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Turning Green
PGC 2016

Dear Turning Green Team,

These past 30 days that I've participated in Project Green Challenge have been some of the most incredible and powerful of my whole life. I've always felt a strong love and passion for the environment and sustainability but I was at a point in my life where I wasn't really pushing myself to improve my lifestyle habits significantly or encourage the people around me to do so. Project Green Challenge gave me that push. It helped me put my voice and my ideas out there and that has led me to find some incredible opportunities to make greater change and impacts within my community. On top of that, the daily challenges have taught me so much while also giving me the chance to educate others. Just a short post on Facebook, I learned, can catch people's attention and inspire them. I want to share some of my favorite and most impactful submissions with you and explain a bit about my PGC journey and where it has led me.

I began the portfolio with my Greener submission from Day 3 on Zero Waste because this day really marked the monumental beginning of my Project Green Challenge. I spent these 24 hours carrying around my trash at school and telling people about what I was doing. I had known that Cal Poly had a zero waste club so on this challenge day, I looked into when their meetings were held and they happened to be on every Tuesday, so I was able to go check it out. I ended up sharing Project Green Challenge with them and they even sent out the PGC link in their meeting minutes that day! It was amazing for me to begin putting myself out into the sustainability movement on my campus, because that was something I hadn't done last year. I talked with many people in the club and we came up with a few zero waste ideas we could try to implement throughout the dorms, including a move out/move in waste collection and resale and also an educational "waste audit" in the dorms modeled after the PGC Greener "24-hour waste challenge."

When I was attending the Zero Waste meeting, I also found out that there was something called "Empower Poly Coalition" (EPC) meeting that night for their first annual meeting and potluck. At the time, I had no idea what EPC was but they said they needed two members from the club to attend so I offered. I was intrigued and inspired to get to know more of the sustainability community on campus now that I had a jumpstart. It turned out, EPC is a grassroots coalition of sustainability minded students on campus that is currently in a revival phase. I felt so incredibly empowered from attending their meeting because they had some big projects on the horizon for this year. I found out that they were looking for people to join their core officer team so I waited another week and went to their second meeting, and then approached them to say I was definitely interested in becoming more involved.

I have since become the EPC Secretary, taking notes at our meetings, sending out e-

mails, surveys, and taking part in officer core meetings once a week. This group has given me such an amazing outlet to channel my passion for sustainability and truly begin to use it to positively impact my campus community, peers, and future students to come. We just completed a project this past Friday regarding Cal Poly's latest Strategic Plan, which essentially outlines the mission and values for Cal Poly moving forward. We worked with Facilities on campus to write a cover letter, petition and draft a "common goal" of sustainability that we believe should be incorporated into the Strategic Plan. We were able to collect over 800 signatures in one week and we delivered it to the president of Cal Poly, Jeffrey Armstrong on Friday and that was an amazing, empowering feeling.

We worked together and showed him that sustainability is a priority to so many students at Cal Poly and that was impactful for the group, him, and myself. I know this is very separate from the PGC daily challenges but I feel it is necessary to share because as I retrace my steps, the Zero Waste challenge was truly the push I needed to start me on this journey to get to this point where I am now surrounded by positive, like-minded students who all have strong passions to strive towards greater sustainability measures on campus. Project Green Challenge has truly given me the courage to believe in myself, to believe in the power of young people, and has refueled my desire to be an advocate for the environment!

The next submission I included was from the Body Greenest challenge in which I made DIY deodorant with primarily coconut oil. This day was extremely impactful because it opened my eyes to how so many of my beauty products are doing more harm than good to my body everyday! I focused on my deodorant because both my roommate and I have the same one and on Think Dirty, it had a dirty rating of 9/10. It was apparent that the deodorant we were putting underneath our arms everyday was essentially poisoning our bodies with synthetic fragrances and toxins. Something that is seemingly harmless on the outside can be hiding so many evils. I was inspired to find a recipe to make a homemade deodorant that would be completely toxin free and still keep me smelling good.

I made a deodorant using organic coconut oil and lemon essential oil and it came out great! I packaged it into an old jam jar - starting to incorporate the zero waste ideals I had learned in previous days. I made some for my roommate as well and after posting about the challenge, two additional friends reached out to me saying they wanted some as well! Now three of my friends also have some of this citrus, non-toxic DIY deodorant and that makes me so happy! We had fun making it and it was so simple. I noticed that spreading the ideals of a conscious lifestyle over a conventional lifestyle is like dominoes. The more people's lives you touch with your actions, the more people they can reach and it just continues down the line(s). Now my friends who use this conscious, organic deodorant can share it with people they know and eventually change begins to slowly spread further and further.

For my third submission, I chose the Economics Greenest challenge: The Ultimate Green Apartment Shopping List. This day was important to me because I moved into an apartment for the first time this year and had to make a lot of decisions on what products to buy such as a mattress, bed, storage, cleaning supplies, kitchen dishware/cooking-ware, and it wasn't easy! There are so many products out there that it can be overwhelming. I found myself always wishing there existed a simple, easy answer for what to get. This challenge made me realize that

there is an easy answer: buying sustainable, green, organic, eco-friendly products! For many young adults my age, this is something we will have to continually research and look into for the rest of our lives but if we start searching for conscious options *now* when we are young, it will become habit! A house isn't a home if it is harmful and that really stuck with me. I did have one friend reach out to me after I posted this list and she was concerned with high costs of living sustainably, but we realized that investing a little more into sustainable, safe products is more worthwhile in the end if you aren't supporting unsustainable, unfair, unjust production of certain conventional products. Spending a few extra dollars now and voting for your values will slowly alter the market and lower these prices in the future. This was a constant theme throughout the entirety of the thirty days. Being able to be a deliberate consumer is so important to impacting the future of this world and we have the power and knowledge within us to do so.

Next, I chose the Meatless Mondays Greenest challenge. I loved this challenge day because vegetarianism has been something I've been extremely passionate about for the past four years. I truly believe that it is representative of the fact that each individual has the power to create widespread change by one simple action such as not eating meat a day or two each week. It is so simple yet so overlooked by many. Meat production uses so much water, resources, and energy that the consumption of it contributes a to a major portion of your carbon footprint. I strongly believe that if everyone chose to participate in Meatless Mondays (or Tuesdays or Thursdays, etc.) it would contribute to a healthier and thriving planet. To make my peers realize how tangible this is, I created a chart with some of my favorite, meatless meal options on Cal Poly's campus to show there are countless, simple ways to eat meat-free!

The next submission I chose to include was one of my absolute favorites: Wellness. Wellness is something that is so often forgotten, especially in college environments where, as students, we have work, classes, homework, clubs, etc. all on our plates and it can be difficult to prioritize sleep, meditation and appreciation for the present moment. This is something I have definitely struggled with at times, but I have found that taking even 30 minutes of my day to go sit under a tree and close my eyes, or go for a short jog, helps to clear my mind, reduce my stress and balance my schedule.

This challenge made me approach sustainability from a different viewpoint, though. I realized that without physical and mental wellbeing, it makes it more difficult to really appreciate your surroundings and the environment and people around you. Therefore, without wellbeing, it's not as easy to foster a love for the environment and advocate for sustainability. It was really interesting to look at the concept of wellness from this perspective and it has encouraged me to spread this message to my peers. I am currently a bike coach on the Cal Poly Triathlon club team and this puts me in the perfect position to influence and share my thoughts with members of the team. I am going to always be sure to stress the importance of getting enough sleep (especially for hard training student athletes) and also the importance of daily exercise (even if it's light exercise.) The greater our wellness levels are, the more energy we will have to promote sustainability and work towards protecting the environment throughout our daily lives.

I was also extremely impacted by the Fair Trade Greener Challenge. I didn't know quite too much about Fair Trade and what it meant before and learning about it was so inspiring. One

important theme that I've learned throughout the course of this challenge is that in loving the environment, we are loving the World and therefore the people in it. I have grown to realize what a great love and compassion I have for the many people, cultures, etc. in this world and a lot of this ties into environmentalism and sustainability. As humans, no matter where you may live on the planet, or what your financial or social situation may be, the environment impacts you in some way or another. It is heartbreaking to me that there are many developing places around the world that end up carrying so much of the environmental degradation and pollution burden because of the tendencies and habits of the first world. Learning about Fair Trade opened my eyes up to a market that is focused on providing fair prices, treatment, opportunities, benefits, etc. to farmers, producers, workers that otherwise might be working in unjust and completely unsustainable settings. I love that Fair Trade is not only focused on being economically just but also proving benefits for communities and societies to grow and prosper, such as giving families money to send their children to school. This is so important in our growing and developing world.

I loved learning about Mabraat Kabadda, a female coffee grower from Ethiopia. This past summer, I was living in Ethiopia for five weeks with my friend and her family who are from there. It was a phenomenal, life changing experience but also very eye opening and challenging in many aspects. I was living in Addis Ababa, the capital city, and saw so many people sleeping on the sidewalks, living in slums, and many of them made money by selling gum, tissues, cell phone credit, and other small things of this sort on the streets. It was so incredibly hard to see this all the time and my friend and I frequently discussed how we can help people in these situations and so much of it I am now realizing could be helped with Fair Trade principles. It seems so simple that people should be paid enough to earn them a living wage and to provide for their wellbeing (which, like I mentioned above, is so important!) This challenge day really inspired me to want to take further actions to promote Fair Trade in places like Ethiopia someday, if I ever have the chance to go back again. Now I also have a greater understanding of Fair Trade labels and will look for them when I'm in the store and try to purchase these products as much as possible.

One of my absolute favorite challenges was the Non-GMO Study Break! This past week, I hosted a Thursday night movie screening of GMO OMG in my school's library and it was such a blast! I made a Facebook invitation and invited many of my friends. This day was really empowering for me because it was a super simple way to take advantage of some resources on my campus (rooms available for reserve, TV's, whiteboard, etc.) and put on a small event to help foster some conversation about making the switch from conventional to conscious foods and just in general, educate people (including myself) on a certain topic. After learning more about GMO's, I was primarily concerned with the high levels of Roundup resistancy and the prevalence of tumors in studies done on Roundup treated rats. I believe it's important for us all to have the Right to Know whether our foods contain GMOs or not because if they aren't even labeled, how will people even know they exist?

This was one of the coolest things about hosting this little study party was that we all learned something new and were able to come together (over some delicious Non-GMO snacks) and really dig deep and talk about what can be done to improve the situation nationally and on our campus. This challenge day really made me want to do this more often, possibly once a

month and host a movie night with a different theme each time. Everyone was so excited about the idea and I also had many friends who couldn't make it this week that would have liked to so I definitely need to do it again. It just made me realize that there are so many people out there who have an interest and passion for these issues and want to do something about it; they just need a channel to be able to do that through. PGC has provided that for me, and I hope this only grows from here!

