b></p>	<p>Certified Organic: <b>Yes; USDA and non-GMO project certified</b></p>
<p>My family has been buying Jif peanut butter since I was a kid and I have peanut butter toast every morning. It is always on the TV and commercials and one of the most well-known peanut butter brands in the world. I go through jars and jars of peanut butter every month so a lot of my money goes into peanut butter. The jar advertises it as natural. That should be a guarantee...</p>	<p>Peanuts are one of the most genetically-modified foods out there, other than soy. It is peanut-putter for gods' sakes. Peanut butter shouldn't contain anything more than just peanut butter and salt. The shelf life and texture is much more authentic and the price of the peanut butter is nearly identical.</p>

Current:	Organic Alternative
<b>Heinz:</b> Tomato Ketchup	<b>Annie's</b> Organic Ketchup
<a href="http://www.heinzketchup.com/Products">http://www.heinzketchup.com/Products</a>	<a href="http://www.annies.com/products/condiments-sauces/organic-ketchup">http://www.annies.com/products/condiments-sauces/organic-ketchup</a>
\$2.28	\$2.95
	
<p><b>Ingredients:</b> Tomato Concentrate , Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.</p>	<p><b>Ingredients:</b> *Tomato Paste, *Distilled White Vinegar, Water, *Cane Sugar, Sea Salt, *Onion, *Allspice, *Clove. *Organic Ingredients</p>
<p><b>Certified Organic:</b> <b>No</b></p>	<p><b>Certified Organic:</b> <b>Yes; USDA</b></p>
<p>Heinz Ketchup is everywhere. From the fast-food restaurants to the school cafeterias. Everyone knows Heinz. What they don't know is that the ingredients inside of their favorite French fry dipping sauce is genetically modified corn syrup and tons of additives.</p>	<p>The Ketchup contains no corn syrup at all. It is certified organic and because of its' label, it can be trusted. I have always loved Annie's mac and cheese so why not its' ketchup?</p>





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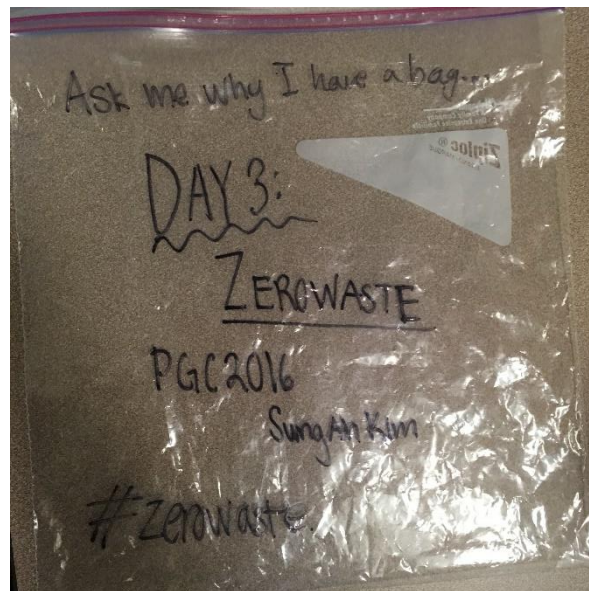
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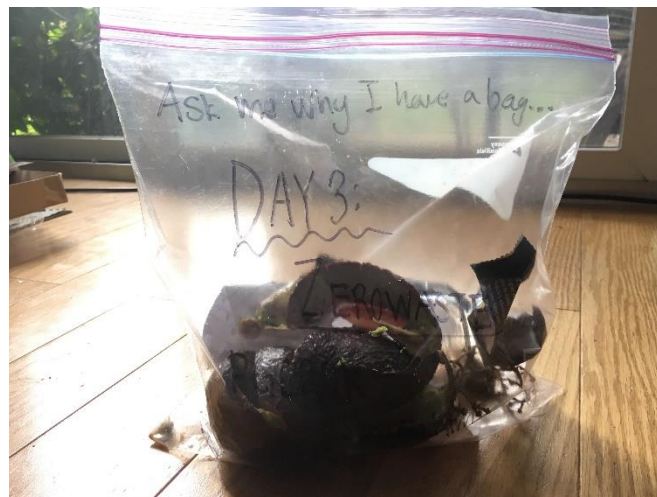
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## Day 3: Zero-Waste **Greener**

