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Project Green Challenge
Day Twenty-nine- Change the World Greener





Bio

My name is Tamsin Stringer. I am 16 years old and a junior at Bloomington High School South. My mother is from France and my father is from England, so I am bilingual. I was born in the UK, spent my early childhood in Japan, and have now lived for ten years in Indiana. At school, my favorite AP classes are Environmental Science, Spanish, and History. I play soccer for my high school, and spend time outside practicing everyday. I have played the piano for 10 years and have a passion for music. I do theatre and love the whole atmosphere of putting on a play. Ever since I was little, I have loved being creative, especially in art. I am always coming up with innovative ideas, plans and projects. However, only in the last few years have I developed an overall vision of what I would like to do. Through the school, I joined the club Students Advocating for a Greener Environment (SAGE), and this soon changed my life for the better. As a student leader of SAGE, I have participated in many engaging projects. One highlight was being the first school in the nation to install Pavegen tiles. So when my teacher, Ms. Figolah, talked to us about Project Green Challenge, I was enthusiastic to start my journey from conventional to conscious. I found inspiration in many of these challenges, but especially in learning the truth about fast fashion. I have enjoyed every second of this experience, and I'm already looking at the world in a different way.

Cover Letter

Over this past month I have completed over 90 challenges. Through Project Green Challenge I have found my true passion. Before the month of October I had no idea what USDA organic meant, or about the harmful effects of GMOs, or the millions of microbeads polluting our oceans. I didn't know how to shop sustainably, eat sustainably, or live sustainably. I had glazed over the fact that 40 million plastic bottles end up in landfills every year, and I was contributing to that waste. I had never heard the phrase fast fashion or realized the negative impact of this industry on society and the environment. These realizations were at the heart of my journey.

I had learned about PGC from my high school environmental science teacher, Mrs. Figolah. During my first three years at Bloomington South, I had come to understand basic concepts about our environment: sustainability in energy, food, and water. I listened in class, watched videos, took notes. But even with this knowledge, I was still living very conventionally. I still sometimes ate fast food, went on shopping hauls to fast fashion stores, bought processed foods, was careless about my water consumption, drank from plastic water bottles, used disposable silverware, and often forgot to recycle.

What I needed was a complete lifestyle change. And that's what Project Green Challenge did for me. Every day I was presented with a new opportunity to learn, take action, and change my conventional habits. From day one, I put so much time and effort into each challenge to try and become more conscious.

Out of all of my submissions, these are the ten I am most proud of, and the ones I believe represent my journey.

→ **Day 6 Food Greenest:** In this challenge, I explored Bloomington's Local Farmers' Market, and talked to some of the most incredible people I have ever met. I learned about the importance of USDA organic, non GMO, local foods and the significance of planting your own fruits and vegetables. I interviewed Tina Mundy from Bizzy Bees farms, and so many other local farms and businesses. I believe this challenge was so significant, because it was such an authentic experience.

→ **Day 9 Economics Greenest:** In this challenge I researched sustainable alternatives to processed, conventional products. Through doing this, I started to recognize fair trade brands and companies that sold healthy organic products. I

started to understand the difference between cheap, heavily packaged items from Walmart and authentic, quality products from all of the Green businesses I discovered.

- **Day 14 Soil Greenest:** In this challenge I discovered that in one teaspoon of soil, there can be up to 1 billion bacteria. I researched the components of composting, and designed a zero waste food system for my high school cafeteria. I got hands on and implemented a plan: From the food in all of our lunches, we could fertilize our school rain garden! It was so exciting to see our plans being taken seriously. I learned how important soil is for all of us on our shared world.
- **Day 16 Home Greenest:** In this challenge I learned how to live sustainably at home. I also created a blog for an incoming college freshman who wanted a fresh start in the college experience by turning green. I believe this challenge was so important, because most of the advice I gave to the incoming freshman will be useful to me very soon.
- **Day 17 Dining Greenest:** In this challenge, I helped to create a food council for Bloomington South. We collaborated by coming up with ideas to make our dining much more sustainable. Through our meetings, I learned how to advocate for my environment, express my ideas in front of a group, and collaborate with my peers. I interviewed Kathy Chitwood, head of dining, and she listened to all of our ideas. It was a great opportunity to meet South's amazing staff and create tangible change in our community.
- **Day 18 GMO Greener:** In this challenge, I had to find three food products that I consume on a regular basis. Little did I know that all three products had GMOs in them! I watched some shocking documentaries, and decided to only buy non GMO verified products from now on. This realization was essential in turning my lifestyle green.
- **Day 22 Hemp Greenest:** In this challenge, I discovered the various benefits of industrial hemp, from textiles to medicine to food. I researched and read about the laws that restrict the use of this crop in the U.S. I wrote to Joe Donnelly, one of my senators, to support legalization. I also put my designing skills to work in order to make a colorful infographic to spread my knowledge to friends, family, and peers.
- **Day 11 Wellness Greener:** In this challenge, I learned to be grateful for everything that comes my way. I realized that my first world problems were nothing compared to so many people all over the world suffering from a lack of food, water and shelter. That day, I really began to appreciate the luxuries of warm water, sheets on my bed, and the beautiful outdoors.
- **Day 28 Mobilize Greenest:** In this challenge, I designed my own sustainable business: ReFashion. The context behind my idea was the millions of textile

scraps thrown away in the fashion industry. Nearly 15% of fabric is wasted during production. That is why the fashion industry needs to institute more zero waste fashion policies. Through this system, companies and organizations can minimize ecological impact, and maximize profits. This system would not only benefit the environment by producing zero waste in textiles and utilizing fewer resources in fabrication, but it would also benefit the economy by reducing cost, due to recycling. Zero waste fashion could revolutionize the mass production of textiles in the industry. Through this I put my designing skills to work, and was able to practice selling my ideas.

→ **Day 23 Water Greenest:** In this challenge, I calculated my water footprint and discovered it was almost the American average, at 1839 gallons. After learning this, I made some essential lifestyle changes, and reduced my water footprint significantly. I researched microbeads and how they contribute to the 5.25 trillion pieces of plastic that pollute our oceans. Water, especially the 3% of potable water on our planet, is crucial to life on earth. We need to stop polluting it and start conserving it.

This creative experience has opened my eyes to the world around me, and through it I have gained such an enriched definition of what it means to turn green. I now know more about how to: live sustainably, be zero waste, shop green, cook homemade, conserve water, dress ethically, choose natural body care products, buy fairtrade, and support local farming. But most of all, I can now start educating others with this knowledge, and make my community, and the world, a greener place.

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Project Green Challenge Day Six/Seven- Food Greenest

To learn about my local foodshed I explored my local Bloomington Farmers Market downtown. I found out about the local business and farms around my area and interviewed them on how they each practice sustainability.