I also enjoyed the fashion Greener challenge because it gave me a reason to purposefully wear my shirt inside out at school! This challenge had a fun prompt and it was definitely effective in attracting attention to the topic at hand. It is so incredibly easy for us to not even think twice about where our clothing is coming from and although I have been shopping at thrift stores a lot over the past couple of years, that has been mainly because of lower prices and the thrill of finding unique items. I never knew too much about how unjust and unfair the clothing production industry is. It relates back to the Fair Trade ideals I talked about and how third world countries are taking the downfall for our consumer needs. It is so awful what is happening all over the world in factories where children are working for 8 or more hours a day, earning practically nothing, workers are exposed to toxic chemicals, harsh, crowded conditions, etc.

This day was a really important time to talk about how our somewhat selfish "wants" are nothing in comparison to the basic needs of those who are making so much of our clothing. Many of my friends reached out to me saying they hadn't heard much about this before or that they want to look more into where their clothing comes from, from now on. My roommate and I have decided to only go to thrift stores when we want to go clothes shopping. We went to a thrift store in Morro Bay, for example, and we found biking jerseys (which are usually retailed at around \$70-80 new) for only \$3 and they were super cool! These are the kinds of small changes we have to make and use to influence the people around us. These small, individual consumer habits have a huge impact environmentally, socially and globally and this challenge made me realize that no change is too insignificant!

Next, I chose to include my submission from the Water Greenest challenge. I had heard before that microbeads are harmful, but I hadn't researched the topic in more depth. I found out so many shocking facts regarding microbeads on this day. As I'm studying Environmental Engineering, this really impacts what I foresee myself doing as a future career as I am extremely interested in water pollution. With thousands of millions of billions of micro plastics in so many water sources now, the entire field of water pollution remediation and cleanup is due for a new revolution. The times are changing and more and more microbeads are ending up in water sources so new technologies will have to be looked into in order to find ways to remove them and this is something I would love to be a part of. I loved that I could connect this day to my future career field and also share it with my friends, as microbeads are something that almost everybody can find in at least one of their products. It also connects back to the Body challenge and the benefits of looking into DIY beauty products! They are healthier for not only you, but also the Earth and its waters.

Lastly, I chose to include the Eco Hero Greenest challenge as my 10th and final submission in the portfolio. This submission ties together how I've grown to see myself as an environmental leader, and activist in my communities and has helped me reflect and analyze how

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I've gotten to this point. The circumstances and events in my life that led me to where I am today are all things I included in this post and it was an amazing opportunity for myself to really try and gain a perspective on what I value the most amongst all of these different sustainability themes and where I want to focus my energies. It was also really amazing to post this and then receive feedback from friends and family telling me that I was inspiring them to change their lifestyles and that they were so happy I was putting my energy into what I love. I am so grateful for PGC and the chance it has given me to really pursue my passions and gain real leadership, and communications experience in a field that I care about. I have learned so much, gained connections, and gotten involved on my campus in ways that I didn't dream of. These experiences that Project Green Challenge has led me to will continue to stay with me throughout the rest of my college career and further. Thank you so much. I will never forget these 30 days.

Sincerely,
Erika Wilson

ZERO-WASTE: My trash edition

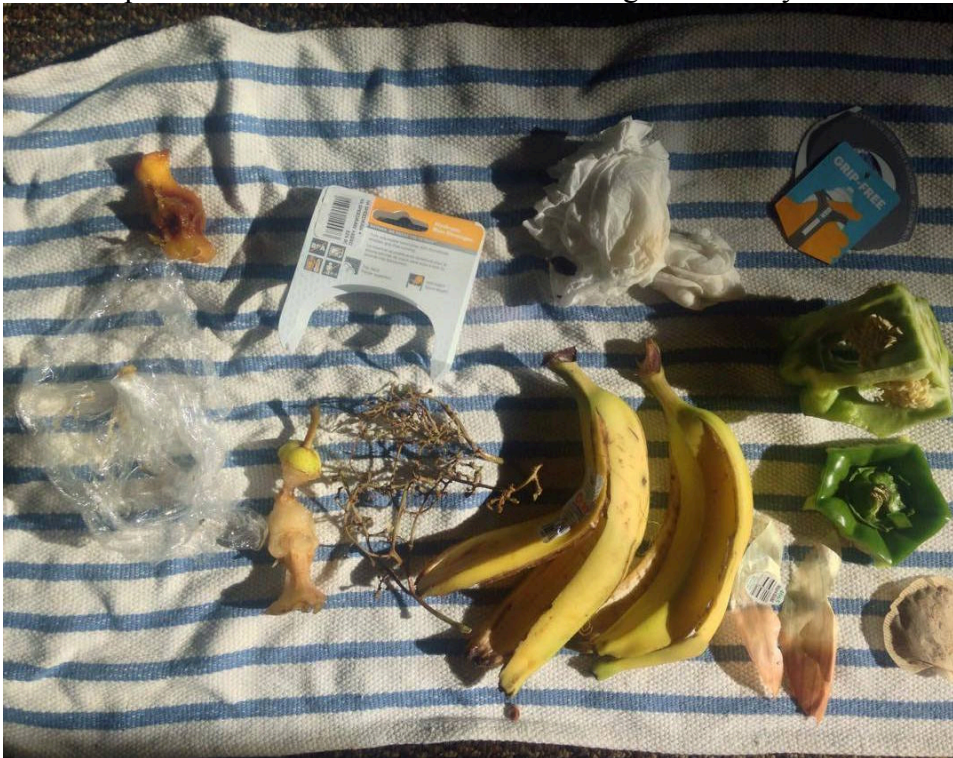
GREENER

"The future belongs to those who understand that doing more with less is compassionate, prosperous, and enduring"- Paul Hawken

As part of the zero waste challenge I spent the past 24 hours (8am Monday - 8 am Tuesday) collecting my trash. During these 24 hours, my eyes were opened to how much we throw away on a daily basis and I felt myself becoming more and more conscious of all of my actions.

I used the bathroom at school and started to reach for a paper towel before realizing, HEY, my hands can do this cool thing where they air dry. I don't need that paper towel. It's something that seems so simple, but was something I truly hadn't thought much about before.

Here is a picture of all the trash I collected throughout the day:



- 1 peach core
- 1 piece of plastic cling wrap
- paper packaging from a running water bottle
- 2 tissues
- 1 tea bag
- 2 banana peels
- 1 pear core
- grape twigs
- 1 tea bag
- onion skin
- scraps from 1 green pepper
- 1 sticker (from the pepper)



I then divided out my trash between what can be recycled, what can't and food waste (see chart below). The majority of my trash was food waste, which was nice to see because it can be composted!

Recyclable	Non Recyclable	Compostable
Paper Packaging	Tissues	All fruit/veggie scraps
-	Stickers	Tea Bag?
-	Cling Wrap	-

In the chart, I put a question mark next to the tea bag because I'm unsure if they can be composted or not. I did some research and found that most tea bags contain plastic so composting them would risk BPA and other toxins being released into the soil. I would love to get some more insight on this!

How can I reuse this "stuff"?

- **CLING WRAP:** this was only used to bring a sandwich to school in so I could easily reuse it again to cover food, drinks, etc.
 - I could also use it to cover potted plants to help keep the soil moist and prevent wasting water.
 - I researched a bit and found that it can be used to cover the crown of bananas to allow them to stay fresh for longer.
 - (In the future though, I won't bring any part of my lunch wrapped in plastic because I have tupperware that I should be using instead!)

- **TISSUES**

Tissues are tricky. I have heard before that they can be composted but I am unsure so I would love to gain some insight into this as well. But, it seems that reusing a tissue is difficult unless you use it for dusting surfaces or cleaning a vase, glass, etc. A handkerchief would definitely be a better option!

- **STICKERS**

Stickers are the one kind of waste that seems hard to avoid. It comes on most of the produce you can purchase in the grocery store and is non compostable. They don't biodegrade and unfortunately, will contaminate compost sources! I think the best way for me to avoid this is to shop for more of my produce at local farmers markets. There, I can avoid the wasteful stickers and get more local, in season produce.

REACTIONS

Throughout the day, I was excited to hear some reactions from my friends, family and classmates on the challenge. During one instance, I was at work (I work in a tacos cart on my school's campus) and as I was working and preparing people's orders I couldn't stop thinking about how wasteful some of our campus dining practices are. In so many cases, our meals are packaged in plastic, served in plastic dishware with plastic silverware, or wrapped in tin foil. It made me kind of sad. I also usually make myself some food at the end of my shift and, instead of using our traditional packaging, I opted to make a burrito bowl in an empty tupperware I had leftover for lunch. It was a kind of triumphant feeling, realizing how easy it can be to make small changes like that and reduce waste! As I was making it my co-worker commented and told me how awesome they thought it was that I was using my own container. I then told them about the challenge and they were interested in how we could make our dining facility less wasteful. It was cool to spread the idea and see it resonate in someone else! Hopefully we can make something happen in the future.

I also talked to my mom and told her about the challenge. She has always been so good about bringing reusable bags to the grocery store and using tupperware and bamboo utensils for school lunches so I was excited to share more with her on the topic. She told me how, lately, she has noticed that at her work, they have a great salad bar in the cafeteria but they only prepare and serve the salads in big, heavy plastic bowls. She said that me working on the project and bringing it up to her has inspired her to send an email to the manager of the cafeteria space and see if they will be willing to make some changes, or at least allow and encourage people to bring their own container to get their salad in.

I was lucky enough to find out that there is a Zero Waste club at Cal Poly and they meet every Tuesday morning at 11 am so it worked out perfectly for me to attend their meeting today. I shared Project Green Challenge with them and told them about the 24 hour zero waste challenge and they were discussing ideas and projects for the year. I thought, hey, why don't we challenge freshmen living in the dorms to do this 24 hour waste challenge. Everyone in the club thought this would be a good idea to pursue and I was able to get connected with them and discuss it more. I have a friend who is an RA in the dorms so I am hoping to organize an event with her and her residential building.

(And I was able to get some bamboo utensils that I'll definitely be using from now on):



Lastly, I called my best friend from home and told her about it and her response was:

"A lot of people don't understand how much we waste because it disappears into the trash can and leaves our mind. By keeping it with you instead of throwing it away you can get a true understanding of the substantial amount of waste we go through every day."