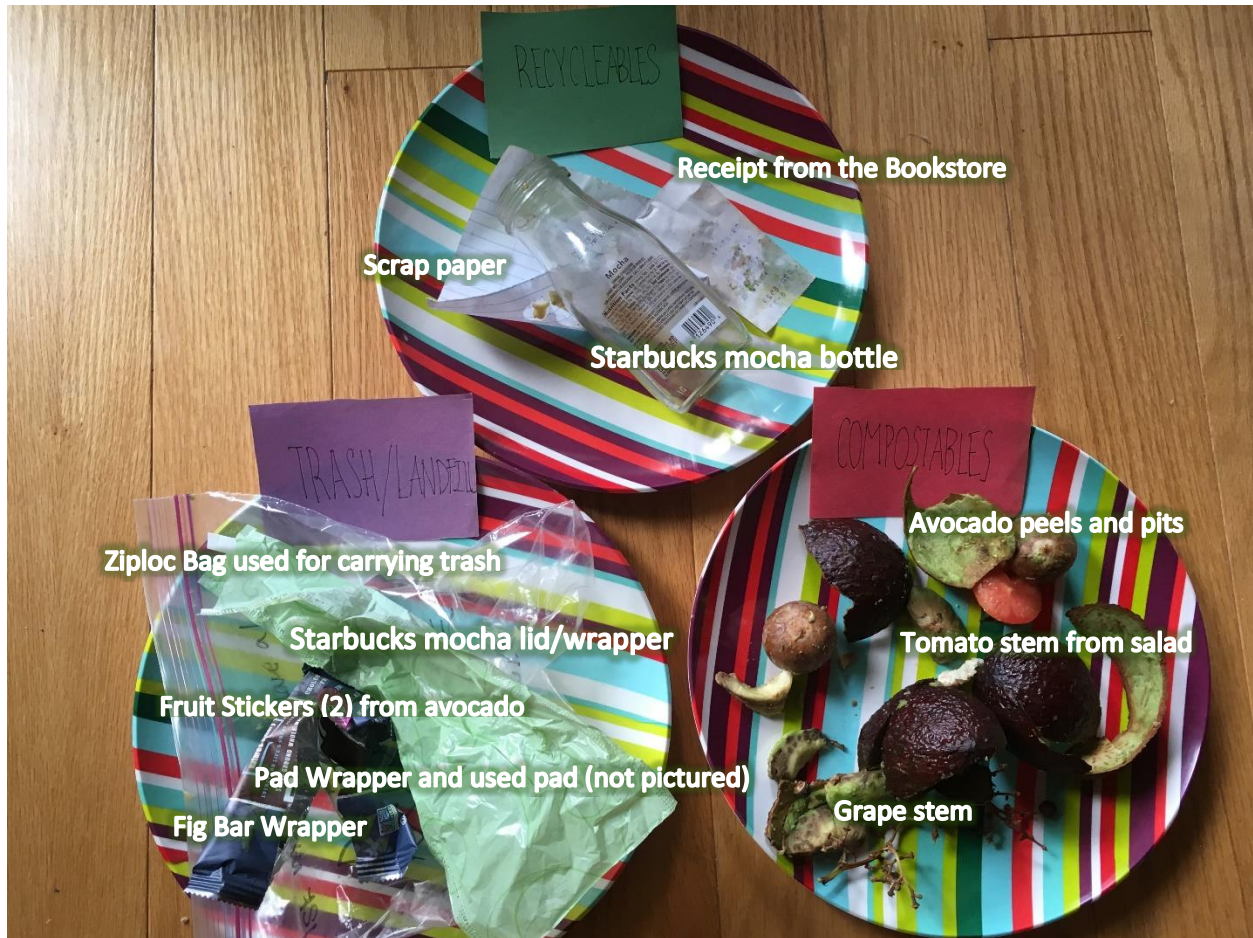
I started out today with an empty Ziploc bag determined that I could go the entire day without creating any landfill food...



**And I ended with this...**



## My Trash for today



### A closer analysis of my daily waste:

- Fruit stickers (avocado and tomato) x2
- Always® Pad Wrapping and Pads
- Ziploc Bag to hold all the trash
- Fig Bar Wrapper from lunch

**Fruit stickers** are an unnecessary form of packaging. Vegetables can be easily quantified and identified without a sticker stuck to the flesh of their skin. **The Always® Pad Wrapper and pad** were just consequences of my menstrual cycle and how much waste it produces. **The Ziploc bag** was reused but still had to go to the landfill and **the fig bar wrapper** and **starbucks mocha lid/wrapper** were from lunch (could have easily been avoided but I unconsciously packed them for lunch :/ (great example of **convenience over conscientious decisions**)

## LANDFILL





## Recyclables

- Starbucks Mocha Bottle (glass)
- Paper from school
- Receipt from textbook purchasing.

The glass **starbucks bottle** was packed, as previously mentioned, for convenience, and the paper items such as the **paper and the receipt** are consequences of being a student and attending school.

## Compostables

- Avocado Skins/Pits
- Tomato leaves/stems
- Grape Stem

The **vegetable peels and stems** are a result of my lunch and dinner. I had an avocado salad, grapes, and a fig bar for lunch using an avocado from the store (they are not sold at farmers markets in Indiana) and the salad from the **farmers market**. For dinner I had some pasta using the tomatoes and seasoning and some pasta from the **bulk section** of my store.



The majority of my waste was because of **PACKAGING, FOOD, and PAPERWORK.**

# What could I have done better for my landfill waste?



Instead of using a *disposable pad*, I could have used a **menstrual cup** or a **reusable pad!**

Instead of buying a *starbucks mocha* to get caffeinated, I could have just made some tea if I had woken up earlier and steeped it in a **reusable water bottle.**



Instead of getting *individually packaged* fig bars, I could have bought the fig bars in **the bulk** section, **SANS WRAPPER!**



For holding all of my waste, I used a *plastic bag* to show the public what was inside of the bag. I could have easily used a **mason jar** or a **tote bag.**



# The Experience

Carrying around the weight of your own waste is quite something unusual and odd for a normal person; however, as a PGC contestant, this let me feel a tangible representation of what really I am putting out there into the environment. I think that all people should be able to at least carry their waste for one day and see how heavy and eye-opening it is to be carrying literal trash.

I talked to the AP environmental teacher, as she asked me what I was doing, and she decided to make every one of her AP environmental students do this challenge to carry the weight of their own waste. This is by far, one of the best challenges that Project Green Challenge does, and I cannot wait to see what awaits next.

## *SOME QUOTES FROM THE DAY:*

*“Wow! I really need to get my AP environmental kids doing that. I think that is really important to get the youth educated about what they consume and what really goes into the waste basket.” – Amanda Figolah, AP environmental teacher.*

*“I like how your trash bag is clear, so that everyone knows what you are throwing away. Most trashcans are covered in a thick, opaque, black plastic to cover up what really is in there. Having it be clear is really eye opening: all trashcans should be clear.” - Emma Bowlen, student at South*

*“Please remove your trash off of your desk,” - Teacher who wishes to be anonymous*

## SOCIAL MEDIA CHALLENGE:



# Day 5: Energy

## Greener

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# Vampire Electronic Appliance #1: View Sonic Projector

- 3,300 lumen projector (uses a ton of electricity!)
- Uses it sparingly (on movie nights)



## *Alternative Choice:*

- Watch movie at a drive in with a larger audience
- Unplug the device when not in USE!