My FoodShed
(7 homegrown businesses that sell organic, healthy food)



Earth Song Farm

A family farm in Eastern Greene county that's an acre in cultivation. All crops are grown without chemicals and pesticides. They use alternative organic methods, and live frugally of their healthy produce.

Bizzy Bee Farm

An organic, chemical free farm that uses alternatives to pesticides, like sugar on bees for honey production. They create there own fertilizers and make their own compost to produce nutrient rich soil.

Old Post Gardens

An farm where all the input comes from the farm itself. This farmer does not use any fertilizers, and enriched the soil with nutrients by composting. "The soil basically feed the plants so the plants taste better" - a vendor at the booth.

Seldom Rest Orchards

A family farm that focuses on polyculture.they make many different varieties of corn kernels and green beans,and use all organic practices.

Olde Land Orchard

A homegrown orchard that produces food for the family and the market. They are pesticide free and use very sustainable methods in growing crops.

The Chile Woman

A woman who grows all kinds of different chiles using completely organic methods.All the chile plants are pesticide free, healthy, and non GMO crops.

Nature's Gift Organic

A farm that focuses on the plants consumers put on their plates, and drive to make customers happy, as well as create a healthy organic environment.



I then did a informative interview with the wonderful Tina Mundy, farmer and producer at Bizzy Bee Farm. she is a mother of two boys and has been to farmer's markets all around Indiana selling local organic honey , fruits, and vegetables. She said Bloomington's market was the best one she's ever sold at!

I posted the interview on youtube at <https://www.youtube.com/watch?v=OyGa9fZeSE8>



Her story was inspiring and the produce seemed so organic, healthy and good for the environment that I couldn't resist buying Bizzy Bees local homemade honey! I also bought some organic homegrown chile pepper form the Chile Woman, who gave me a delicious homemade recipe.





A recipe that **The Chile Woman**
Gave to me:

The Perfect Salsa Verde

2 tomatillos, peeled and rinsed

2 green sliced onions

1 lime that's juiced

A sprinkle of minced onion

2 teaspoons of kosher salt

A garlic clove

A jalapeno

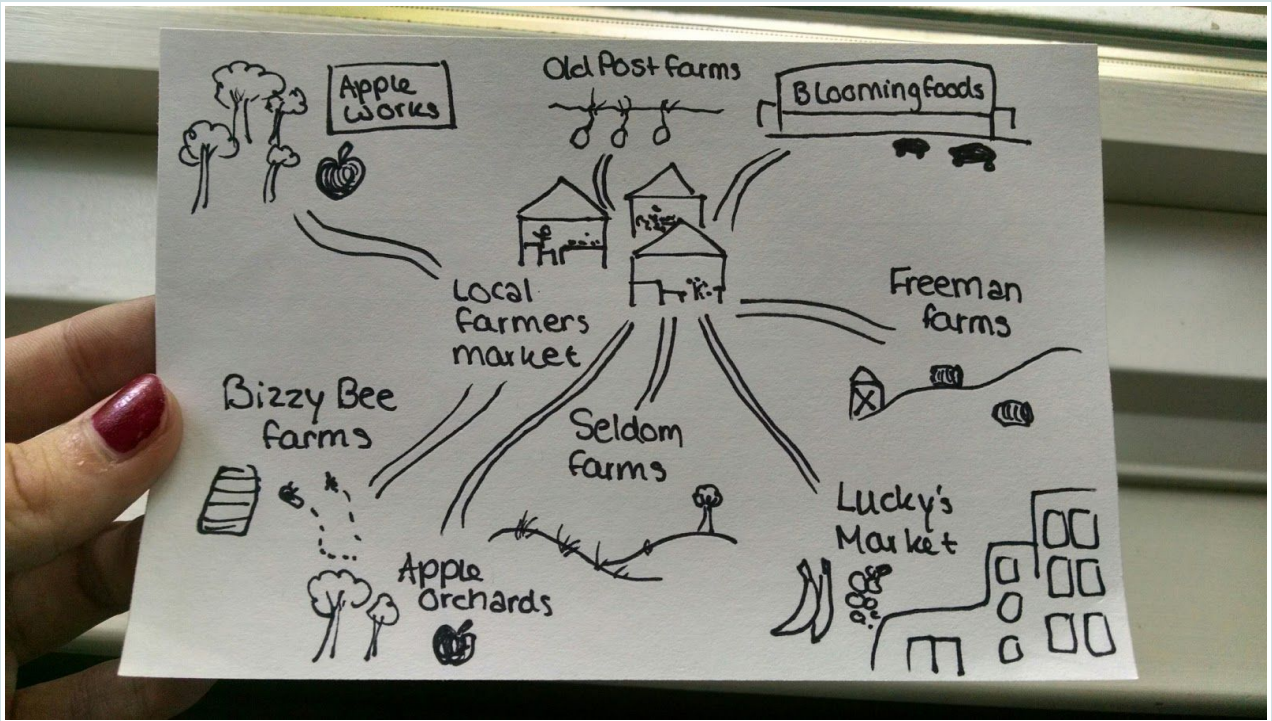
A bunch cilantro chiffonade

A sprinkle of sugar

Add salt and tomatillos together
and mix with water to form a
smooth puree. Then mix in all
other ingredients.

This experience really opened my eyes to a world of homegrown organic food, and from now on I will try my hardest to buy food from local venues and farms.





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Project Green Challenge Day Nine-Economics Greenest

My Shopping List:

Conventional **Price** **Conscious** **Price**

A regular colgate toothbrush at Walmart: non organic, non recyclable plastic	\$1.50	A USDA certified, Green America, toothbrush from brush with bamboo. http://www.brushwithbamboo.com/story/	\$5.00
Equate ultra thin sanitary pads at Walmart: non organic, non reusable, non recyclable	\$3.76	Glad Rags Pads. A sustainable, reusable pad that isn't disposable, and benefits the environment.	\$14.99
Mainstay essential true towels at Walmart that are dyed with harmful chemicals	\$3.97	Coyuchi towels made with organic turkish cotton, and are GOTS certified	\$18.00
Pantene pro- V daily moisturizing shampoo which contains more than 50 chemicals	\$6.42	Harmonic's nontoxic, antioxidant-rich, organic sulfate free shampoo	\$26.00
A Banana from walmart that contain fertilizers and non roganic chemicals	\$ 0.52 per lb	A banana at my local grocers Bloomingfoods: USDA organic	\$0.89 per lb