-Audrey Keohane

I think there is so much truth to what she said. A trashcan can be like a black hole. We put waste in, and put waste in, and put waste in and we don't really know what's happening to it from there. It's just "gone". Keeping it with me made me realize that **trash is a burden**. It stays with us, *all of us*. It doesn't magically leave the Earth when it enters a trashcan or even a recycling bin. Because of these thoughts and what I've so far learned about zero waste, I'm inspired to make the following changes to my lifestyle:

1. **ALWAYS** pack my lunch and any other food in reusable containers, bottles, jars, etc. There is no excuse for using a plastic bag or water bottle when I could be using a reusable one!
2. Start bringing a small hand towel to school to dry my hands with instead of paper towels!
3. Shop for produce at the farmers market more often - I will begin by aiming for buying 75% of my produce at farmers markets and see if it helps me to reduce my waste from stickers and other unnecessary packaging that you often find on conventional waste!

4. I would also like to become more aware of my city's composting practices. Recently, San Luis Obispo started a composting program where they brought each house a small compost bin that gets picked up with green waste each week. Unfortunately, I live in an apartment and never received one but I am going to contact them to find out what other options I have!



San Luis Obispo's new compost pails!

Image:

http://www.sanluisobispo.com/news/local/up7etq/picture95225642/ALTERNATES/FREE_640/Food%20Scraps025

BODY: GREENEST



After completing the Greener challenge for Day 8, I was feeling extremely uncomfortable just thinking about using my conventional deodorant again after learning about some of the harmful ingredients it contains. I was so excited to try making a DIY product that was both simpler and much safer for me. I ended up making a citrus deodorant using just FOUR ingredients:

- > 6 tsp melted Organic Coconut Oil
- > ¼ cup Cornstarch
- > ¼ cup Baking Soda
- > 20 drops Lemon Essential Oil

When choosing my ingredients, I tried to keep some of the ideas in mind from the past few challenges. I bought Dr. Bronner's Fair Trade **Organic** (Day 2) Coconut Oil. I have already noticed that

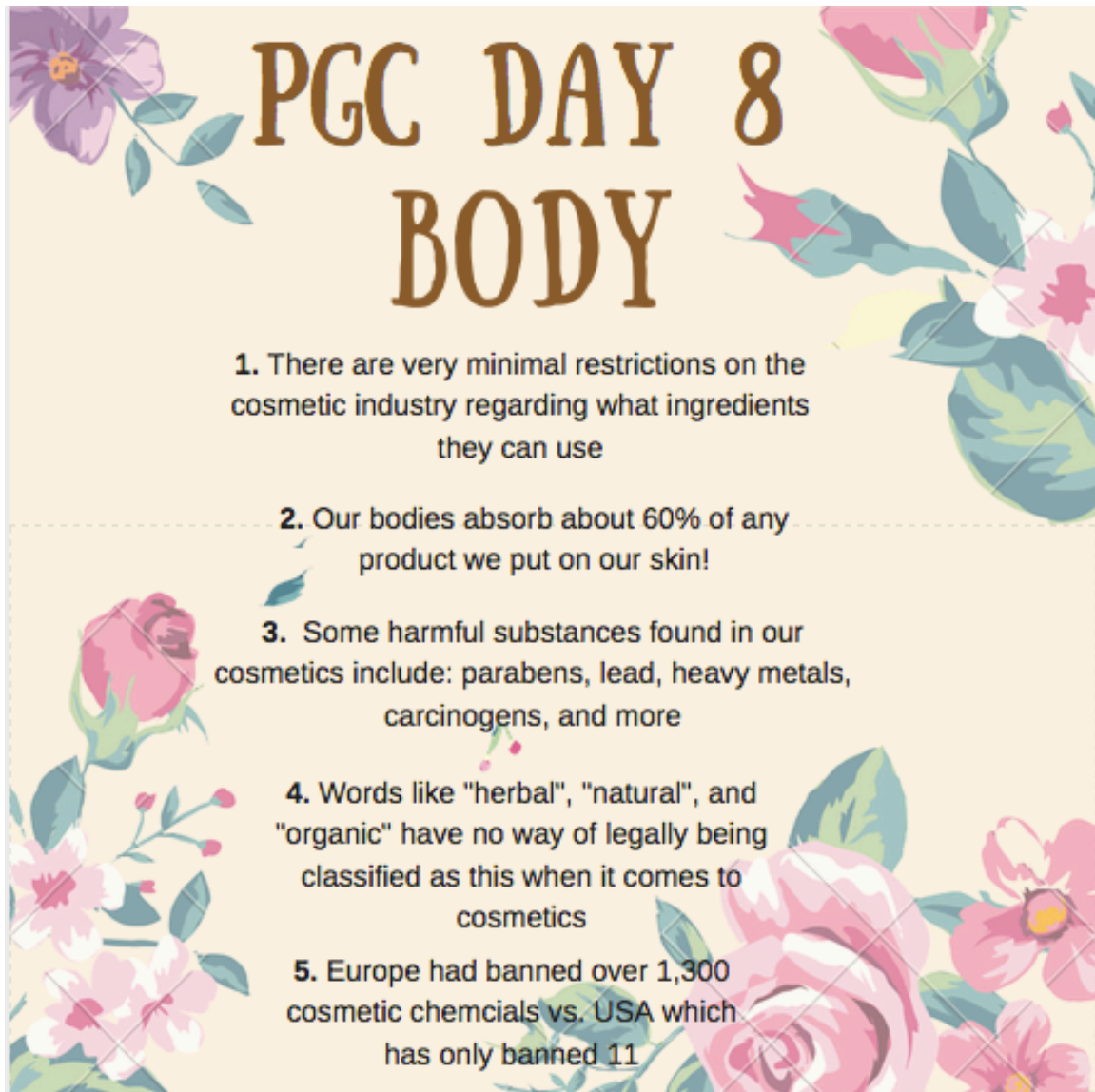


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when I go out now, I am much more conscious and aware of what I am buying/consuming. It feels good using my “dollar” to invest in my values. To make the deodorant, I combined all the ingredients and packaged it in an old jam jar (pictured below). I have already tested it out and it works and feels great! I almost can’t believe I have been buying conventional deodorant my whole life, which is more wasteful (packaging), expensive (in the long run) and more harmful than any product I can make myself – and it was so simple!! I hope to make more to give away to friends and family in the future. Here is a picture of my completed deodorant:



I shared some facts about the PGC Body Challenge with my friends and they're listed below:



Some changes I will definitely make to my daily routine are: I would like to try and make a new DIY skin care product each week so eventually I will replace all my conventional products with safer, homemade ones ☺ It was fun to experiment and fairly easy and inexpensive to do! It makes me feel more self-sustaining and by using my own glass container, I feel as though I am working towards a more zero waste lifestyle. Conventional products require frequent replacement, which is costly and wasteful of resources.

I would also like to stop using many of my products that have hazard ratings over 3. I have gone through many of them on the Think Dirty App and am now looking into how I can properly and safely dispose of my toxic cosmetic and skin care products. The County of San Luis Obispo Environmental Health Services has a household hazardous waste program that allows for

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specific drop off times to dispose of hazardous waste. I am planning on using this to get rid of all the harmful products from my apartment's bathroom!!

Lastly, I plan to spread the word to my friends and family, tell them to download the Think Dirty App, and challenge them to replace at least one of their skin care products. Small steps lead the way to big changes.

Sharing the experience of creating a DIY deodorant with my roommates was fun and a learning experience for us all. Though they thought I was a bit silly for wanting to do it at first, after I shared with them the results from my "Greener" research, they became much more interested and invested in making changes in their own lives. They were shocked that so many of the products that advertise all the things they will do to benefit your hair, skin, etc., could actually be so harmful. It is something you don't always think about.

They also told me they were extremely inspired to research more about the products they buy instead of just looking at the packaging or making decisions based off of recommendations, commercials, etc.

This is very important to me because my mom has had breast cancer twice in the past 8 years and ever since; she isn't allowed to use any deodorants containing metals like aluminum. I have always wondered that if she isn't allowed to, should any of us be allowed to? I think education on this topic is so important because we as consumers have the power to use our dollar to vote for the products we want to see on the market and we should use that to gain more support for safer, harmful-chemical-free products!

Thank you PGC for this challenge, I am excited to start upgrading my bathroom cabinet with more healthy, sustainable, toxin free, homemade products ☺

ECONOMICS: GREENEST

The Ultimate “GREEN” Apartment Shopping List

As high school and college aged students, moving into a dorm, apartment or house in the near future is something that is relevant to most of us - and also a huge deal! When you move into a new place, there are certain things you need to purchase that you may have not even thought about when you had the convenience of living at home. Because you are making so many new, initial purchases you have the power to make them COUNT! Invest in an economy that supports you, the environment, and companies without contributing to resource/human exploitation.

Below are some of the things you'll need to kick-start your new place:

(To check out all the best options click the link to my Pinterest board here:

<https://www.pinterest.com/erikawilson13/green-apartment-shopping-list/>)

BEDROOM

- Mattress
- Bed comforter
- Pillow

BATHROOM

- Towels
- Hand Soap
- Toothpaste/tooth-brush
- Shower Curtain

KITCHEN

- Tupperware
- Silverware
- Reusable Water Bottle
- Reusable Straws
- Compost Bin/Pail