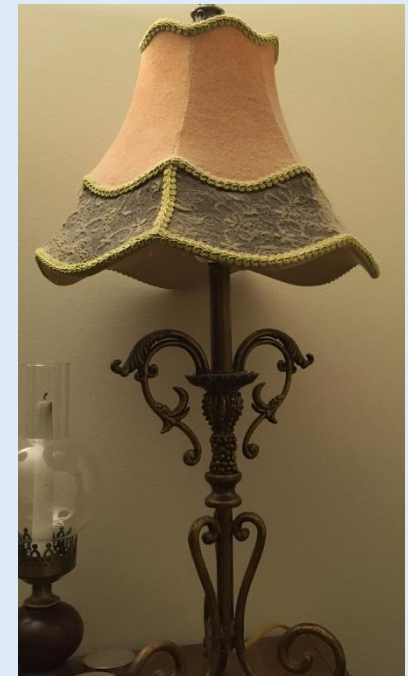
# Vampire Electronic Appliance #2: Antique Lamp

- Uses Incandescent light bulb
- Only in use during night time when a dim light is needed.



## *Alternative Choice:*

- Unplug the device when not in USE!
- Change out the bulb to an LED or at least a CFL (uses less watts and lasts longer)



# Vampire Electronic Appliance #3: Rice cooker

- Family consumes rice for dinner almost daily
- To keep the rice warm, the rice cooker uses the equivalent amount of electricity as a refrigerator (a ton of energy)

## *Alternative Choice:*

- Unplug the device when not in USE!
- Use an outlet timer
- Cook only the amount needed to be consumed for one meal per person. No more, or else the leftovers have to be kept in the rice cooker to stay moist and warm, or must be disposed of. ☹



# 10 Steps I can reduce Energy Consumption

1. Bike to school as much as possible! Exercise and less fossil fuel usage!



2. Unplug all devices not in use when leaving the room. Phantom Energy!



3. Eat unprocessed foods!  
Processing uses excess  
amounts of energy and  
processed foods are  
generally less healthy.



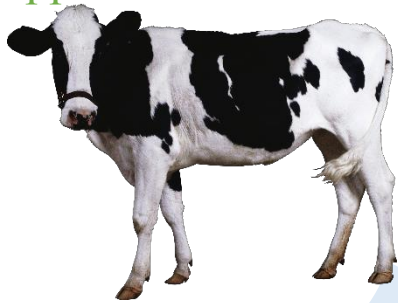
4. Avoid Packaging.  
Packaging is not only  
wastefully but takes more  
energy to produce.



5. Use free time without Electrical  
Devices. Taking a break from  
electrical devices will not only  
be better for the environment,  
but your overall health.



6. Consume less meat. The livestock industry uses tons of energy and resources to support the meat industry.



7. Take shorter showers. Using less water in the showers does not only save water but it saves the energy used to heat your water.



8. Switch to LED lights.  
They use less wattage and  
produce more light. They  
also last longer.



9. Buy second-hand products.  
Using second-hand products  
gives life to an object that  
was manufactured and  
would have been disposed  
of.



10. Stay at home or go outside  
instead of going shopping.  
Consumerism is all based off of  
manufacturing unnecessary goods.



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Day 14: Soil

Greenest

Compost



# COMPOST

What you can compost:

- Fruit/Vegetable Scraps
- Eggshells
- Leaves
- Grass Clippings
- Garden Plants
- Lawn & Garden Weeds
- Shrub/Flower Clippings
- Straw/hay
- Leaves
- Seaweed/Kelp
- Manure
- Wood ash
- Tea leaves
- Newspaper/Paper/Cardboard
- Dryer Lint





# COMPOST

Compost is an incredibly resourceful method of dealing with waste. Millions of tons of waste are produced annually, especially food waste. With the world's soil losing thousands of nutrients and becoming "dirt", there must be a practical method to return the nutrients back into the earth! Composting is taking all of the natural, biodegradable waste, and turning it into nutrients for soil. Although composting is very simplistic, there are a couple of things to keep in mind when composting. Not EVERYTHING can be composted, but a lot of things can. Make sure to shred and cut up the things you are composting, that way it is easier for the waste to decompose. There also must be a balance between the "brown matter" as in paper waste, wood shavings etc. and the "Green matter", the food scraps, lawn clippings, etc. The nitrogen and carbon nutrients should be balanced and taken into account for. Also, make sure to stir up the compost so that it is all evenly mixed through.

# HOW TO START COMPOSTING

1. Start with a compost bin!



2. Balance the Greens and the Brown plant matter



3. Check in on your compost every week or two.



# HOW WE CAN IMPLEMENT COMPOSTING AT BHSS

My high school's waste system is not very well developed. There is a bin for plastic bottles in the cafeteria that people rarely use, and at least 10 huge trash cans. I believe that we could implement compost bins in the cafeteria and use the compost for the Outdoor Classroom Garden we have at our school. The garden is only a couple of meters away from the school and we could store the compost outside next to the trash bins. The custodians would not have to take any extra trips to the trash cans, but just dump the food scraps into the compost bin outside. Then the AP environmental students could take this opportunity to observe the food waste being produced at South and use it to their advantage. Once the compost is matured, we can implement it into the school's native plant outdoor classroom garden!

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**DAY 16:**

# **HOME**

**HOW TO ACHIEVE A..**

*Green Dorm*

Moving into college is an incredible step towards adulthood. College brings independence and individual freedom. You are able to decide what you want to do with your life and what you want to purchase and use. Having this freedom is incredible, so why not use it to your advantage? You can use this freedom to live a life that is most efficient towards your life and the environment! You have control of whether your life is sustainable or not!

Having a **GREEN** dorm means the following

- Better for the environment
- Better for your health
- Better for your budget

*Why wouldn't you want  
a green dorm?*

Here are some amazing resources to check out to help *inspire* you to convert into that sustainable lifestyle...

## ZERO-WASTE

Lauren Singer is a 25 year old young adult who lives in New York City that so happens to produce less than a mason jar's worth of trash a year. *#lifegoals*. Lauren has built up several life-changing habits that have helped her reduce the amount of trash she makes a year. She is a regular blogger and makes videos on YouTube. Her blog is very educational and quite motivational. Some of her habits could integrate into your very own in College!