Strawberries from Walmart with heavy packaging and not certified organic	\$1.50	USDA Organic strawberries from my local grocers Bloomingfoods	\$5.99
Mainstay plush blanket from walmart, dyed, non organic	\$10.46	The clean bedroom blankets made with natural wool and organic cotton	\$70.50
Non organic quaker chewy dip granola bars at walmart with lots of packaging	\$5.20	Annie's USDA organic Granola bars with all natural ingredients	\$3.40
Scott toilet paper, excessive packaging, non organic	\$13.63	Seventh generation unbleached, organic toilet paper, minimal packaging	\$41.70
Chapstick at walmart, includes many chemicals	\$2.68	USDA organic honest lip balm, with plant based ingredients	\$8.95
Nestle pure life water bottles, a lot of unnecessary packaging and plastic, disposable	\$13.29	Tap water	Free
Walmart nonorganic, chemical integrated deodorant	\$3.97	Nourish organic deodorant, 100% natural ingredients, USDA organic	\$9.58
A regular t shirt from walmart	\$7.61	Econscious soft organic, all natural material t shirts	\$8.94
Plastic non organic plates from walmart	\$15.29	West elm 100% natural organic plates	\$20.00
Grand Total:	\$89.80		\$233.94

While living conscious is has a more financial impact that living conventional, all of these conscious items are good quality. They are healthy, eco friendly organic products. They have less packaging, and last a lot longer. So living sustainably is is worth spending a little more.

My Purchases:





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Project Green Challenge Day Fourteen- Soil Greenest



The Food Waste Plan ...

Normal Lunch Tray



Recycling

paper/cardboard



- milk cartons
- napkins
- Juice boxes

plastics



- utensils
- straws
- containers
- bags

metals



- soda cans
- foil wrappers

Compost

- Apple cores
- Carrot skins/slices
- orange peels
- eggshells
- broccoli stems
- leaf stems
- unpopped popcorn kernels
- Tea bags
- coffee grounds

These could be mixed together in our school compost bin then turned into a rain garden managed by students!!



A School Compost Garden



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Project Green Challenge Day Sixteen- Home Greenest

Begin your College Experience by Turning Green



We have all experienced the hustle and bustle of a first day in a new school. There are so many new student faces on the crowded sidewalks as you walk from class to class, and you struggle to keep up with your new teachers in the classroom. And if you live on a campus, you have to adjust to a completely new system and take on so many more responsibilities of your own. You become overwhelmed with all the decisions you have to make: how to eat affordably, how to live affordably, and how to shop affordably. This guide is going to help you create a more sustainable life during your college experience.

Eating Green:

The cost of tuition at university is extremely high, giving students on campus a very limited budget on food. So in most cases they look for the cheapest option, which usually consists of cheap, packaged, fast food, like all ready made ramen noodles, mac and cheese, and chicken nuggets, or conventional snacks, like twinkies, cheetos, and chips ahoy. While these may be at a great price and sound appetizing, they will most likely be chemically processed, genetically modified, and harmful to your health.

So in order to be sustainable, green, and healthy you need to make the switch to USDA organic, non GMO, products with 100% natural ingredients with minimal packaging. To do so, shop at local grocery stores or farmers markets and buy in bulk; buying in bulk is usually cheaper than shopping conventionally, because you save so much of the food every week. You need to check labels and ingredients in stores, and putting in a little bit of effort in making homemade meals from scratch will make a huge difference. And don't forget to compost your leftovers afterwards! If you have a balcony, you and roomies could create a small garden with compost as your fertilizer and grow your own food, completely 100% chemical free. And try your hardest to be zero waste by buying reusable and recyclable bags and other products: It will save you money in the long run!



Living Green:

Moving into dorm rooms with friends is a major part of the college experience. Students want to decorate their rooms with products they love, make the room reflect their personality, and make it comfortable and nice place to live. However when decorating and buying products for your room be conscious where they come from, how they are made, and what they are made of! Focus on buying materials with organic cotton, and materials free of polyester. While some products may have attractive prints and designs, the synthetic polyester material is actually created with petroleum. Throughout this process, P-Xylene, a carcinogenic chemical liquid is formed, and is very dangerous to human health. You definitely don't want to be exposed to that many chemicals while sleeping! Instead of buying more bad quality products, buy less good quality products. Make sure your bedsheets, pillows, carpets, and other cotton based items are organic, and healthy for you. Here is a checklist of everyday bedding items you should consider switching to:

Aller Ease	\$16.99	http://www.target.com/p/threshold-flannel-sheet-set-solid/-/A-50699378	nice presentation, good price	completely organic, 100% natural
Aller Ease	\$16.99	https://www.aller-ease.com/products/pillows/cotton-allergy-euro-pillow	pretty pillow, looks soft	organic and cheap
Magnolia Organics	\$19.95	http://magnoliaorganics.com/collections/bedding/products/estate-collection-pillowcase-pair	pretty colors	organic and cheap, allergy relieving
Magnolia Organics	\$19.95	http://www.magnoliaorganics.com/collections/bedding/products/receiving-blanket	nice material and looks super comfy	nice presentation, organic
Aller-Ease	\$28.79	http://www.target.com/p/allerease-natural-s-organic-cotton-mattress-pad/-/A-50906848	looks soft, affordable	USDA organic, soft, 100% natural
Aller-Ease	\$29.99	://www.aller-ease.com/products/mattress-pads/double-layer-allergy-mattress-pad	organic and comfy	chemical free, and good price

You should also be conscious of other products you are buying, whether it's body care, kitchen appliances, or school supplies, always look for eco friendly, organic alternatives. And just to get you started on your first day, here are some essential affordable green school supplies:

backpack	JMD leather bag	\$44.72	https://www.aliexpress.com/item/Free-Shipping-Durable-Casual-Canvas-Laptop-Backpack-Blue-Color-Shoulders-Bag-9023K/32519204130	nice trendy backpack	organic cotton
laptop	CLT chromebook	\$149.00	http://www.pcmag.com/article2/0,2817,2488833,00.asp	very cheap, still good quality	second hand
notebooks	Eco paper	\$7.99	http://www.ecopaper.com/ara-macaw-eco-friendly-banana-paper-notebook-8-5-x-11.html	cheap	recycled
paper	Eco paper	use paper in notebook	http://www.ecopaper.com/ara-macaw-eco-friendly-banana-paper-notebook-8-5-x-11.html	cheap	recycled
pens/pencils	The ultimate Green Store	\$4.99	https://www.theultimategreenstore.com/s-227-pencils-crayons-markers.aspx	good quality	organic recycled
binder	Eco paper	\$4.99	http://www.ecopaper.com/100-recycled-tab-dividers-for-3-ring-binders.html	good presentation	reusable, organic
water bottle	Klean Kanteen	\$19.95	https://www.kleankanteen.com/collections/water-bottles	aesthetic look	reusable
travel mug	Klean Kanteen	\$24.95	https://www.kleankanteen.com/collections/insulated-bottles	great quality	reusable
straw	Aardvark	\$2.99	http://www.aardvarkstraws.com/white-solid/	useful, cheap	reusable

reusables	Reuseit	\$9.95	http://www.reuseit.com/bento-boxes.htm	very nice quality	reusable
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Shopping Sustainably:

Shopping green is so important. You have to make sure the brands and stores you shop at are trustworthy, fairtrade organizations that put both the consumer and the environment first.