OFFICE

- Paper
- Writing Utensils
- Power Strip

OTHER

- Light bulbs
- Plants
- Multi-Purpose Cleaner

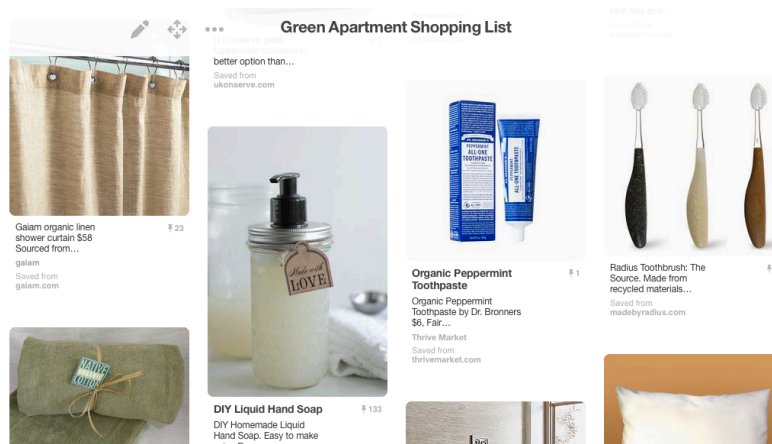


PRODUCT	CONVENTIONAL	CONSCIOUS
Mattress	Walmart: Spa Sensations 10" Memory Foam Mattress \$189	Leesa 10" Luxury Foam Mattress \$525
Comforter	Target: Spring Rush Reversible Comforter Set Navy - Beekman 1802 FarmHouse (Polyester) \$90.99	100% Organic Cotton Under the Canopy Comforter Set \$99
Pillow	Dr. Maas™ Standard/Queen Side Sleeper Pillow \$39.99	Lifekind Certified Organic Cotton Pillow \$65
Towels	Wamsutta® Perfect Soft MICRO COTTON® Bath Towel \$14.99	Native Organic Bath Towel \$36
Hand Soap	Softsoap Liquid Hand Soap, Aquarium Series, 64-Ounce Refill Bottle, Pack of 2 \$18.02	DIY Organic Hand Soap Approx.. \$25 for supplies which can made MANY batches of the soap(and used elsewhere)
Toothpaste	Crest 3D White Luxe Lustrous Shine Brilliant Mint Flavor Whitening Toothpaste \$3.53	Dr. Bronner's Organic Peppermint Toothpaste \$6
Toothbrush	Colgate MaxWhite Full Head Medium Toothbrush with Polishing Star \$2.84	The Source, Radius Toothbrush \$7.95
Shower Curtain	Amalie Linen Shower Curtain \$39.99	Gaiam Organic Linen Shower Curtain \$58
Tupperware	Plastic Tupperware Servalier Bowls 2-Piece Set \$20	U Konserve Glass Set \$28
Flatware	ONEIDA PAUL REVERE 5-PIECE FINE FLATWARE PLACESETTING \$29.99	5 piece Bolo Flatware set made from recycled steel \$28
Straws	Assorted Colors Smoothie Straws, Pack of 100 \$5.99	U Konserve Stainless Steel Straws (2 pack) \$7.95
Water Bottle	Nestlé® Pure Life® Bottled Purified Water, 16.9 oz. Bottles, 24/Case \$11	Klean Kanteen 20 oz insulated bottle \$32
Compost Pail	-	Epica Stainless Steel Compost Bin 1.3 Gallon \$18.95
Printer Paper	Hammermill Paper, Copy Plus, 20lb, 8.5 x 11, letter, 92 Bright, 500 Sheets \$7.99	Mohawk 100% Recycled Print Paper \$12.45/500 sheets

Pencils	Dixon Ticonderoga Wood-Cased Pencils, #2 HB, Yellow, Box of 12 \$2	ForestChoice #2 Graphite Pencils 12 pack \$2.95
Power Strip	AmazonBasics 6-Outlet Surge Protector Power Strip, 790 Joule \$9.69	EcoStrip 2.0 Energy Saving Power Strip \$47
Light Bulbs	Philips 433557 23W 100-watt T2 Twister 6500K CFL Light Bulb, 4-Pack \$12.97	EcoSmart Energy Star 60W Bulb – 4 pack \$15.97
Plants	-	English Ivy Air Filtering Hanging Plant \$14.99
Multi Purpose Cleaner	Formula 409 All Purpose Cleaner Spray Bottle, 32 Fluid Ounce \$2.88	Dr. Bronner's Pure Liquid Castille Soap \$15.29
Total Cost for all items;	\$501.86	\$1,045.50

I think it is easier than I thought to shop more sustainably and affordably. Although the total price differences on my list comparing conventional and conscious products varies greatly, there are a few reasons for that. The mattress was one of the most expensive items and without it, the cost difference between the two categories would have been significantly less than it is now. It is also important to remember that many of the conventional items are not zero waste and need to be continually rebought and replaced like plastic water bottles, straws, less efficient light bulbs. Along with that, items like the energy smart light bulbs and the eco power strip will save you money on energy costs in the long run! And, in my opinion, investing a little bit more money in more sustainable, organic, fair trade, environmentally economical products can in turn have so many more benefits down the line for yourself, our economy and the products we will continue to see being put into stores in the future. It's better to support the more **economically, environmentally and socially sustainable** products vs. the cheaper, conventional ones that will cause more human health problems, more natural resource exploitation, etc.

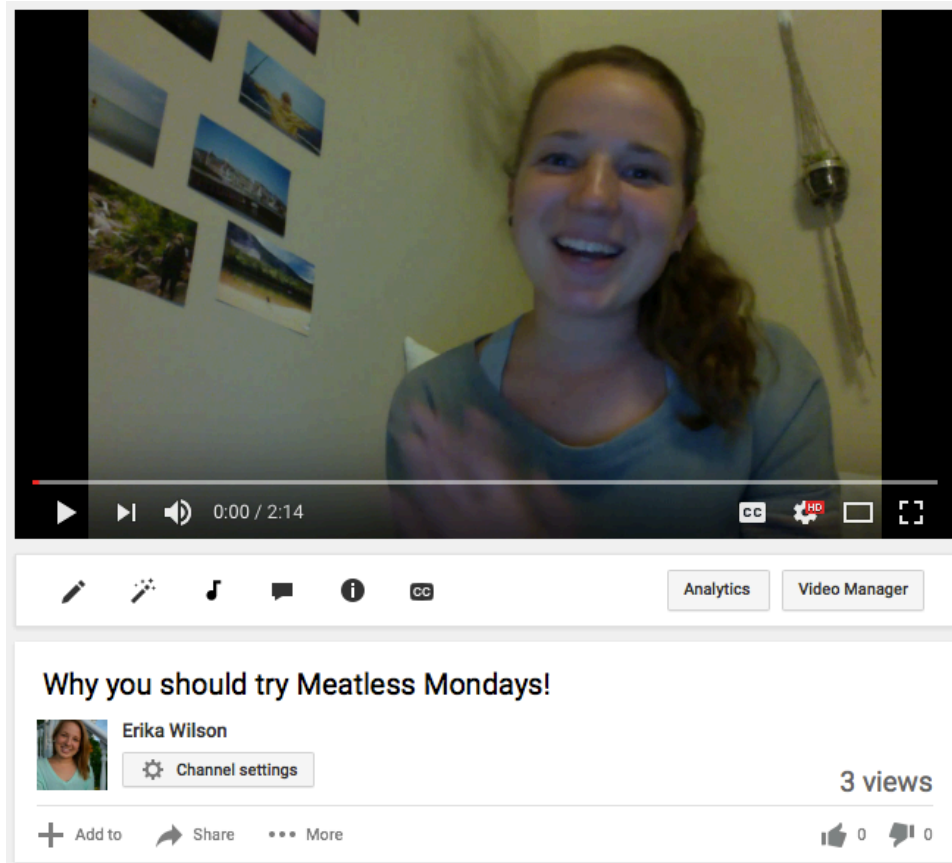
I definitely want to make an effort to slowly start replacing some of the items I own to make my belongings more and more sustainable for a better, greener economy that benefits the people, the planet and profits: the Triple Bottom Line.
(PS: A little preview look at the Pinterest Board 😊)



MEATLESS MONDAYS: GREENEST

To help spread the word about Meatless Mondays and the importance of them, I created this short 2-minute video on Youtube and shared it with my Facebook connections!:

<https://www.youtube.com/watch?v=-YobHQKFkb4>



I really believe that by just going meatless for a day or two of the week, each individual has the power to make a huge impact on reducing the environmental impacts of the meat industry as well as working towards benefitting human health. I thought a great place to start tackling this would be on my own college campus at Cal Poly, San Luis Obispo. I first shared this video with my Facebook friends to encourage them to experiment with Meatless meals but I also thought it would be great to show them some vegetarian options that can be found at each dining location on campus. Last year, I was a freshman and had no trouble finding meatless options that were healthy choices for me so I think it's important that everyone is aware of these!

I also have worked for Campus Dining now since December of 2015 (coming up on my 1 year anniversary!!) at a cool little dining site called Tacos To Go. We're a small food "cart" located by the library that sells tacos, burritos, quesadillas, etc., at a low cost to students.


The interesting thing about Cal Poly’s dining system is that we don’t have a typical college dining hall (with the exception of 19 Metro Station). Besides that, all of our options are more fast food “restaurant” style which allows you to really customize your food options, which is beneficial, but I’ve also noticed, it produces a lot of waste! Therefore, I made this list to compile my top vegetarian option from various dining locations and how to order it as “zero-waste” as possible.



Tacos To-Go



EXPRESS

Because I am on a college campus, shortage of vegetarian options is not a big problem like it was for me in high school. In high school, I never bought school lunch because my meat free options were so limited. But, at Cal Poly, because we get a lot of locally sources produce and the produce options found at each dining location are essentially from the same sources, funding and providing meat free meals, I would think, is less expensive than buying meat! From talking to my boss, one major issue that we have is that the meat is more expensive so our order is always low each day meaning we run out of meat (usually the first one is Carne Asada or beef). This can be seen as a negative thing because customers who want that product can get upset but I have also seen it go the other way, where we will run out of meat and then customers will be super willing and excited to try out a vegetarian burrito, for example! I think that’s pretty cool and al Poly also created brochure this year that are put out at all campus dining sites to advertise how to make healthier choices including eating less meat, using black beans and brown rice for protein and they have started to offer more tofu/veggie “meat” options at more dining areas!

Bottom line, I think it’s very tangible for Cal Poly to advocate for Meatless Mondays and I have already seen flyers around school promoting the consumption of less meat! But, because we are a huge college campus that operates under a dining “corporation”, I don’t think we will ever have days where meat is completely gone from all our menus, but we can definitely do our best to reduce it and promote meatless options like those listed below:

LOCATION	MEATLESS MEAL	WASTE FREE OPTION
<p data-bbox="298 1566 459 1598">The Avenue</p> 	<p data-bbox="602 1566 1000 1709">Build your own “Zen Bowl”: Use kale, brown rice, tofu, and steamed vegetables (\$5.45-\$7.25)</p>	<p data-bbox="1026 1566 1422 1814">Bring your own bowl and ask if they will use it! Portion sizes are consistent at campus dining locations so as long as they know how to portion, your own container should work!</p>

<p>Mustang Station</p> 	<p>Tuscan Veggie Pizza: bell peppers, mushrooms, spinach, onions, tomatoes, cheese, and marinara sauce \$3/slice</p>	<p>Bring your own plate and tell them to put the slice on there instead of a paper plate.</p>
<p>Lucy's Juice Bar</p> 	<p>My personal favorite from last year: The Glowing Greens Smoothie: Blended spinach, kale, apples, strawberries, bananas, honey, and lemon \$5</p>	<p>Bring your own tumbler or cup such as the Klean Kanteen 16 oz insulated Pint Tumbler Cup!</p>
<p>Sandwich Factory</p> 	<p>The Inspector: Herb cream cheese, cucumbers, sprouts, carrots, tomatoes, arugula, red onion, avocado, olive oil and vinegar on baguette \$7.99</p>	<p>Ask the employees to wrap your sandwich in reusable beeswax wrap or bring your own cloth/ tupperware, etc.</p>
<p>Red Radish</p> 	<p>Salads, salads galore! Design any salad you'd like, with any toppings and dressings! I loved putting walnuts, apple slices, avocado, pine nuts and chickpeas on my salads last year but you can try any combo!</p>	<p>Bring your own bowl or glassware! I tried this last year and the workers were so excited that someone wanted to do that. Currently, every salad is served in a plastic container (all of which get thrown out) so I think they should consider offering discounts if people bring their own!</p>