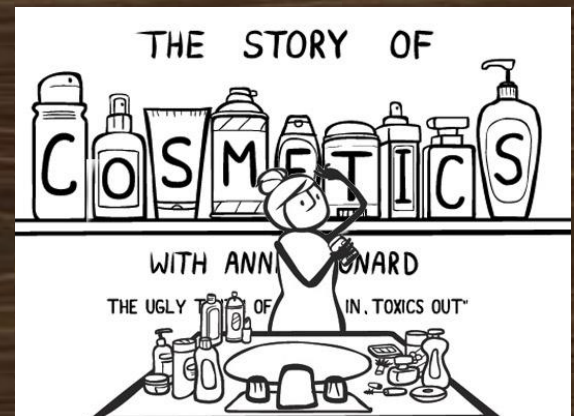


Her blog: <http://www.trashisfortossers.com/>

Watch: <https://www.youtube.com/watch?v=2BMWQZkBgsM>

## PERSONAL CARE PRODUCTS

How many products do you put on your body every day? How many times have you read the ingredients on your shampoo bottle? Zero? You would be surprised as to how many chemicals and CARCINOGENS are floating around in that body wash of yours. Learn about the beauty industry and how many toxic chemicals you are lathering on your body. Think about choosing products that are less toxic for you and going all-natural.



Watch: <http://storyofstuff.org/movies/story-of-cosmetics/>

## FOOD

*Organic. Non-GMO. Fair-trade.* Do any of them ring a bell? A lot of the times different packagings contain small labels that include these words but what do they really signify?

Knowing what you are consuming and what you are preventing yourself from ingesting are basic habits you

should already be doing. Sadly, not all the foods we are eating are good for you. Surprise! Know what corporations your hard-earned cash is going towards because every dollar is a vote towards sustainability or other. Integrate a healthier and more sustainable diet into your college lifestyle!



Look at <http://www.dailyinfographic.com/fruit-veggies-and-pesticides-infographic>

Watch <https://www.youtube.com/watch?v=oB6fUqmyKC8>

*Next Page contains some GREAT products to help you get started...*



<b>Item:</b>	<b>Brand /Link:</b>	<b>Cost:</b>	<b>Reason:</b>
<b>Bedroom</b>			
Duvet Covers	<a href="#">West Elm</a>	\$62.00	Organic, Fair Trade
Bed Sheets	<a href="#">Coyuchi</a>	\$96.00	Organic, Fair Trade
Pillow Cases	<a href="#">Coyuchi</a>	\$9.00	Organic Fair Trade
Mattress	<a href="#">The Futon Shop</a>	\$329.00	Organic Cotton, Plant-based
<b>Bathroom</b>			
Towel Set	<a href="#">Coyuchi</a>	\$128.00	Organic, Fair Trade
Body/Hair Soap	<a href="#">Alaffia Good Soap Bars</a>	\$1.00	Fair Trade, Zero-waste, profits go to non-profit, inexpensive
Facial Cleanser	<a href="#">Acure</a>	\$9.99	Organic, vegan, no-parabens
Toothpowder	<a href="#">Zerowastehome</a>	\$1-3	Zero-waste, all natural, inexpensive
Toothbrush	<a href="#">Brushwithbamboo</a>	\$5.00	Zero-waste, biodegradable, 100% organic/wild bamboo
Handsoap	<a href="#">Dr. Bronner's</a>	\$9.00	USDA Organic, Fair Trade, Vegan, Non-GMO project certified
Toilet Paper (pk 20)	<a href="#">Marcal</a>	\$23.45	Post-consumer product Zerowaste
Feminine Needs	<a href="#">Diva Cup</a>	\$20.20	Reusable, zerowaste
<b>Kitchen</b>			
Shopping Bags	<a href="#">Ukonserve</a>	\$13.27	100% recycled cotton, reusable
Plates/Bowls	<a href="#">Craigslist</a>	\$10.00	Repurposed, Used
Cutting Board	<a href="#">Etsy</a>	\$0.06 per inch	Reclaimed/Repurposed wood. Small-buisness. Hand-made
Spice Jars	<a href="#">Etsy</a>	\$36.00	Hand-made, reusable

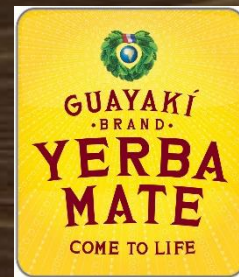
Food Storage Containers	<a href="#">Ukonserve</a>	\$16.95	Reusable, zero-waste, BPA free
Utensils	<a href="#">To-go-ware</a>	\$12.95	Reusable, zero-waste, made out of plastic bottles
Dish soap	<a href="#">Dr. Bronner's Castille Soap</a>	\$15.29	USDA Organic, Fair Trade, Vegan, Non-GMO project certified, multi-purpose
<b>Cleaning</b>			
Laundry detergent	<a href="#">Soap Nuts (Etsy)</a>	\$9.75	USDA Organic, zero-waste, non-toxic, biodegradable
Bathroom Cleaner	<a href="#">Dr. Bronner's Castille Soap</a>	\$15.29	USDA Organic, Fair Trade, Vegan, Non-GMO project certified, multi-purpose
All Purpose Cleaner	Vinegar and Baking Soda	\$1-5	Can be used for everything Inexpensive, all-natural, DIY
Dryer	<a href="#">Woolzies Dryer Balls</a>	\$18.95	Reusable, all natural, hypo-allergenic
<b>Essentials</b>			
Backpack	<a href="#">Patagonia</a>	\$59.00	Fair-trade, will repair when damaged
Notebook	<a href="#">Dolphin Blue</a>	\$5.93	Made of Recycled paper
Paper	Recycling Bin	\$0.00	The recycling centers are TEAMING with unused pieces of paper
Water bottle	<a href="#">Klean Kanteen</a>	\$19.95	Reusable, zero-waste
Travel Mug	<a href="#">Klean Kanteen</a>	\$23.95	Reusable, zero-waste
Straw	<a href="#">Simply Straw</a>	\$11.50	Reusable, zero-waste