10 shopping brands that focus on the environment and the happiness of the consumer

Acure Organics: A bodycare brand with products made from entirely plant and food based ingredients, that are all chemical free. This company focuses on the trust and good quality. It is also very affordable, with the majority of the products being under \$20.

EO products: A body care and home shopping brand that is affordable, and makes high quality products. They are chemical free, and very environmentally friendly.

Coyuchi: A company that sells great quality bodycare and bath products. They sell 100% organic cotton towels and throws and have great relationships with consumers.

Magnolia Organics: A home and bedding company that sells organic 100% natural sheets, pillowcases, mattress pads, and throws. They focus on comfort and sustainability: "At Magnolia, we're a family business with a lifetime of experience in textiles, and over 10 years working with organic cotton. We live and breathe natural fibers so that we can provide the highest ethically produced products at the most affordable prices for you."

Brush with Bamboo: A conscious organization that sells organic, sustainable toothbrushes at an affordable price: "We manufacture the world's most eco-friendly toothbrush. Every component is plant-based: bristles, handle, wrapper, and box."

People Tree: A fair trade organization that sells organic 100% natural apparel and accessories and focuses on trusting consumer relationships.

Lunapads: A feminine hygiene business that focuses on good quality chemical free reusable products. They drive for consumer comfort, and protecting the environment.

Bambu: A company that sells reusable, non biodegradable, organic kitchen utensils.

Desert Essence: A sustainable company that focuses on healthy, organic bodycare products: "Creating a healthy, harmonious relationship with the Earth and our community is the foundation for all we do. We believe in being responsible to others, honest, and forward-thinking to create and preserve a better future for us all."

Urbana Sacs: A company that creates hand washable reusable paper bags: "The material is manufactured through cultivation, not deforestation, with sustainability built in. Like fabric, they can be washed and used over and over again".



If you love to design your room like me and buy lots of nonessential, quirky items, think twice before you go to the store next time; there are so many ways to cut back on spending by making diy products. You can decorate your room with homemade art, bookshelves, containers, and even your own bedsheets! And even if organic products seem pricier, they last longer, benefit the environment more, and benefit you more as a consumer!

But if you do go shopping, remember these essential sustainable tips:

- ❖ Buy in bulk
- ❖ Buy items with minimal packaging
- ❖ Buy durable, good quality products
- ❖ Buy safe alternatives
- ❖ Buy recycled products
- ❖ Read labels
- ❖ Read ingredients
- ❖ Form good relationships with the companies
- ❖ Have trust in the product
- ❖ Reduce Reuse Recycle

Great resources to further explore the benefits of going green:

<http://storyofstuff.org/>

<http://www.all-recycling-facts.com/benefits-of-going-green.html>

<http://cswd.net/reduce-and-reuse/sustainable-shopping-tips/>

<http://www.goingzerowaste.com/>

<http://www.thegoodtrade.com/thoughts/sustainable-living-blogs>

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



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Project Green Challenge
Day Seventeen- Dining Greenest

Looking into Bloomington High School South's Cafeteria
Methods



Me, Sung Ah, and Bailey discussing food initiatives



After learning about the endless benefits of sustainable dining, I knew our school had to try and improve our cafeteria. Blooming High School South didn't have a student group that was already committed to sustainable food, so we created one! I set up a meeting after school with my friends Bailey Goodlet and SungAh Kim, and my AP environmental teacher Mrs. Figolah to discuss ways to make South's dining green.



We came up with so many ideas!

One idea we had was to make our dining more sustainable by integrating more plastic, metal, and paper recycling bins with clear labels throughout the entire cafeteria, so students would know the difference between recyclables and non recyclables. Each label would have everything you could put in that bin, like plastic bottles, containers, and silverware. It would have a colorful graphic and a reason on why that specific product should be recycled. This way, students would be much more educated on eco friendly methods, and become more sustainable individually.

Another idea that was brought up was implementing a school compost bin. Here we would put extra food scraps from lunches, like apple cores, and orange peels . A setback on this project would be smell, but we could start out small by placing the bin on the roof by the science classrooms. The compost could then be used to fertilize our school rain garden.



Our main discussion was reusable cups and silverware. Plastic forks, spoons, knives and plastic water bottle trash from our students fill up a whole bin of trash everyday! Plastic water bottles are especially bad; they are found everywhere, half drunk, crushed, empty, or unused. It's unacceptable. To solve this waste situation, we came up with a plan: Reusable dining. Our trays are already reusable, so why not all our silverware and cups? We could have a water filling station at the end of lunch lines and buckets filled with knives forks and spoons. When students finished their meals, they would walk over, like they do anyway, to the cart with dirty reusable trays, and put all of their utensils and cups down with it. Maintenance may say cost is an issue, but we have statistics that compare buying quality reusables one time as more efficient than buying cheap new plastic every week.

Our school already has a couple of water filling stations, but having one on every floor would persuade students to bring their own water bottles.



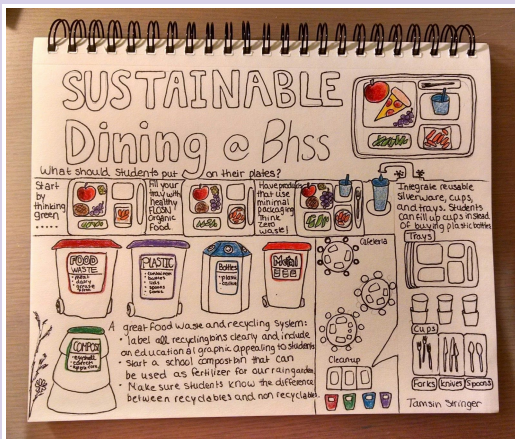
All these plans had seemed far into the future, but after our food council meeting we were so excited to start the initiatives. Our environmental club and food council will definitely see the majority of these through.

To further explore my school's dining procedures, and talk about some of the food council's ideas, I set up an interview with Bloomington South's head of dining services, Kathy Chitwood. I asked her the following questions:

- Do you like the environment of our cafeteria?
- Do we have a contract with big foods?
- Where does our food come from?
- What has our school done to improve dining services?
- Would you be interested in implementing a neater system of recycling and compost?
- Would you be interested in creating a system where student only use reusable cups and silverware?
- How do you feel about implementing more water filling stations around the school?