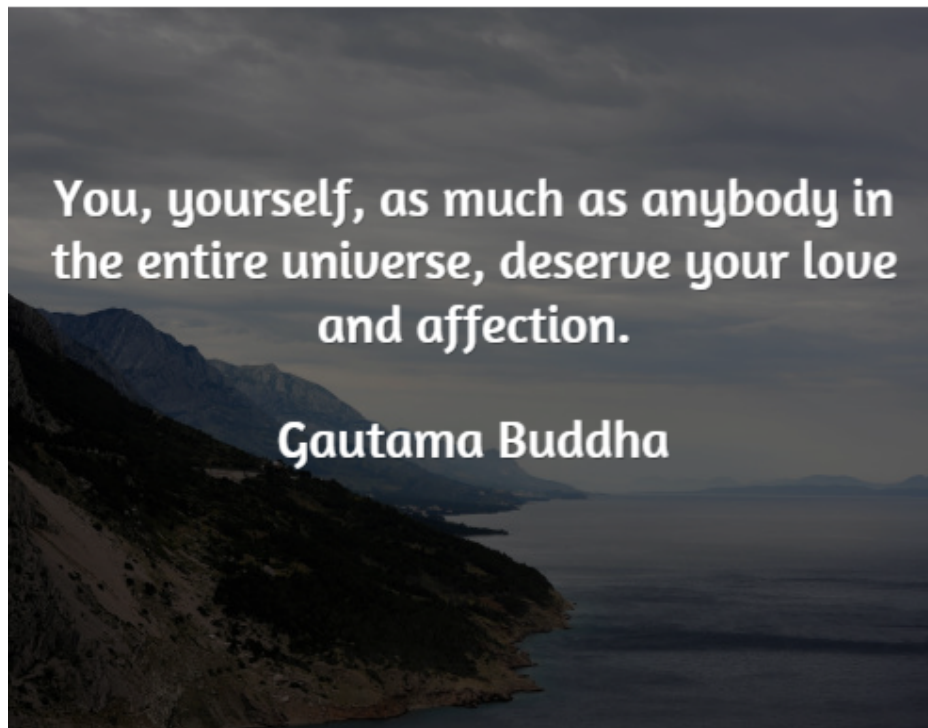
<p>Tacos – To – Go Express</p> 	<p>Vegetarian Burrito Bowl with brown rice and black beans, you can't go wrong with this option! \$4.25</p>	<p>Bring your own bowl, or at least fork! Ask for it without a lid.</p>
<p>Einstein Bros Bagels</p> 	<p>VegOut Sandwich: Lettuce, tomato, cucumber, red onion, roasted tomato spread, and garden veggie shmeear served on a sesame bagel. \$6.25</p>	<p>Give them your own reusable lunch bag or Tupperware to use instead of a paper one!</p>

I hope I can find more ways to share veggie, waste free campus meal options with freshmen and other students! The options are definitely there, these are just some of my favorites that help mix it up and keep variety in your diet! ☺

WELLNESS: GREENER

Some of my top priorities when it comes to taking care of myself are:

- Make sure I exercise everyday by biking to school and ideally going to a daily practice for triathlon team
- Prepare healthy meals ahead of time so I'm not going hungry or having to buy food on campus because I didn't prepare
- Drink lots of water everyday – I try to drink a half liter during every class
- Use lavender essential oils on my pillow every night to aid a good nights rest!
- Spend time to think each day and focus on getting to know myself
- Spend at least an hour or two talking with others, sharing ideas, getting excited, or feeling passionate each day. I think it's important for our wellbeing to let our emotions be felt and our passions be shared! Keeping it inside will never help you
- Be extremely open to being adventurous and trying new things (Source: <http://quote-img.site2quotes.com/quotes/love-quotes-gautama-buddha-5770.png>)



Out of all of these practices, though, I have realized that the one thing that I feel like improves my wellness the most is taking time to *think*. Sometimes when we just go, go, go from school, to clubs, to work, to more school, it's hard to just *slow down* and just feel myself living in that moment and experiencing that moment. A cool example of this idea of slowing down is

Norway's creation of Slow TV (Example: they screened a 7 hour long "episode" which featured video footage from a train's entire trip from Bergen to Oslo.) The sound of it sounds a little crazy but people enjoy it!! It's something about the hypnotic, smooth rhythm and motion of the train as it captures all the images and landscapes it drives by that takes your mind away from other distractions. It's almost like a method of meditation. Here's an example of an image you might see in this video:



(Source: http://i.dailymail.co.uk/i/pix/2014/06/24/article-2666901-1F13454A00000578-888_634x366.jpg)

Along with the concept of slowing down, I think that knowledge of yourself and knowledge of your heart are both extremely important to wellbeing. Otherwise, how will you know if all the things that are consuming your time each day are worth your energy if you don't know if they're what your heart truly desires? One quote that I love from "The Alchemist" says, "There is one great truth on this planet: whoever you are, or whatever it is that you do, when you really want something, it's because that desire originated in the soul of the universe. It's your mission on Earth." I think wellness really grounds us and gives us a better perspective of what our "mission on Earth" is. Therefore, I think it's extremely important to take time each day to think, journal or just ponder your thoughts and emotions.

Everyone has to find their own method of doing this, but for myself, I don't typically have large gaps between my commitments during the day so I will usually spend my 10 minute breaks between classes or classes and work to find a spot in the grass at school, or under a tree and I'll lie down. I like to close my eyes and tune out the thoughts I have about school and my worries but instead enjoy the peace that comes with being still and motionless in a moment that's full of movement as people walk on all sides of you, rushing to class. It's almost a surreal feeling to almost separate yourself from "real life" for a moment and just think and dwell. Usually during these *slow, intentional* moments I can really reflect on my feelings and what I've learned or thought about throughout that day – not necessarily only in the classroom but also things I've learned about myself and my values. Everyone has their own "practice" that helps them focus on being mindful and improving their wellbeing and this is definitely one for me. Sometimes when I want to, I have a small journal that I'll write some things down in as well.

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Cal Poly used to offer an hour-long meditation class on Tuesday nights last year and I would try to go to those as much as possible. They always left me feeling more deeply relaxed than I have ever experienced. Unfortunately, this class isn't currently offered, but with this new motivation, I can start to learn how to incorporate meditative ideas into my life on my own!

After using “ my practice”, I feel:

Radiant, Encouraged, Alive, Thankful, Invigorated

Two changes that I notice in my mindset and mood when I practice mindfulness and engage in my wellness are that I:

1. Feel more confident in my abilities and inspired to focus my energies where they're needed on projects (like this one), homework, friends, etc.
2. Sense my body becoming more balanced with my mind and the two work together to help me feel good: both mentally and physically.

FAIR TRADE: GREENER

Mabraat Kabadda:



This is Mabraat Kabadda, a coffee farmer from the Oromia region of Ethiopia: the birthplace of coffee. There, the Oromia Coffee Farmer's Cooperative Union (OCFCU) has become a leader in certifying Fairtrade coffee growers in the region. Farmers, like Mabraat, produce organic coffee beans but unfortunately the sensitive plants are susceptible to the impacts of climate change.

Because of these threats, Oromia was one of the first places to utilize the Fairtrade Climate Standard. Mabraat was a part of this plan. She lives with her children in a beautiful mountainous area where she would typically have to collect wood everyday for cooking, which was time consuming. With the Fairtrade Climate Standard, 40,000 energy efficient stoves were delivered to coffee growing households in the region to reduce the greenhouse gas emissions from traditional cooking methods.

Mabraat received one of these stoves and along with it giving her more time to spend with friends and family. She is now able to sell Fairtrade Carbon Credits, as well. The reduction of greenhouse gases from these new stoves could be up to 70%! Because so many farmers were able to receive these stoves, the whole community is improved and more prepared to take on climate change together.

I was compelled by Mabraat's story for multiple reasons. This summer, I spent 5 weeks living in Ethiopia with my dear friend, Lul and her family, and we put on a youth conference to discuss ideas, projects, and the development of Ethiopia. That short amount of time I spent there, allowed me to grow a deep connection to the place, culture and people and I find it so inspiring

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and encouraging that WOMEN like Mabraat are receiving these kinds of opportunities through Fair Trade practices.

I love the way Fair Trade acts as a change agent among communities and is helping to “unite the human race” as Bronner says. Learning about fair trade has made me think a lot about how much I appreciate humanity and the way fair business practices can seriously work towards improving people’s lives. I care so much about this world and the people in it and Fair Trade encompasses this compassion for people, the environment, safety and health all in one.


Check out this video of Mabraat here:


<https://vimeo.com/147814862>

And just for fun: here’s a picture of the way I would drink coffee everyday in Ethiopia. They have a very specific coffee ceremony when they make coffee and it’s such an integral part of the culture. It makes me so happy that Fair Trade practices are being put into place within coffee growing regions because not only will it keep Ethiopian culture alive, it will help the people and ensure this delicious, rich coffee never goes away! ☺



My Instagram post:

erikawilson_40m



kureb_image, kinzieeee, paris_for_her and mountainmads_ like this

erikawilson_ This is Mabraat Kabadda, a coffee farmer from the Oromia region of Ethiopia: the birthplace of coffee. There, the Oromia Coffee Farmer's Cooperative

kureb_image, kinzieeee, paris_for_her and mountainmads_ like this

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🌱🇪🇹 #ethio #fairtrade #womenpower #pgc2016 #fairtradeworld #coffeeorpeace

paris_for_her Too nice

×

thetoteproject Love it!

×

♡ Add a comment...

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NON-GMO: GREENEST

On Thursday, October 27th, I hosted a Non-GMO study party in a “fishbowl” I reserved in the Kennedy Library at Cal Poly, San Luis Obispo. Fishbowls are glass-walled rooms with TV’s, tables and seating space so they are perfect for screening a movie. I made a Facebook event/invitation and invited a lot of my friends to come! We watched the movie, **GMO OMG** and had great discussions beforehand and afterwards. Here is a screenshot of my Facebook invite:



The screenshot shows a Facebook event page for "Non-GMO Study Break" organized by Erika Wilson. The event is scheduled for October 27th from 8-10 pm at Kennedy Library. The description mentions a "fishbowl" and a movie screening. The page shows 10 attendees, 4 taggers, and 10 invitees.

NON-GMO Project

OKT 27 Non-GMO Study Break

Privat · Organiseret af Erika Wilson

Inviter Rediger

27. oktober klokken 20:00 - 22:00
for 2 dage siden

Kennedy Library
1 Grand Avenue, building 35, San Luis Obispo, California 93405
Vis kort

Next Thursday, October 27th, join me in Fishbowl 216S from 8-10 pm for a little Non-GMO "study break" I'm throwing!