## My TOP 10 tips to help you become a conscious shopper

1. Read the ingredient label! You will be surprised as to what dangerous, toxic chemicals hide inside of your products.
2. Look for minimal packaging. Why would you aim to produce more trash than you need to?
3. Shop bulk or at your local farmer's market. Shopping bulk reduces the cost of excess packaging and lets you get the freshest foods of all with no wrapper or sticker covering up their glory!
4. Shop fair trade! Your cash is your own ballot as to what type of cause/company you want to support. By purchasing fair-trade, you are supporting safe working conditions, fair wages, and programs to help a community in need.
5. Bring your own bags! I cannot stress this enough! Bringing your own bag to the grocery store or farmers market will reduce the amount of plastic bags being used and will help you save a dime. This simple task is one that might seem small, but it will surely have an incredible impact over time.
6. Have a water bottle with you at all times. Staying hydrated is very important to a healthy body, and you can easily get dehydrated after a long day of school. You might be tempted to grab that plastic Aquafina water bottle in the vending machine, but if you bring your own water bottle, you can save yourselves some extra cash and trash.

7. Purchase items second hand! Generally in college, you will have a lot of student-debt due to loans for tuition and housing. Buying second hand gives a second-life to a lovable product and can save you a ton of money on your favorite brands or you might find a lost treasure!
8. Make it at home if you can! Cleaning products and beauty products can be replaced by easy DIY recipes that are cost-efficient and effective. Making your own products will be satisfying and better for you and the environment.
9. Try to keep it minimal. When at the store, you might be tempted to buy a new mug out of impulse; however, after a couple of weeks, you might forget about it and buy something else. This will lead to an accumulation of items you don't need and a loss of money.
10. Have a shopping list. This will greatly reduce the chance of impulse buying. It will keep you in check on what is really necessary and what is extra fluff

TOP 10 BRANDS!!! (click on them to take you to their page)



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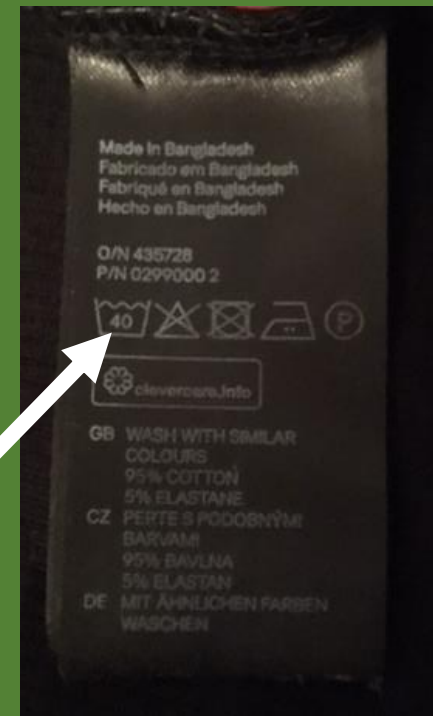
Bloomington High School South

Project Green Challenge 2016

Day 19: Fashion  
**Greener**

*My shirt:* **H&M Basic Shirt**

**Made in Bangladesh**  
**H&M Basic**



**Made in Bangladesh**

95% Cotton

5% Elastane

Produced in **Bangladesh**. Made of **95% Cotton** and 5%  
Elastane

One of the LARGEST makers of the textile, clothing industry is made from the factories of Bangladesh. The demand of clothing in amount has increased and the price of production has demanded a decrease. Millions of women and children work in factories, being paid as little as \$10 a month to work 18 hours a day. Often times the conditions that they work in are incredibly unsafe and dangerous. 95% of my shirt was made of cotton, the world's most popular material for fabric. The cotton used in my shirt was doused with fertilizers and pesticides, which is detrimental to our environment



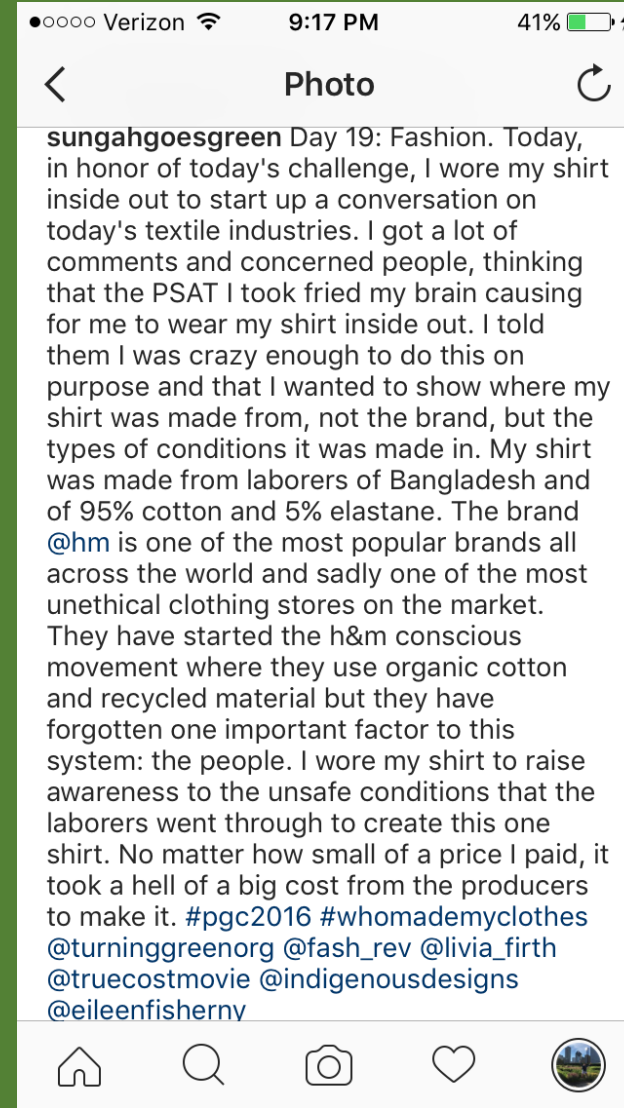
## Wearing my shirt inside out.