It was a great experience and I learned a lot! Kathy Chitwood seemed really excited about our ideas, and she said if we could come up with some definite plans and show them to our corporate food manager Hattie Johnson, they might become reality.

I also showed her my sustainable dining drawing, and she thought it was a good plan for our cafeteria in the future.



My friend Anna Hanell took a video of some of the interview. Check it out on youtube!

https://www.youtube.com/watch?v=v2fo1sAn_u4

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Project Green Challenge Day Eighteen- GMO Greener

Exploring GMOs in my Everyday Food:



Quaker Granola Bars

Risky ingredients

PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS* WITH TBHQ AND CITRIC ACID ADDED TO PRESERVE FRESHNESS, CORN SYRUP, SOY LECITHIN, MALTED BARLEY EXTRACT, CORN SYRUP SOLIDS, GLYCERIN, PARTIALLY HYDROGENATED SOYBEAN OIL, ARTIFICIAL FLAVOR

Each cereal bar is made up of 43 ingredients, eight of them being different types of modified sugar. Most of the sugars come from corn syrup, which may contain GMOs, and artificial sweeteners, which are made with harmful chemicals. The ingredient "partially hydrogenated soybean and



Heinz Tomato Ketchup

Risky Ingredients

TOMATO CONCENTRATE, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP

While these ingredients may seem normal to the average consumer, they are artificial and extremely unhealthy. High fructose corn syrup comes from genetically modified corn, which has a chemical in it that produces its own insecticide. This high fructose corn syrup also contains high levels of mercury, a very toxic metal. And the major



Bisquick Pancake Mix

Risky Ingredients

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID. PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM, PHOSPHATE, MONOCALCIUM PHOSPHATE), DEXTROSE, SALT.

This mix contains enriched flour that's bleached, meaning it's with crammed with chemicals. "Partially hydrogenated soybean or cottonseed oil" means that the soy ingredient has been genetically modified, and that

cottonseed oil**” means that it may be derived from other sources and that it is 100% genetically modified. This is neither USDA organic or non project non-GMO verified, making it very unhealthy for the consumer. The excessive packaging also contributes to the carbon emissions in the atmosphere.

ingredient in this tomato ketchup is not even tomatoes! It’s a modified version of them.

it does not consist of natural ingredients. The sodium aluminum in the mix tells consumers that there is actually some heavy metal aluminum in the product.



Annie's Granola Bars Healthy Ingredients

GRANOLA* (WHOLE GRAIN OATS*, TAPIOCA SYRUP*, CANE SUGAR*, SUNFLOWER OIL*, SEA SALT, VANILLA EXTRACT*, BAKING SODA), TAPIOCA SYRUP*, SEMISWEET CHOCOLATE CHIPS* (CANE SUGAR*, CHOCOLATE*, COCOA BUTTER*, VANILLA EXTRACT*), RICE CRISP* (RICE*, CANE SUGAR*, SALT, BARLEY MALT EXTRACT*), RICE CRISP* (BROWN RICE FLOUR*, CANE SUGAR*, SUNFLOWER OIL*, SEA SALT), RICE FLOUR*, WHOLE GRAIN OAT FLOUR*, SUNFLOWER OIL*

These granola bars consist of all natural ingredients. They are whole grain and provide lots of essential nutrients. They have no artificial flavoring, synthetic



Annie's Organic Ketchup Healthy Ingredients

Tomato Paste, Distilled White Vinegar, Water, Cane Sugar, Sea Salt, Onion, Allspice, Clove
This ketchup is gluten free, contains no high fructose corn syrup, artificial flavors, synthetic colors or preservatives. Annie’s focuses on sourcing only non GMO ingredients. They are non GMO verified. All the ingredients are natural, and



Arrowhead Mills Pancake Mix Healthy Ingredients

organic white rice flour, organic potato starch, organic tapioca starch, baking powder (monocalcium phosphate, sodium bicarbonate), organic whole grain yellow corn flour, organic vanilla flavor, sea salt, organic cinnamon
This pancake mix is USDA organic, and a good source of calcium for consumers. Arrowhead Mills focuses on all natural ingredients, and the nutritive needs of consumers.

<p>coloring, or preservatives. Annie's granola bars also don't contain any GMOs or high fructose corn syrup. They are certified organic, and care about the quality of their food and its impact on the environment.</p>	<p>they are a healthy, trustworthy company dedicated to the health of the consumer and the environment.</p>	<p>They are locally sourced, are completely non GMO verified, and have a commitment to the environment.</p>
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I've always thought Quaker granola bars were packed with natural oats, heinz ketchup was made with real yummy tomatoes, and bisquick pancake mix was made of real flour and all the ingredients that homemade pancakes have. I was so surprised to find out that what I eat on a regular basis is actually filled with GMOs, through high fructose corn syrup and soybean oil. The products are non organic, contain preservatives, and have artificial flavoring. The cereal bars I always eat on the way to school are filled with chemicals, and they are very harmful to my health! This realization and research is definitely making me rethink my food choices, and from now on I am going to read labels carefully and choose healthy, organic, non GMO, and minimally packaged foods.



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Project Green Challenge Day Twenty-Two - Hemp Greenest

The infographic is a hand-drawn page in a spiral notebook. At the top center, the word "HEMP" is written in large, bold, green letters. To the right of "HEMP" is the name "Tamsin Stringer". Below "HEMP" is the text "has over 50,000 different uses...". The word "INDUSTRIAL" is written in green above "HEMP". To the left of the central "HEMP" text is a drawing of a hemp plant with several leaves. Labels "Fiber", "Food", "Paper", and "Medicine" are written near the leaves. To the right of the plant are various icons representing different uses: a bottle of lotion, a bottle of water, a slice of cheese, an ice cream cone, a red cross in a circle, a brick, a chicken, a window, and a stack of papers. Below the plant is a recycling symbol with the text "All hemp waste can be recycled!". To the right of the plant is the text "The earliest known woven fabric was made with hemp fibers in 8000 BC". Below the plant is a drawing of a hemp root system with the text "Can replace any cotton based product...". At the bottom left, there are several lines of text: "Hemp seeds have (83%) more protein than kidney beans.", "Hemp seeds have (16%) more iron than spinach.", "1 tsp of Hemp seeds contain 35% Of daily dietary fiber.", and "1 acre of hemp = 1000 acres of methanol". At the bottom center, the words "Hemp Seeds" are written in green, followed by a list of nutrients: "High fiber", "manganese", "Omega's", "anti-inflammatory", "Vitamin E", "phosphorous", "calcium", "magnesium", "iron", "antioxidants", "potassium", and "complete protein". To the right of the root system is a list of benefits: "GOOD for: Brain function, Immune system, weight loss, Skin, reduced risk of cancer." The drawing is surrounded by various colored pencils and pens.

