

Erin Cady

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Turning Green
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Dear Turning Green:

I am coming upon completion of PGC 2016, and as I reflect on my experience, the word that immediately comes to mind is: growth. When I began Project Green Challenge, I lacked the confidence and stamina I needed to be a practical changemaker. I did not expect to leave PGC a leader, but as I look at the projects I have begun, the movements I have started, the lives I have touched, and the voice I have acquired, I recognize that every leader who has ever begun, had to get up off the ground and find their voice the same way I am finding mine. I am nowhere near where I could be and my work is nowhere near complete, but thank to Project Green Challenge, I have been able to start. Thanks to Project Green Challenge I have become a leader who works solely to serve; I have become a servant to my communities and a voice for change and because of my work, other people are finding their voices of change as well. Project Green Challenge has allowed me to develop a multi-faceted approach to solving problems, developing projects, and expanding my knowledge about environmental issues.

The work I have produced over the past month is a representation of my abilities to think critically, develop tangible plans, conduct thorough research, reach out to create change, develop creative representation of environmental issues, and develop thought-provoking and emotionally conducted content. Through the work I have produced, I have been able to take a closer look at the businesses and community that surround me, and find tangible solutions to the problems they may face. I have developed a richer understanding of what surrounds me and how I can be a catalyst to the imminent change these communities will undergo. On my campus, the research and challenges I have undergone have allowed me to begin initiative to changing the food system in my dining halls: working towards promoting more vegan options and more organic snack options in the convenience store are two examples of change that is being enacted on my campus right now.

To be able to look at myself now compared to one month ago feels like a breath of fresh-air. I am the embodiment of what It means to be an environmentalist and I am the face of change. I look at my growth over the past month as an example to myself and to others of how confidence is the key to making a change within yourself and within the community. Because of Project Green Challenge 2016, I know what it means to be a leader. To be a leader means to be a servant. It means that because of who you are and your ideas, you give people the opportunity to develop their own ideas and harbor their own unique talents to lead in their own unique way. My uniqueness as an individual can inspire people to find what makes them unique and use it to their advantage. I am a servant to the unique, a voice for the voiceless, an enactor of change, a vessel of compassion, and I am prepared to face rejection and doubt full force as I constantly work to heal our world.

I hope you will take what I have said into consideration, and I hope you will consider me to be a Project Green Challenge 2016 Finalist.

With Care,

Erin Cady

Energy-Greenest

How Green, is Blue?

Walk outside anywhere on campus, and you'll immediately spot large garbage cans with the logo "Blue is green" plastered on the side. Walk into the C-store and you may notice that plastic water bottles are not sold. Walk into the dining halls, and you'll see large, orange trash cans meant for composting. These are just a few environmental initiatives on Drake's campus that have been implemented within the past few years.

Drake advocates itself as a progressive campus embracing its green thumb. With partnerships at the Sprout community garden and an active role by the Drake Environmental Action League (DEAL) there is a heavy eco-presence on our campus. But just how deep does this new eco-campus go? What is Drake doing on a grander level to lessen the school's environmental impact? Well, that can all be found in Drake University's *Climate Action Plan* created back in June of 2013.

Simply put, the *Climate Action Plan* is an outline of Drake's goals for a carbon-neutral campus by 2050; this plan is to be achieved by reducing greenhouse gas emissions by 25% every decade until we are 100% greenhouse gas free by 2050.

According to Drake's *Greenhouse Gas Inventory Report*, Greenhouse emissions can be broken down into three categories: Campus equipment (27%), Purchased Electricity (49%), and Student/Faculty transportation (24%); As of 2014, Drake produces about 29,861 metric tons of CO₂ annually.

Drake sources its energy from MidAmerican Energy Company, an organization that utilizes mainly fossil fuel and natural gas. Coal makes up about 48% of Drake's energy, Wind energy comes in second at 26% of our energy, followed by Natural gas/oil and a small percentage of nuclear power.

The *Climate Action Plan* was set in place in order to combat carbon emissions and energy consumption at an administrative and individual level. It aims to divest from the usage of fossil fuels on campus, whilst also reaching out to students and actively engaging them in making choices that will help them reduce their carbon footprint.

Dr. David Courard-Hauri, professor of Environmental Science and Policy, has played an active role in the seeing-through of the *Climate Action Plan*, and was able to provide more insight on the progress of the plan.

"Some things we've done [to reduce emissions] have been creating a partnership with DART bus system that Drake students, faculty, and staff ride free, to encourage the use of public transportation," he said when asked what steps Drake is taking to reduce emissions.

"We agreed that all new buildings would be LEED silver. That has since changed to Two-Green Globes, which is basically a similar program that less people have heard of."

LEED silver and Two-Green Globes are organizations that ensure a building is built with environmental practices in mind such as energy consumption.

He continued by saying that, "...There are some minor things like we've increased the recycling content of the paper. And we're the first institution in Des Moines to create a single-stream recycling program."

Drake is clearly making some steps towards sustainability, and we have a tangible plan laid out to create a sustainable campus, but is this plan as tangible as it sounds?