When I walked around school and public with my shirt inside out, several people, being the kind samaritans they were, told me my shirt was inside out. I kindly told them that I had done it on purpose. They would ask me why and I would tell them, I want to show where I got my shirt. They would ask me, “H&M?” I would say, “No, would you like to know?” They would say yes, and I would reply, “It was from the factories of Bangladesh made by underpaid workers and children in dangerous conditions. It is made of cotton that has been doused in pesticides and herbicides. Picked by the poor, and worn by the rich.” They would be generally thoroughly impressed at the boldness of my action. I asked to check their clothes and it was made in Bangladesh as well.





# Social Media Challenge



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Project Green Challenge 2016

## Day 21: Clean Greenest

### DIY Green Cleaners!

- 3-ingredient multi-purpose cleaner
- 3-ingredient powder laundry detergent!



# Multi-purpose Cleaner

Ingredients:

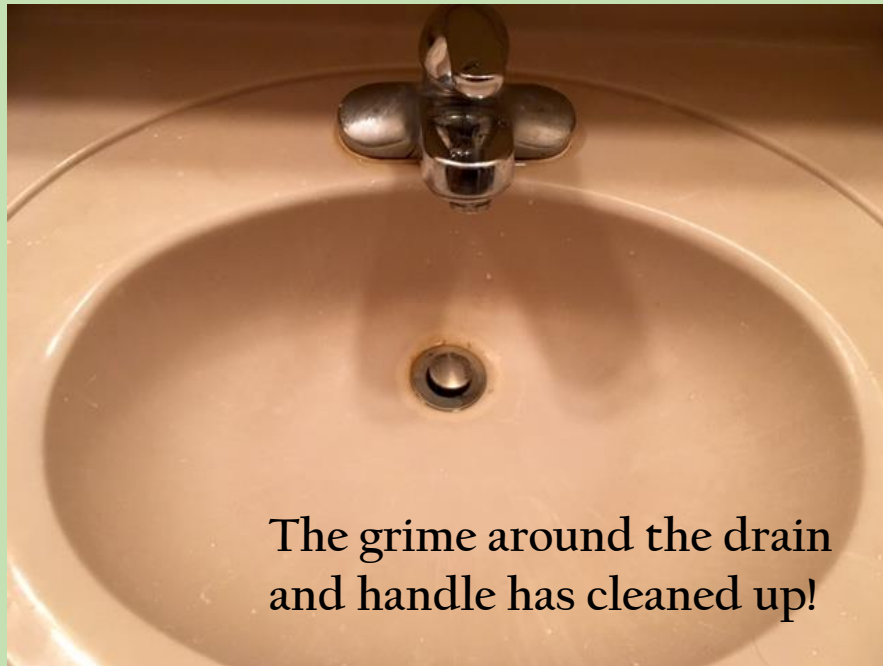


Mix all ingredients together with a whisk, then pour the ingredients into a spray bottle and use for counters, surfaces, sinks, etc.!

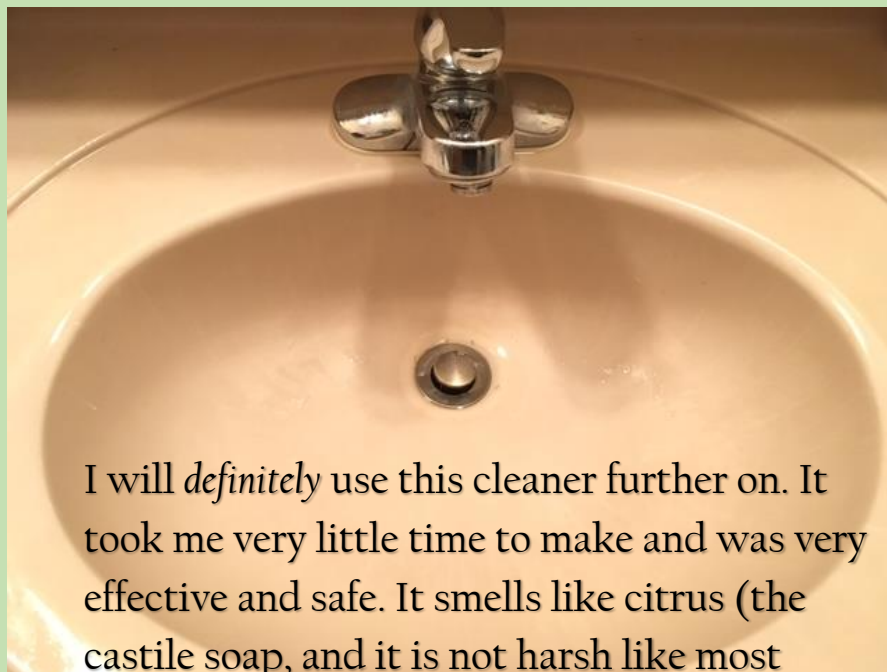


# Results of the Multi-Purpose Cleaner!

## Before...



## AFTER!

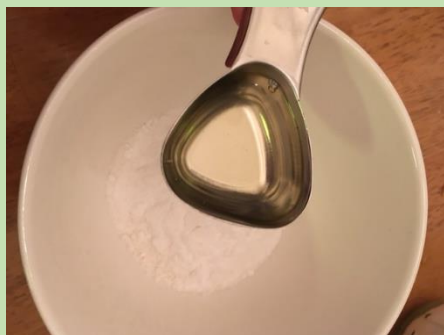


# 3- Ingredient Laundry Detergent



## Ingredients:

- Baking Soda (sodium bicarbonate)
- Cleaning Soda (sodium carbonate)
- Castile Soap



Mix together and pour mixture  
into mason jar. Use 1-2 tbsp per  
washing cycle!