INDUSTRIAL HEMP: less than 1% THC = not a drug!

HEMP has over **50,000** different uses...

INDUSTRIAL

Can replace any cotton based product...

The earliest known woven fabric was made with hemp fibers in **8000 BC**

Hemp Seeds

- High fiber
- Omega's
- Vitamin E
- phosphorous
- magnesium
- antioxidants
- potassium
- complete protein
- manganese
- anti-inflammatory
- calcium
- iron

GOOD for:

- Brain function
- Immune system
- weight loss
- Skin
- reduced risk of cancer.

Hemp seeds have **(83%)** more protein than kidney beans.

Hemp seeds have **(16%)** more iron than spinach.

1 tsp of Hemp seeds contain **35%** Of daily dietary fiber.

1 acre of hemp = **1000** acres of methanol.

All hemp waste can be recycled!

Fuel

Fiber

Food

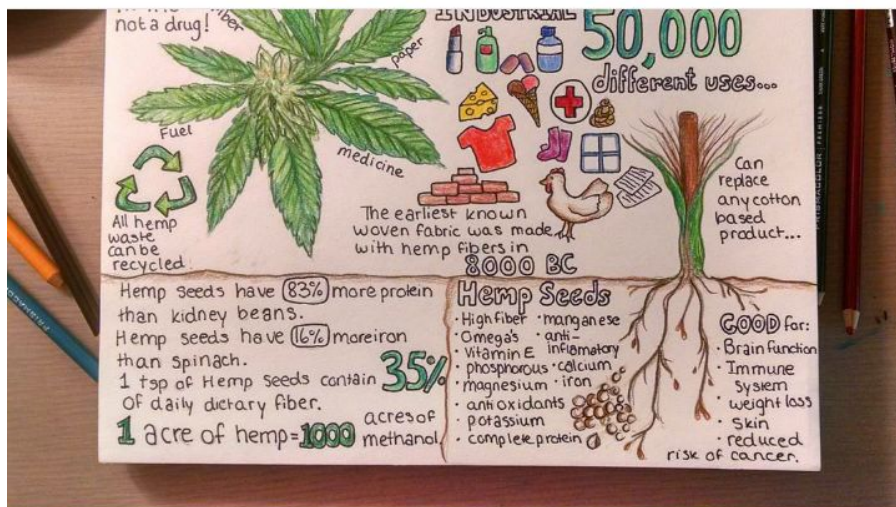
Paper

Medicine

Screenshot:



tamsingogreen



tamsingogreen Day 22: Industrial Hemp. Today I educated myself on the benefits of hemp. The U.S. has banned it for 80 years because it has 1% THC. Only 1%! So I wrote to my senators about this issue. Industrial hemp has so much economic potential in food, fiber, fuel, paper, and medicine. It has a versatile array of benefits to the environment and the consumer. Hemp seeds also provide essential nutrients. Vote Hemp! #PGC2016 @turninggreenorg #industrialhemp @votehemp

31 SECONDS AGO



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Project Green Challenge Day Eleven- Wellness Greener

How I take care of myself everyday

Waking up in the morning

As I wake up I make a list in my head of all things I have to do that day. This may include school work, volunteering, working out, drawing etc. If I have a list, I will have a clear mindset, and motivation to get everything on it done.

Then I take five minutes in the morning to stretch and relax. If you take some time for relaxation everyday, you will be less stressed and more focused on what you have to do.

Then I go through my bodycare routine. I take a cold shower, which is both good for me and the environment. I use up less energy for heating, and the cool water hydrates my skin. When I get out I dry myself with a soft mint green 100% natural towel, and put on some comfortable clothes. I splash my face again with cold water which wakes me up and wash it with organic EO soap. Then I go downstairs and I eat a nutritious breakfast which consists of granola and a homemade fruit smoothie(made with local blueberries, strawberries, peaches, and banana) . Eating healthy, nutritious food and taking care of my hygiene in the morning are both essential to having a good day.



Throughout the day:

When I'm at school or at home, I try and embrace every good opportunity that comes my way. I maintain good grades, socialize with my friends and family, and spend as much time as I can outside. I converse with my teachers on important subjects and try to complete everything on my list. I try and get some type of workout everyday. I play soccer, so everyday I practice with my team for two hours outside. Afterwards I feel happier and stronger. These practices provide me with stamina, and make me feel confident in myself. I try to eat healthy homemade meals for lunch and dinner, and always drink plenty of water in my reusable water bottle. Drinking water clears up acne and gives you hydrated healthy skin. I make the most of each and every minute, and appreciate the fact that I have running water, electricity, lots of food, friends, and family. I try to look at each day with a positive outlook.



Going to Sleep

After my day, I reflect over the things I accomplished. I also look towards the future and think of new things I can achieve. I make sure to wash my face and then do some yoga for ten minutes. This relaxes my muscles and gets me ready for bed. I put on my organic fuzzy socks and make myself some decaffeinated green tea, which takes away my stress and makes me feel warm and comfortable. I then climb into my bed and fall asleep, feeling very content about the day I had.

A New Approach to My Wellness

Today after going through my schedule, I spent 10 minutes sitting outside in my backyard with the sun beaming down on my face and wind blowing through my hair. I tried to take in the nature around me, and I cleared my mind. In the Washington post(<https://www.washingtonpost.com/news/inspired-life/wp/2015/08/25/why-making-art-is-the-new-meditation/>) I read that art is “an active training of the mind that increase awareness and emphasizes acceptance of feelings and thoughts without judgment and relaxation of body and mind.” So I took out my sketchbook and started drawing, because that’s a passion of mine. I sketched the autumn assortment of leaves around me. This “art” mediation really soothed me, and I grew calmer with every stroke of my pencil.