As many of you know (because I've been spamming Facebook), I'm currently participating in Project Green Challenge (<https://projectgreenchallenge.com/>), a 30-day challenge that gets high school and college students to learn more about sustainability while finding ways to incorporate it into their lives and communities. Each day is centered on a different theme such as Organics, Zero Waste, etc.

Abbie, Marcel og 7 andre venner deltog

10 deltog	4 deltager måske	10 inviterede
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Send besked til gæster

🕒 27. oktober klokken 20:00 - 22:00
for 2 dage siden

📍 Kennedy Library
1 Grand Avenue, building 35, San Luis Obispo, California 93405 [Vis kort](#)

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Last week, one of the days was about GMOs, or Genetically Modified Organisms. In lieu of this, I'm organizing a somewhat unconventional way to spend your Thursday evening next week. I've reserved a fishbowl and we'll be watching the movie "GMO OMG" <http://www.gmofilm.com/> to learn more about GMOs and the impacts they have on us and our World.

This is going to be a place where we can breed discussion related to GMOs, the environment, etc. AND...enjoy some good food!! The only requirement for coming is to bring one Non-GMO certified food item to share and we'll make it a fun little snack mixer, movie night in the lib. I hope you can make it!!!

Peace ❤️



Erika Wilson

26. oktober kl. 19:22 · ✉️

Hi friends! I'm so so excited for tomorrow night and I hope many of you can make it!

We're meeting in Fishbowl 216S on the 2nd floor of the library at 8:00pm to watch the movie "GMO OMG", and use it to fuel some cool discussions!

Please bring a Non-GMO snack/food item to share with the group! Look for the product label pictured in the event's photo! Here are a few ideas (including some brands that are even offered at campus market):

If you don't see the Non-GMO label, look for the USDA Certified Organic label, as that also guarantees that your product will be non-GMO! I'm so so excited to see you all there! Feel free to invite friends and anyone else you know would be interested!

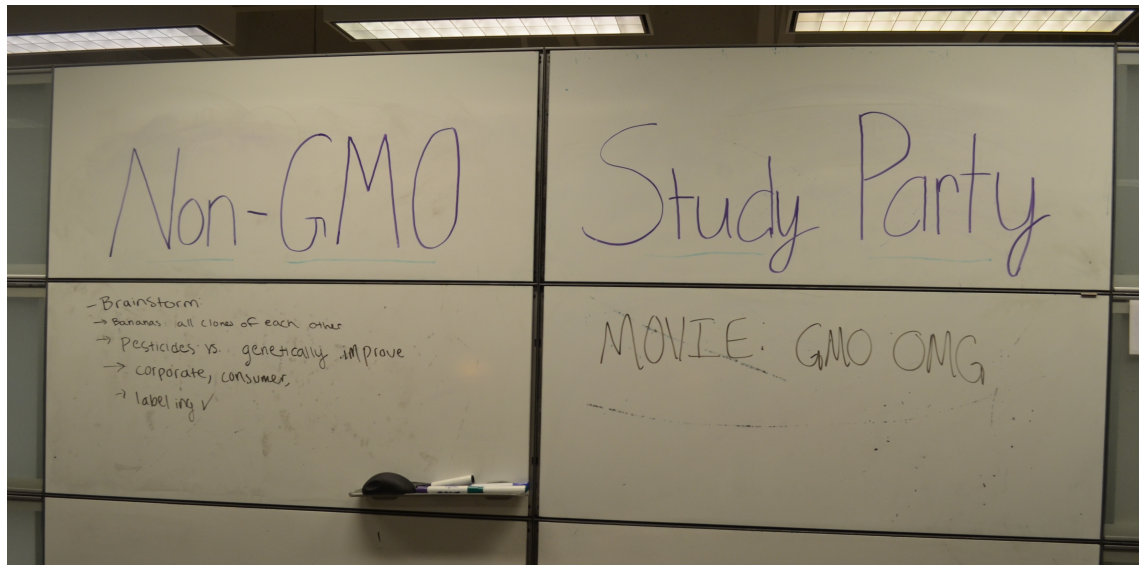
Midterms can be a lot to handle in the middle of the quarter so take this as an opportunity to take a break from school (but still learn something!)

Thanks guys! 😊

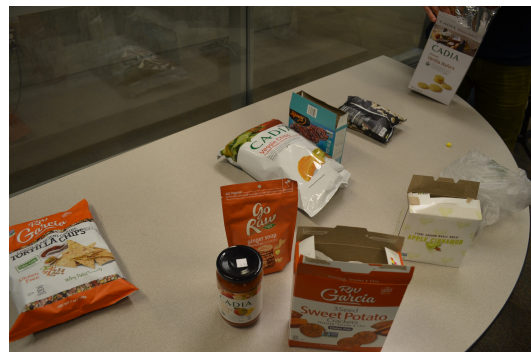


Before we began watching the movie, we did a quick five-minute brainstorm on the whiteboard in our “fishbowl room” on what we knew about GMOs just to get some ideas and thoughts out there before we started the film. Some of the thoughts we had were:

- GMOs should definitely be labeled
- There are multiple perspectives to look at when it comes to GMOS: consumer, corporate, farmers, etc.
- Some GMOs are used for pesticide resistance; others could be used for improvement of health, nutrition, etc.



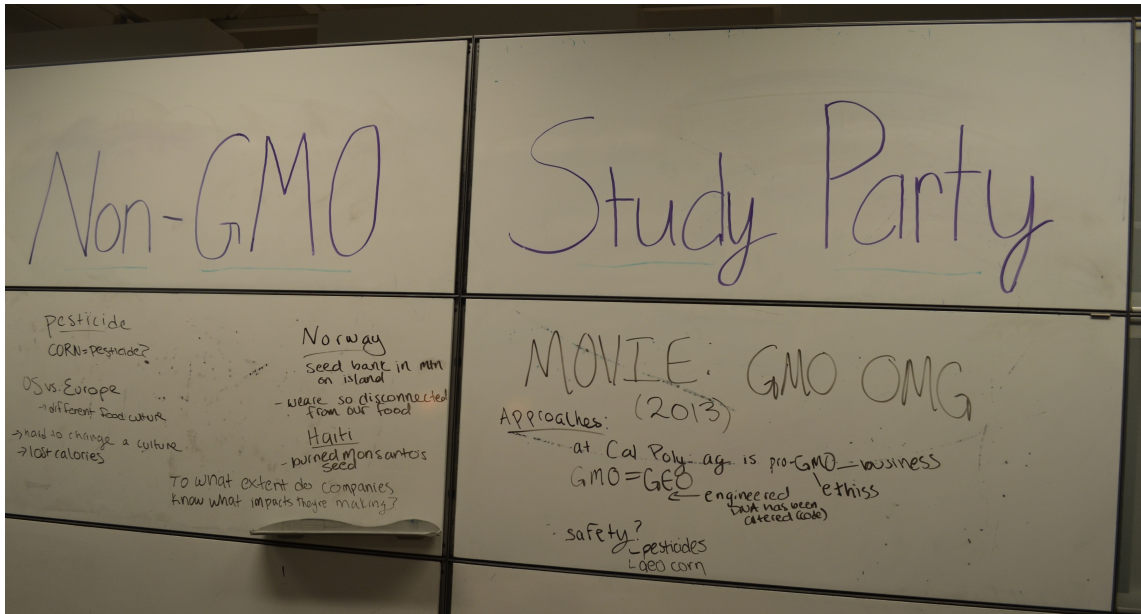
While watching the movie, we had a big variety of Non-GMO snacks to chew on as we pondered over the film. Everyone brought something to share, which was awesome! I brought the RW Garcia Lentil and Ancient Grains Tortilla Chips, the RW Garcia Sweet Potato Crackers (that I won in a PGC prize package) and the Cadia Mango Salsa. Everyone loved them and thought they were extremely flavorful. My friend Lauren brought Non-GMO cocoa powder covered almonds (YUM!), and Go Raw ginger snap cookies from Whole Foods. My friend Marcel, who is a current freshman at Cal Poly, went to the Campus Market in search of any and all Non-GMO products. He brought the Cadia Veggie Chips and the Cadia Vanilla Wafers. Lastly, my friend and former roommate Gabby brought Nature’s Bakery Stone Ground Whole Wheat Apple Cinnamon Fig Bars. Overall, we had a huge variety of snacks that were all quite tasty! One downside we noticed, though, was that almost all of our snacks were packaged and hence, pretty wasteful! We want to look more into buying package free/waste free Non-GMO foods.



After watching the movie, we had a really great discussion about GMO's, the food system, etc. and we were all feeling slightly in shock and disgusted by the movie but also empowered. We jotted down a few more things on the white board:

I also recorded some of my friends' responses here:

<https://www.youtube.com/watch?v=ZnCxEfDCYCg&feature=youtu.be>



One of the major things that shocked all of us was the fact that Europe has such stricter laws on GMOs than we have in the US. An example from the movie was Heinz ketchup. In Europe, they produce it without GMO corn syrup, and use sugar instead, vs. in the US where they use GMO ingredients. In the European Union, GMOs are banned, completely!! This just seemed so bizarre to all of us that if we're a Westernized country just like many European countries then why should we have a food system like this. Why should our food system keep so much information hidden from us? We realized that some major challenges in this is if we are going to change the system, we have to change a culture, which is a big deal. We have to make people aware of GMOs and their prevalence in most of our foods in order to take effective actions towards labeling them, or banning GMOs.

A few other things we talked about were how amazing the seed bank in Norway is. None of us actually knew about that beforehand and it just seems so magical and almost unreal that hidden in a mountain, on an island, in northern Norway, there is a bank full of seeds that will feed the world if a huge disaster ever happens. On top of this, we were also incredibly inspired by Haiti's actions when Monsanto tried to give seeds to them after the earthquake there. They literally burned Monsanto seeds instead of growing them because they are so adamant about their seeds coming from their home and knowing *what* their food is. This was very admirable to us.

Looking into the future, we all agreed that we want to continue to learn more about GMOs. We were all feeling pretty negative about eating food in general immediately after watching the movie just because sometimes it can seem discouraging how much work and improvement needs

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to be done. We then realized, though, that the only way to make change is to go for it. We all decided we are going to do our best to eat Non-GMO food whenever possible. My friend Katie attended and she owns her own macaroon business and has already been getting all her eggs, flour, sugar, etc., from completely organic sources. This is a perfect and easy example of how simple it can be to just make the switch from conventional to conscious in some aspect of your life and encourage others to do the same either through direct action or indirect. Along with this, a great idea from the movie that stuck with me was that we know for a fact that organic farming will last forever on this Earth whereas GMOs foster a completely unsustainable use of our lands.