## SOCIAL MEDIA



In addition to the multi-purpose cleaner, i made my own laundry detergent! Many cleaning products around your house are filled with various chemicals that are detrimental to your health and the environment. The purpose of cleaning is to be more sanitary, but by spraying carcinogens around your house, what is the point? The two cleaning items I made for this challenge were made out of inexpensive, all-natural, non-toxic ingredients. The ingredients, used interchangeably, can be used for a multitude of tasks, unlike convenient cleaners.

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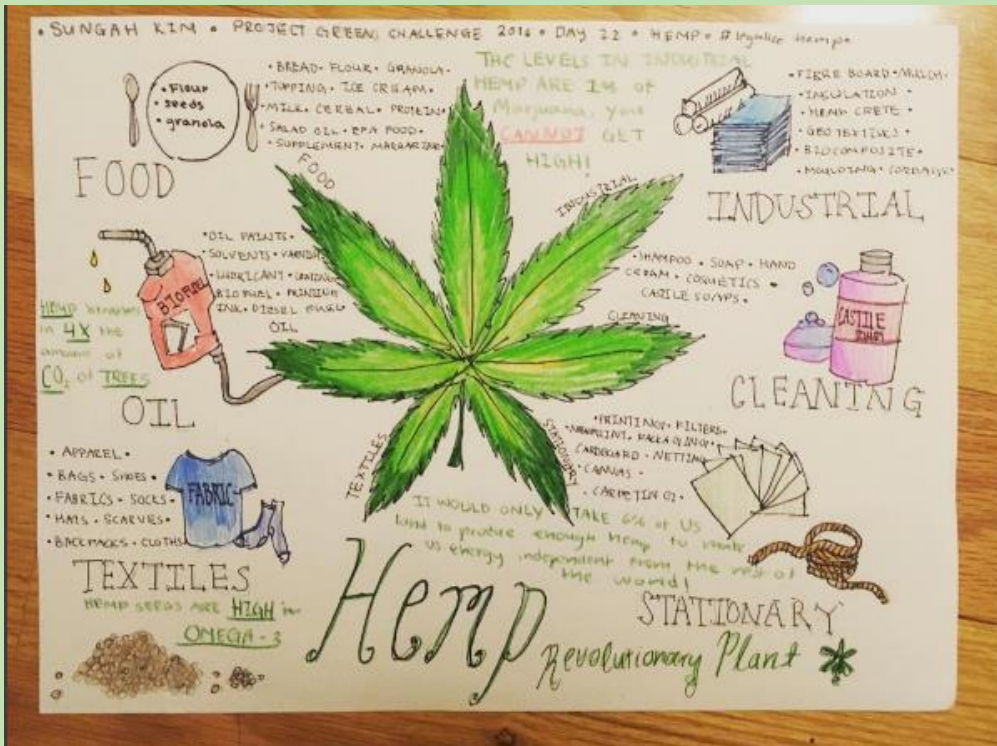
## Day 22: HEMP Greenest

### My take on HEMP: the revolutionary plant





# SOCIAL MEDIA CHALLENGE:



sungahgoesgreen

Following

Be the first to like this.

2m

sungahgoesgreen Day 22: Hemp! Hemp is one of the most extraordinary plants on earth. It can be used for textiles, food, cleaning, biofuel, insulation, etc; however, #hemp has gotten a bad reputation from it's cousin. Hemp is a form of cannabis that you CANNOT get high from. Industrial hemp is just like cotton but far more versatile. Legalize the plant that could renovate our nation! #legalizehemp #industrialhemp #pgc2016 @votehemp @turninggreenorg @nutiva

♡ Add a comment...

...

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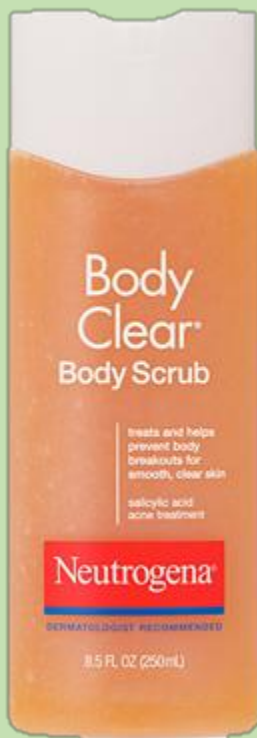
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Bloomington High School South

Project Green Challenge 2016

## Day 23: WATER **Greenest**

### MICROBEAD PRODUCTS & their alternatives



#### Clean and Clear Morning Burst

##### INGREDIENTS:

Salicylic Acid 2%. Inactive Ingredients: Water, Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Betaine, Disodium Cocoamphodiacetate, **Polyethylene**, Glycerin, Acrylates/Aminoacrylates/C10-30 Alkyl Peg-20 Itaconate Copolymer, Sodium Methyl Cocoyl Taurate, Linoleamidopropyl Pg-Dimonium Chloride Phosphate, Matricaria (Chamomilla Recutita) Flower Extract, Citric Acid, Propylene Glycol, Butylene Glycol, Camellia Sinensis Leaf Extract, Yellow 6, Red 40, Blue 1, Red 33, Yellow 5, Fragrance.