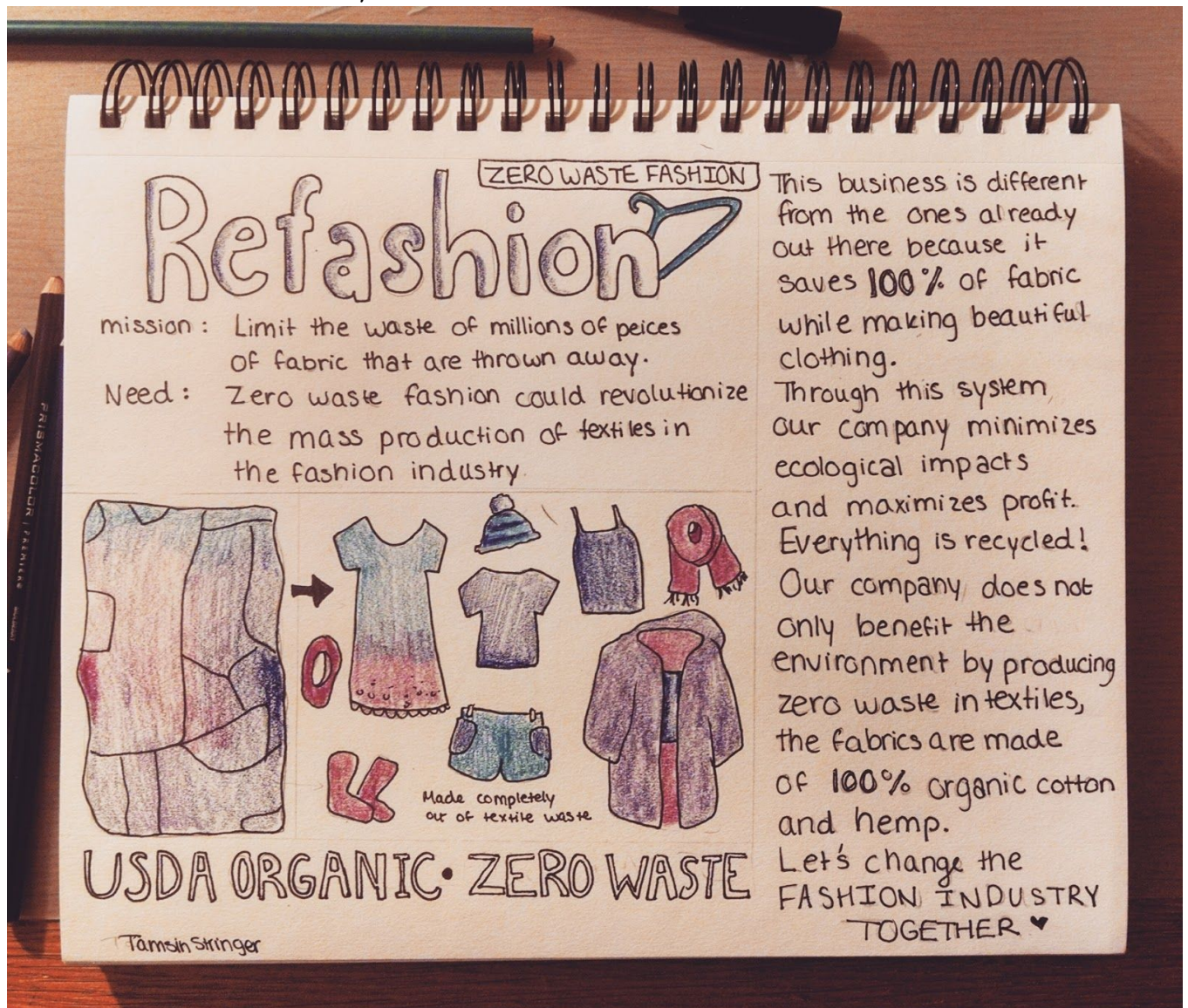
Afterwards I felt so happy. The stress I had in me almost disappeared. My mind was clear I felt like I had a purpose. I felt grateful for the beautiful world around me. The five words that describe how I felt were bliss, thankfulness, serenity, reflectiveness, and most important **gratitude**.



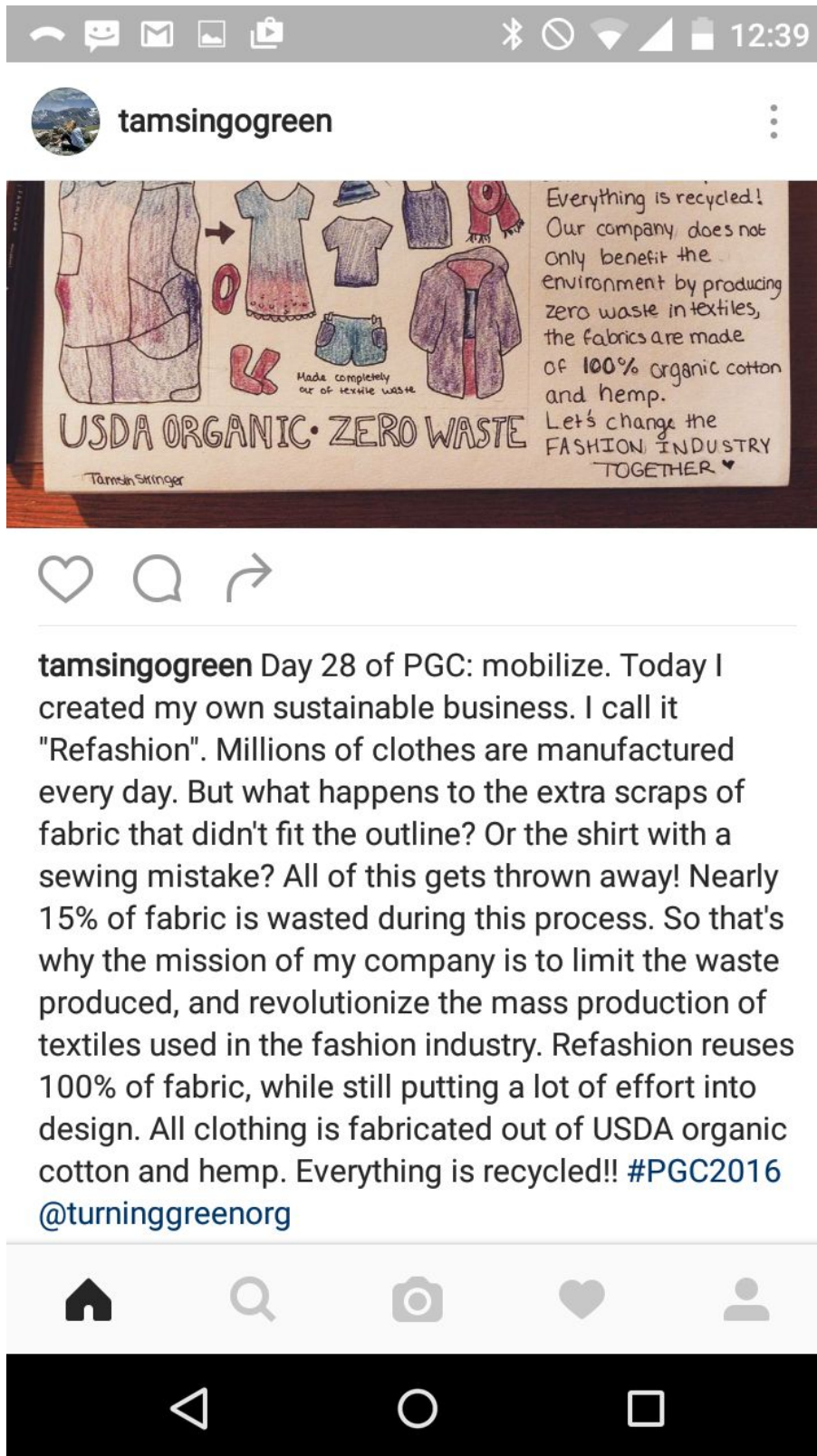
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Project Green Challenge
Day Twenty-eight- Mobilize Greenest