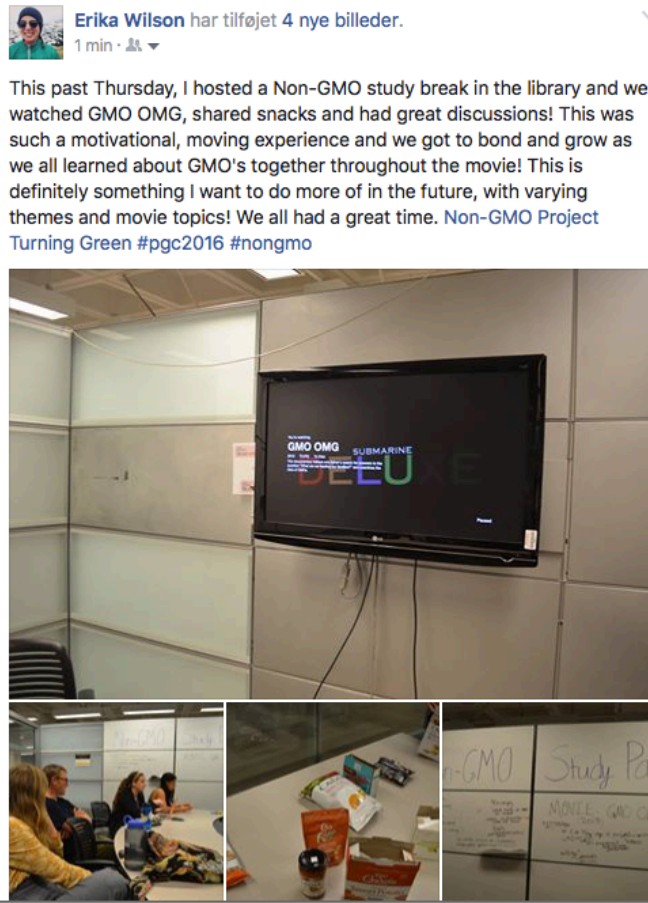
Because Cal Poly is a huge agricultural school, we also thought that a great way to incorporate Non-GMO initiatives on campus would be to reach out to the ag and crop units to see if they are planting non-GMO plants and foods and encourage them to do so if they aren't. We are going to talk to our classmates, friends, and professors to find out more on the topic because we really aren't sure what the current protocol is on GMOs on Cal Poly's campus.

Overall, I had such an amazing time putting on this event and want to do it more often!! 😊



Erika Wilson – elwilson13 – elwilson13@verizon.net - Cal Poly, SLO

Lastly, here is my social media post:

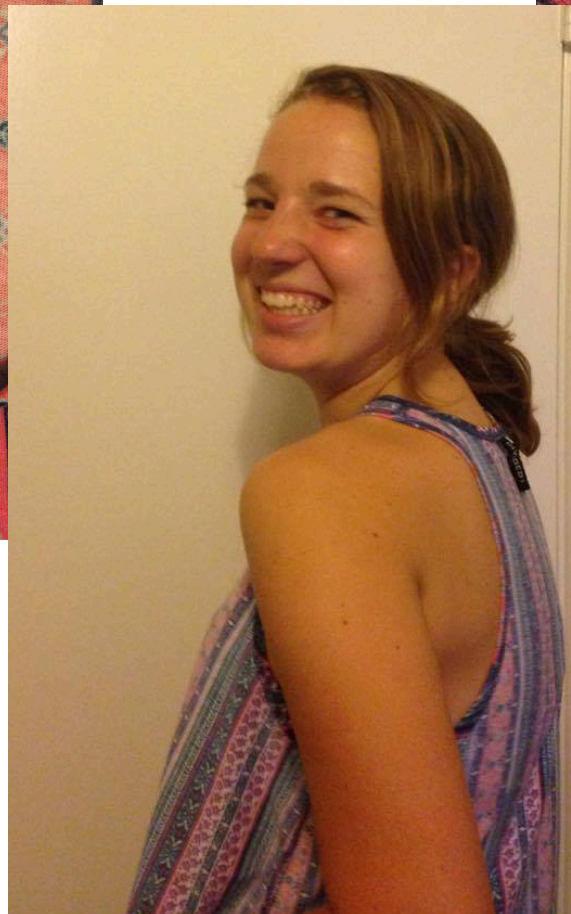


FASHION: GREENER

As I began to look into the concept of fast fashion, I studied the origin and impacts of a shirt of mine from H&M. The tag on the tank top tells the brand name: ***DIVIDED by H&M***, the materials: ***100% polyester***, and where it was produced: ***Turkey***.

This shirt was produced in Turkey, a country that is currently receiving an influx of refugees from Syria. Because of this, many children are seeking labor there and a report published in early 2016 stated that, “H&M and Next were the only retailers that admitted to identifying child labor in supplier factories in Turkey.” It is horrible that my shirt could have contributed to unlawful, harsh child labor abroad. Along with this, the polyester used to make my shirt (as I learned this week) consumes tons of energy to produce and is crude oil based – along with being potentially carcinogenic!

(Source: <http://www.independent.co.uk/news/world/middle-east/syrian-children-found-working-for-uk-clothing-suppliers-including-next-and-hm-a6845431.html>)



I wore my shirt inside out to raise awareness on the fact that there's a lot more to clothing than the few words printed on the tag. I think it's extremely important that we all think about where our clothing comes from and how it's produced and who is producing it. The more we educate ourselves, the closer we get to creating a change within the system! In many ways, wearing my shirt inside out was empowering. It was my way of accepting and saying, "HEY, I know there's something wrong with this industry but I'm ready to be open about what needs to be changed and work towards improving it."

Wearing my shirt like this also sparked some conversation. My roommate started to talk to me about some things she had heard before about Forever 21 and H&M involving child labor. It was a good discussion point because I was then able to connect it to the case study I found from Turkey involving child labor in H&M factories. Just dropping these little seeds of awareness can help sprout habitual and lifestyle changes among others. I also sent a snapchat to some friends back home showing them what I was doing and I got many responses saying how they were inspired now to be more aware and educated on the clothing items they purchase.

Some people thought it was a bit strange that I was wearing it inside out (and that I was aware of it) but I was able to share my PGC journey thus far with a few classmates and up until this point, I can safely say that everyone who I have talked to about PGC has been inspired and excited. The challenge has sparked so many conversations among me and my peers and the small educational blurbs I can give out to people regarding the challenges like today make a real impact. People see what I'm doing and that I'm not afraid to speak up about it, and they want to make a change, too. Somebody told me that after seeing me wear my shirt inside out, they wanted to try it as well. They said after seeing one person do it, it makes it feel less weird to do it yourself. It's this idea of putting the knowledge and facts out there in any unique way we can in order to make an impact.

Here is my social media post on Facebook:



Erika Wilson
2 min · 🌐

Day 19: Fashion!!

Wearing my shirt inside out because there's a lot more to clothing than the few words printed on the tag. Check out this pin on "Fast Fashion": <https://www.pinterest.com/pin/455567318537380106/>

Increasingly, US clothing producers are sending their productions overseas and these labor costs account for less than 1% of the retail prices the items are sold for here in the US. In return for low consumer prices here, workers abroad are faced with high health, safety and environmental costs.

Watch this quick trailer for the movie "The True Cost", exploring the truths behind unfair labor, "sweatshops", and environmental, social, and cultural degradation abroad due to "fast" fashion (the result of large companies and clothing producers taking advantage of low living costs in developing countries to make large abundances of clothing quickly without taking into account the health, safety and environmental risks. The clothing is produced mainly for American consumers.) <http://truecostmovie.com>

This particular shirt I'm wearing was produced by H&M in Turkey. Currently in Turkey, many clothing and garment factories have faced an influx of Syrian refugees searching for jobs; in particular, children. H&M, in January of 2016, admitted to having Syrian children working in their factories in Turkey. The conditions in many of these factories are unsafe and have limited regulations. It's scary to think about how my shirt could have

On top of this, my shirt was made from 100% polyester which I posted a bit about a few days ago (referring to my bed sheets!) Polyester is a crude oil based product containing many carcinogens and consuming massive amounts of energy in order to produce it. Overall, I wanted to wear my shirt like this in order to raise awareness and get people thinking about where their clothes come from! #thinkaboutit

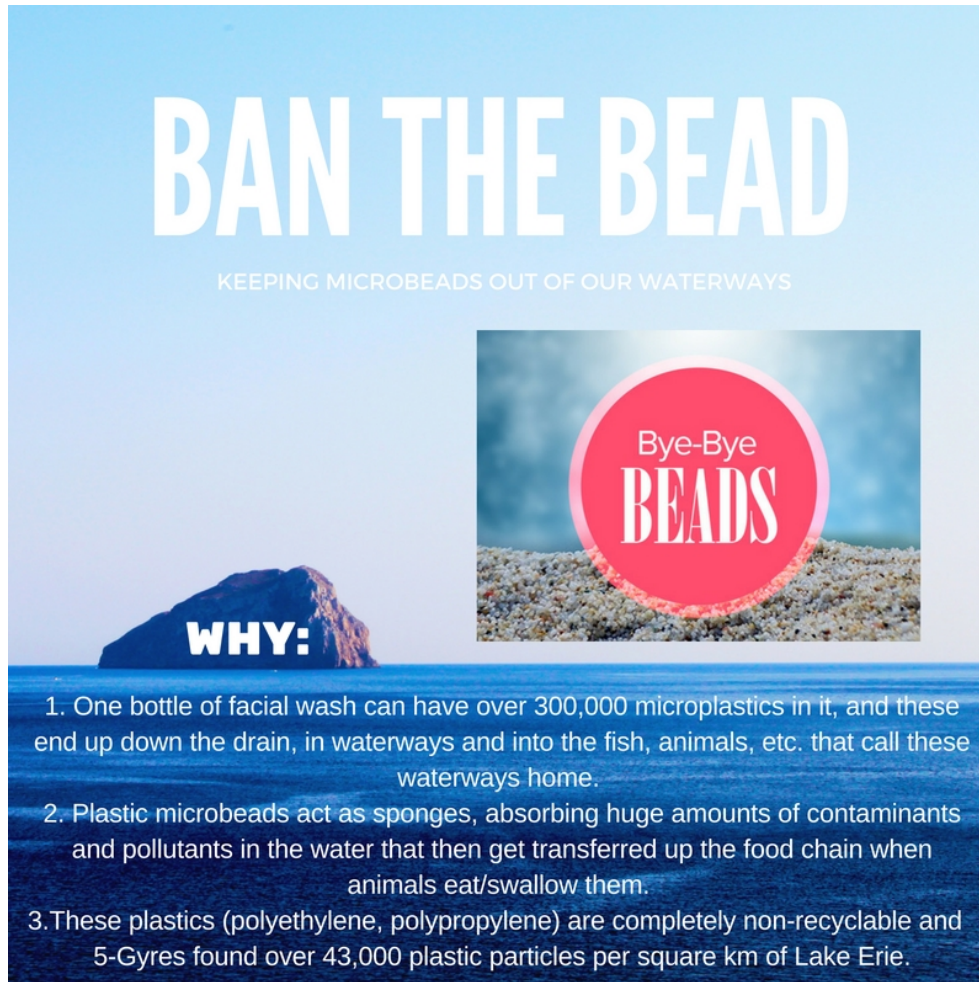
#pgc2016 #whomademyclothes Turning Green @Fash_Rev @livia_firth @TrueCostMovie Indigenous EILEEN FISHER



👍 Synes godt om 💬 Kommenter ➦ Del

WATER: GREENEST

Why it's important to keep microbeads out of waterways:



BAN THE BEAD

KEEPING MICROBEADS OUT OF OUR WATERWAYS

WHY:

1. One bottle of facial wash can have over 300,000 microplastics in it, and these end up down the drain, in waterways and into the fish, animals, etc. that call these waterways home.
2. Plastic microbeads act as sponges, absorbing huge amounts of contaminants and pollutants in the water that then get transferred up the food chain when animals eat/swallow them.
3. These plastics (polyethylene, polypropylene) are completely non-recyclable and 5-Gyres found over 43,000 plastic particles per square km of Lake Erie.