#### Greener Alternative:





## 3D Crest White Toothpaste

**Ingredients:** Water, Sorbitol, Hydrated Silica, Disodium Pyrophosphate, Xylitol, Flavor, Sodium Hydroxide, Cellulose Gum, Cocamidopropyl Betaine, Sodium Laureth-2 Phosphate, Sodium Saccharin, Xanthan Gum, Carbomer, Sucralose, **Polyethylene Oxide\***, PEG-20M\* or PEG-23M\*, Polyethylene, Mica, Titanium Dioxide, Blue 1 Lake

Greener  
Alternative:



## Oil free Acne Wash

**Ingredients:** Water Glycerin Sodium Laureth Sulfate Polyethylene Acrylates/C10-30 Alkyl Acrylate Crosspolymer Lauryl Glucoside Phenoxyethanol Microcrystalline Wax Methylparaben Fragrance Mannitol Cellulose Menthyl Lactate Tetrasodium EDTA Sodium Ascorbyl Phosphate Hydroxypropyl Methylcellulose Tocopheryl Acetate Triethyl Citrate Acrylates/Ammonium Methacrylate Copolymer Cucumis Sativus (Cucumber) Fruit Extract Panax Ginseng Root Extract Zingiber Officinale (Ginger) Root Extract Citrus Grandis (Grapefruit) Fruit Extract Iron Oxides Mica Talc Titanium Dioxide Red 30 Yellow 5 Lake May also contain: Sodium Hydroxide



Greener Alternative:

### 3 reasons to keep microbeads out of waterways

1. Water waste management systems cannot filter out microbeads
2. Microbeads serve no function other than to exfoliate the skin and end up polluting our waterways.
3. Fish in the ocean and biodiversity absorb the microbeads or consume them, causing numerous issues to their health and being.

close

Want to have fun *and* save the world? We've got you covered. Get our newsletter...and if you're already subscribed, simply update with a pledge!

**Email Address**

**First Name**

**I pledge to go... (choose one or more)**

- #foamfree (avoid polystyrene and Styrofoam)
- #beadfree (avoid microbeads)
- #plasticfree (avoid single-use plastics in general)
- Just the newsletter, thanks!

**Go!**

My social media pledge:



sungahgoesgreen

Be the first to like this.

1m

sungahgoesgreen Day 23: Water. Microbeads are one of the most stupid inventions ever created by man. Microbeads are tiny plastic orbs used in facial cleansers and toothpastes to exfoliate, then get washed away. The microbeads, however, do not simply disappear after being washed down the drain. The microbeads are then flushed into our waterways and into our oceans. Billions of microbeads then pollute our waters and ecosystems, for what purpose? To exfoliate? We can exfoliate with TONS of other materials, instead of these terrible plastic beads. @emmabowlen @yuchen2001 @run\_maddie\_run take the pledge, as I did so, to ban the beads forever! #banthebeads #microbeads #pgc2016 #beadfree @turninggreenorg @5gyres

♡ Add a comment...

...

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Bloomington High School South

Project Green Challenge 2016

Day 26: Eco-Hero

## Greenest

Over the course of the month of October, I engaged myself in a daily challenge called Project Green Challenge that would change my life for the better. I had struggled with commitment growing up. When it came to promises I made to myself or New Year's resolutions, I would always flake out after a couple of weeks and the thrill would die out. However, there was something about Project Green Challenge that drew me in and made me commit to a challenge that would not only educate me but to change my lifestyle and the others around me. I built an innate motivation to strive towards a sustainable lifestyle and to encourage others to do the same.

One challenge that struck a chord with me was the zero-waste day. Before project green challenge, I had never heard of such a movement like zero waste. For me, trash had always been a part of my life. Every container I had was simply just packaging that would be disposed of later and I would never see it again. I never really thought of a granola wrapper as a contributed to climate change and landfill pollution. All I thought before that it was a nifty, convenient form of packaging that would keep my food separated. Never had I looked inside of the trash can. Never would I have thought about what makes up my daily waste. This challenge forced me to face my reality and what my daily habits result in. I had been producing at least a pound of unnecessary waste each day. As soon as the realization hit me, I began to research the movement and for connoisseurs/experts in the movement such as Lauren Singer and Bea Johnson. They served as an inspiration and a basis to what would soon become my family's lifestyle.

I started out small, by buying less packaged foods. I learned how to purchase from bulk-bins and that greatly reduced the amount of waste I produce. I started shopping at the community farmers' market every Saturday morning. I started biking more instead of riding the car to nearby places. I made my own deodorant and toothpaste. I stopped buying plastic and started buying reusable

containers and biodegradable materials. My entire life had taken a complete 360. My family progressed a bit slower than I had, but integrating these habits and educating them encouraged the rest of my family to make the change as well. My father now brings his own water bottle and utensils everywhere, as do I.

I have learned to live a simplistic and minimalistic lifestyle that has brought ease to my conscious and motivation towards my life. My once inconsistent, non-reliable promise making self, made a permanent change and dedicated herself to a habit that would not change and would only progress. My small habitual changes have taken a lot of publicity. My classmates notice that I bring my own container and utensils when there is a food day in class. I am never caught with a plastic water bottle. I attract a hell of a lot of attention when bringing my reusable towel in the bathroom, and I love it. My goal as a zero-waste advocate is to raise awareness and stop the usage of conventional packaging and waste. I wish to educate my peers and the youth of the unnecessary waste they are producing and to encourage small changes that will lead to incredibly prodigious ones.

Project Green Challenge has introduced the Zero-waste movement to me

and a new life-style that will forever be

a habit that I will continue and progress

For the changes in my life will be endless

And now that PGC is about to reach its final days

A great new outlook has lit a blaze

In the fiery abyss of my green heart

And the end will continue into a start

Of a new greener conventional lifestyle of the young and changed, SungAh Kim.



**sungahgoesgreen** Day 26: Eco Hero. "For me, trash had always been apart of my life and know is a even greater part of my life. A granola bar wrapper was just a way of conveniently storing food and a plastic bottle was just a container that I could dispose of with ease. Never would I have actually thought about the effect of my trash on the world. I used to never think twice about throwing away a wrapper or chip bag, but now, all of that has changed. I now look at trash as something that could be something else. When I see plastic bags, i think reusable cotton grocery bags. When I see individually packaged snacks, i think about bulk bins. All these alternative choices are constantly poking at me and have replaced all of my bad habits. I now live a life where trash is not just trash, it is a contributor of global pollution. Trash is no longer a disposable item to me, trash is a reminder of what change still has to be done and how much more can be improved." - SungAh Kim [#ecohero](#) [#zerowaste](#) [@turninggreenorg](#) [@trashisfortossers](#)

53 SECONDS AGO