My own sustainable business:



Screenshot:



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Project Green Challenge
Day Twenty-Three - Water Greenest
What I learned about microbeads:

- There is approximately 5.25 trillion pieces of plastic in our world's oceans.
- One microbead has millions of toxins more than all the water around it.
- Microbeads aren't essential to products and they are made to be disposable
- Microbeads, mostly from body care products, end up going down the drain, into our watershed, and pollute our oceans.
- They are consumed by ocean wildlife, and then end up back in our homes, and on our plates.
- Manufacturers list microbeads under many different names, making it hard to determine which products have these unessential, miniscule plastic spheres.
- "Polyethylene and polypropylene are designed microplastics that go on your face, go down the drain, and go out in the rivers, lakes and oceans."



Three Body Care products containing microbeads and their alternatives:



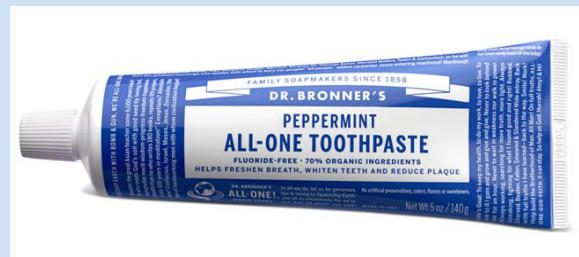
Neutrogena Body Wash Scrub: Contains polyethylene, and other chemicals



Acure Facial Scrub: contains all USDA all natural ingredients, 100% microbead free



Crest whitening toothpaste: Contains polyethylene



Dr. Bronner's Mint toothpaste: 70% organic, and 100% microbead free



Aveeno Daily Scrub: contains "gentle microbeads, as labeled on the tube



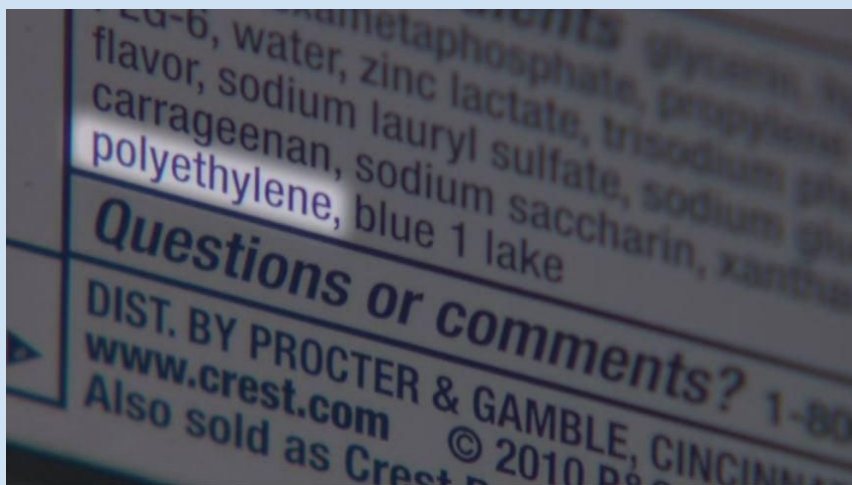
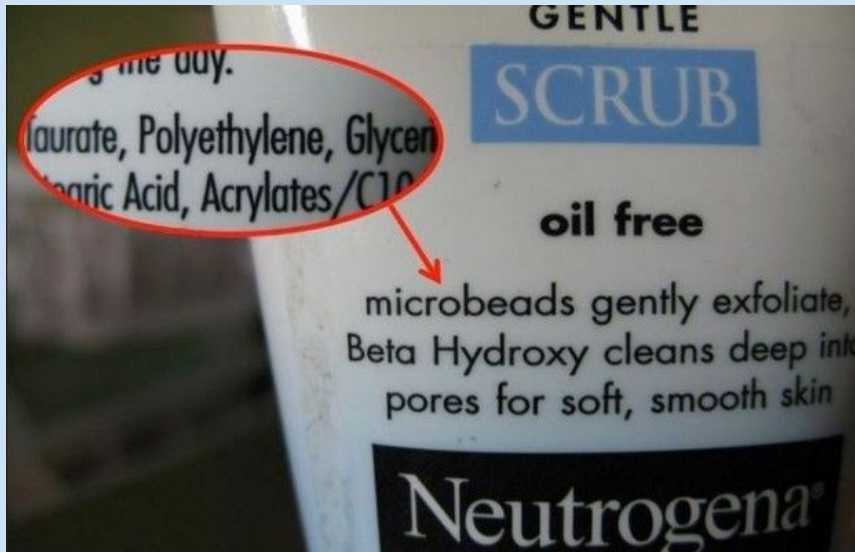
Bioré Blemish clearing scrub: best selling exfoliator, that is 100% microbead free

If manufacturers understood the harmful impacts of microbeads, they could take more of a positive action in replacing exfoliators, toothpastes, and scrubs with biodegradable alternatives, like walnut shells.

After learning about the numerous negative impacts of microbeads, I pledged to stay plastic free on <http://www.5gyres.org/>.

“Thank you for joining the 5 Gyres community...

...and for committing to the fight against plastic pollution. “



I had never heard of microbeads before. Knowing what they are and what they do to the environment, is really going to impact what I buy. From now on I am going to avoid buying products with microbeads in them. I will carefully read labels, and encourage my friends and family to do the same.





tamsingogreen



tamsingogreen Day 23 of PGC: water. Did you know that there is about 5.25 trillion pieces of plastic in our world's oceans? A good portion of that percentage is microbeads. Microbeads are the small spheres you find in body care products, like exfoliators, toothpastes, and facial soaps. Did you know these plastic beads are made to be disposable by manufacturers, and are meant go down your drain? They pollute our oceans. They are consumed by wildlife. And then they end up back in our homes, in our glasses, or on our plates. Learn to check labels, watch out for polyethylene and polypropylene, and pledge to ban the bead! @maddiecllemmer @wailooh @marcela4daplanet #PGC2016 #beadfree @turninggreenorg @5gyres

2 MINUTES AGO