Keeping microbeads out of the products we use, the products we see on store shelves is so important! Microbeads are not only extremely harmful to water sources and the animals that live in them, but they are also harmful to us! They can sit in our skin, our pores, etc., and who wants plastic on their skin all day? That can't be good.

I was pleasantly surprised and pleased to find that none of my current beauty, cosmetic or skin care products contain microbeads but I did remember that an acne wash that I used frequently in the past, did. It is called Neutrogena® Oil-Free Acne Wash Pink Grapefruit Foaming Scrub and it contains polyethylene, one of the common substances used to create microbeads.

Below is a list of **three** different products containing microbeads, their ingredients and a safer alternative for each one:

MICROBEADS PRODUCT	SAFER ALTERNATIVE
<p data-bbox="203 365 748 432">Neutrogena® Oil-Free Acne Wash Pink Grapefruit Foaming Scrub</p>  <p data-bbox="203 911 440 940">INGREDIENTS:</p> <p data-bbox="203 947 773 1640">Water, Sodium C14-16 Olefin Sulfonate, Glycerin, Cocamidopropyl Betaine, Polyethylene, Acrylates Copolymer, Chondrus Crispus (Carrageenan), C12-15 Alkyl Lactate, Disodium EDTA, Cocamidopropyl PG-Dimonium Chloride Phosphate, Citrus Grandis (Grapefruit) Fruit Extract, Polyquaternium 7, Camellia Sinensis Leaf Extract, Ascorbyl Palmitate, Neopentyl Glycol Dicaprylate/Dicaprate, Anthemis Nobilis Flower Extract, Polysorbate 20, Polyvinyl Alcohol, Propylene Glycol, Sodium Chloride, Benzalkonium Chloride, Butylene Glycol, Sodium Benzotriazolyl Butylphenol Sulfonate, Agar, Alumina, Mica, Titanium Dioxide, Sodium Hydroxide, Red 30 Lake, Red 40, Violet 2, Fragrance.</p>	<p data-bbox="813 365 1292 394">Green Beauty Oatmeal Face Scrub</p>  <p data-bbox="813 911 1050 940">INGREDIENTS:</p> <p data-bbox="813 947 1438 1194">White Sugar, Avena Sativa (Oat) Flour, Goat Milk Powder, Honey Powder, Zea Mays (Corn), Sea Salt, Citrus Aurantium Dulcis (Orange) Peel Powder, Rosa Centifolia (Cabbage Rose), Yogurt Powder, Citrus Paradisi (Grapefruit) Oil, Cymbopogon Citratus (Lemongrass) Oil (Source:</p> <p data-bbox="813 1201 1422 1308">http://www.greenbeautycosmetics.com/natural-cosmetics-store/natural-scrubs-and-masks/oatmeal-face-scrub/)</p>

bliss super minty soap'n scrub



INGREDIENTS: water (aqua), **polyethylene**, sodium laureth sulfate, lauramidopropyl betaine, cocamidopropyl hydroxysultaine, sodium C14-16 olefin sulfonate, acrylates copolymer, pumice, fragrance (parfum), C12 alkyl benzoate, phenoxyethanol, titanium dioxide (CI 77891), sodium hydroxide, disodium EDTA, hydrogenated jojoba oil, glycerin, panthenol, benzyl salicylate, magnesium nitrate, butylene glycol, limonene, methylparaben, mentha piperita leaf extract, ethylparaben, sodium carbonate, ultramarines (CI 77007), propylparaben, sodium chloride, methylchloroisothiazolinone, magnesium chloride, ammonium polyacrylate, methylisothiazolinone, butylparaben, isobutylparaben.

Source:
<https://www.blissworld.com/products/bath-body-care/bliss-super-minty-soapn-scrub>)

SheaMoisture Argan Oil & Raw Shea Hand and Body Scrub



INGREDIENTS:
Sugar, Butyrospermum Parkii (shea Butter)*, Safflower Oil*, Argania Spinosa (Argan) Nut Oil, Theobroma Cacao (cocoa) Seed Butter*, Mangifera Indica (Mango) Seed Butter*, Jojoba Oil*, Vegetable Glycerine, Olea Europaea (Olive) Oil*, Tocopherol (Vitamin E), Lonicera Caprifolium (Honeysuckle) Flower (and) Lonicera Japonica (Japanese Honeysuckle) Flower Extract, Extracts of Frankincense and Myrrh
Source: http://www.sheamoisture.com/Argan-Oil-Raw-Shea-Hand-Body-Scrub_p_1222.html

CLEAN & CLEAR® Daily Pore Cleanser



INGREDIENTS:

Water Propylene Glycol Sodium Laureth Sulfate Cocamidopropyl Betaine **Polyethylene** Disodium Lauroamphodiacetate Lauryl Methyl Gluceth-10 Hydroxypropyldimonium Chloride Polysorbate 20 Sodium Carbomer Glycol Distearate PEG-120 Methyl Glucose Dioleate Laureth-2 Lactic Acid Fragrance Tetrasodium EDTA Methylisothiazolinone Methylchloroisothiazolinone

Source:

<https://www.cleanandclear.com/facial-cleansers/daily-pore-cleanser>

Maia's Minerals HERBAL FACIAL STEAM - FLORAL PORE CLEANSER



INGREDIENTS:

Organic Chamomile Flowers, Organic Comfrey Leaf, Organic Rose Petals, Organic Calendula Flowers and Organic Sweet Orange Essential Oil
Source: <http://www.maiasminerals.com/Herbal-Facial-Steam-Floral-Pore-Cleanser-p/hss-fpc.htm>

Erika Wilson – elwilson13 – elwilson13@verizon.net - Cal Poly, SLO

I was sure to share the 5-Gyres pledge with my friends on social media to prevent more people from buying microbead products! Together, we can save the planet by again using our power as consumers!!



Erika Wilson

Lige nu · The Story of Stuff Project ·

I just pledged to go [#beadfree](#) aka ditching microbeads! Microbeads are those tiny, scrubby particles found in face scrubs, body washes, etc. and they're actually made from micro plastics such as polyethylene. These micro plastics are completely non recyclable and get caught in our drains, enter water systems and pollute ecosystems and kill animals that eat them!

5-Gyres is an amazing non-profit that "empowers action against the global health crisis of plastic pollution through science, art, education, and adventure. " One of their main campaigns is to stop microbeads from entering more waterways. One easy, awesome way we can help with this is by signing their pledge: (I just did!) and committing to not buying more products that contain microbeads.

<http://www.5gyres.org/microbeads/>

It is so so important for the future of our planet, for us to move away from the current "throw away culture" and move towards a healthier planet & people. Watch this short 2 minute video and PLEDGE with me! We can change the world, people 😊


[#pgc2016](#) [#beadfree](#) [Turning Green 5 Gyres](#)



ECO-HERO: GREENEST


I grew up in a tiny town, nestled into the forests and hills in central New England and without even realizing it, the values and importance of nature were instilled within me. In school, our elementary science teachers would take us out to the vernal pools behind the school to identify plants, frogs, trees, birds. I was introduced to the beauty and wonders of the life cycle as my 3rd grade class had watched caterpillars develop to cocoons to butterflies before we released them into the school's butterfly garden. We spent winter days snowshoeing at recess and exploring the school's grounds. As a Girl Scout, I spent most of my childhood playing with my friends in the woods, going on hikes, camping on weekends and cherishing the simplicity, yet complexity of my surroundings. It wasn't until recently that I realized how much importance all of these circumstances that were seemingly so normal to me at the time, truly impacted where I am today, how I think, and what I'm passionate and driven by. My childhood spent outdoors, gave me an adventurous spirit and allowed me to develop a love for nature, and a love for growing closer to people within nature. It instilled curiosity within me and brought smiles to my face every day as I got to climb the acres of trees behind my house, jump in piles of leaves, ice skate on the pond next door, etc., etc. I think of this now. The ability that Earth and nature have to improve our WELLBEING. Wellbeing is so important. A breath of fresh air, a short jog in the woods, a walk in the park, a bike ride by the beach: these all have serious, huge impacts on our mental and physical health. I care so much about the environment and seeing it stay intact, seeing it be restored but this requires human efforts in our current day & age. It's really a large cycle: Without natural spaces, I have grown to learn that our wellbeing decreases and when our wellbeing decreases, we have less passion and energy to help push for more environmental movements and thus the cycle continues until we're all run down... For this reason, I am extremely passionate about incorporating sustainable, green, natural environments into every neighborhood, every community, every campus, every city, etc. This is how we as a species will thrive and how the environment will thrive as we dwell in it. I am striving to make a difference, to inspire, to grow up and be the one who takes elementary children on nature walks, to be the one who is excited and passionate about this World and all the benefits it can provide us without us destroying it. Thank you.



 erikawilson_
White Mountains

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erikawilson_ I grew up in a tiny town, nestled into the forests and hills in central New England and without even realizing it, the values and importance of nature were instilled within me. In school, our elementary science teachers would take us out to the vernal pools behind the school to identify plants, frogs, trees, birds. I was introduced to the beauty and wonders of the life cycle as my 3rd grade class had watched caterpillars develop to cocoons to butterflies before we released them into the school's butterfly garden. We spent winter days snowshoeing at recess and exploring the school's grounds. As a Girl Scout, I spent most of my childhood playing with my friends in the woods, going on hikes, camping on weekends and cherishing the simplicity, yet complexity of my surroundings. It wasn't until recently that I realized how much importance all of these circumstances that were seemingly

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