As far as 25% reduction per decade, Dr. Courard-Hauri has his doubts:

“Climate action isn’t a priority yet at Drake, and the first 25% reduction before 2020 is unlikely. Not that it isn’t possible or it won’t be near its goal, but there are talks of extending the deadline to 2022.”

As far as speeding up the process and making sure we reach our climate goals, that is going to come from pressure from the students to make it happen. If the students demand it, administration will listen; if students create enough passion and energy regarding climate change, Drake would speed up its divestment process, and potentially exceed its climate goal instead of falling short.

On an individual level, students can reduce their energy consumption by limiting the amount of meat they eat, as raising animals is a very energy intensive process. Students can be conscious of their electronics and leaving them plugged in. And now, students can utilize Drake’s brand new bike rental program.

While there is still significant progress to be made, it is clear that Drake is making its way towards a sustainable campus and a healthy learning environment. If the battle against Climate Change were a diving board, Drake is standing with its toes one the edge. All that’s left to do is leap.



INTERVIEW WITH DR. COURARD-HAURI

Here is a copy of the questions I asked to my professor (DCH is an acronym for David CourardHauri):

Divestment Questions

1.) What is Drake’s current divestment plan? What are its timeline goals?

DCH: Signed president's climate commitment, carbon neutral by 2050. 25% reduction per decade. There is question over whether or not this goal is achievable. This program is not yet a priority, and there is a strong possibility that the goal will fall somewhat short.

2.) Since beginning the investment program, what steps has Drake already taken to reduce energy consumption, if it has? What are the energy policies currently in place if there are any?

DCH: Partnership with DART buses, students ride free with drake id to encourage the usage of public transit. All new buildings are two-green globes certified, which is similar to LEED silver. Increase recycling program. Implemented single-stream recycling onto campus.

3.) What are the most energy intensive buildings on Drake's campus?

DCH: Meredith Hall, poorly built and had no pressure to be built efficiently. Fine Arts Center, old building with no present energy conservation programs. Drake does not meter energy consumption, so precise data for each building is unavailable. Dorms are also energy intensive because of difficulty regulating Students using their own energy and 24/7 service.

4.) Where does Drake source its energy from? Are we a fossil-fuel based campus or do we derive from a sustainable energy source?

DCH: MidAmerican: majority of the energy is coal at 47%, the rest is a mix of natural gas and wind energy. Boiler is natural gas. Iowa is moving towards wind energy, but Drake has no current initiative to move towards full wind or solar energy, if it doesn't use coal it chooses natural gas.

5.) Does Drake use energy-star rate technology?

DCH: Yes, washers and dryers are energy star rated as is most technology

6.) What are some things Drake students can do to reduce their individual energy consumption?

DCH: Learn to use the DART bus, once you learn the system it works really well. Reduce meat and animal product consumption; agriculture is so energy intensive. Travelling home, try to carpool or mega bus to reduce your own emissions if you live far away. Use your voice and push Drake to make better energy decisions.

7.) The campus- climate initiative says that Hubbell is now LEED certified, what exactly does that mean?

DCH: An organization that looks at total environmental impact of building: energy consumption, energy conserving technology, where do you source lumber and energy, etc.

8.) What is the energy monitoring of the new STEM building on campus?

DCH: The building is aiming for a two-green globes certification, but it was definitely a missed opportunity to really push the envelope as far as sustainability on Drake's campus. It meets the minimum requirements, but that's all it does.

SOURCES

Besides my interview with Dr. Courard-Hauri, my information for this assignment was found within the pages of Drake's *Greenhouse Gas Inventory Report* and the *Climate Action Plan*.

I have listed the link to the *Climate Action Plan* below:

<http://rs.acupcc.org/cap/1150/>

The Greenhouse Gas Inventory report is not available online, so I have attached some sample picture of its contents below:



4. SUMMARY OF PROGRESS FY07 TO FY14

Drake's greenhouse gas emissions from FY07 to FY14 were calculated to determine progress towards the ultimate goal of climate neutrality by 2050. The following subsection provides a discussion of calculation methodologies and emissions changes in emissions, and probable causes of changes. The results are based on provided data and limited institutional knowledge of the campus based on the Climate Action Plan, Drake's website, and conversations with campus personnel. A summary of the GHG emissions broken down by source for FY07 and FY14 and the percent change is provided in **Table 4-1**.

Table 4-1: FY14 GHG Inventory

Scope	Description	Reported FY07 Emissions (MTCO ₂ e)	FY14 Emissions (MTCO ₂ e)	Change (%)
Scope 1	Stationary Combustion	5,414	7,000	31%
	Fuel Injection Equipment	210	230	28%
	Airports	672	670	-1%
	Agriculture	10	10	0%
Scope 2	Purchased Electricity	15,262	14,595	-5%
	Faculty + Staff Commuting	1,458	1,158	-21%
Scope 3	Student Commuting	3,622	3,558	-2%
	Directly Financed Air Travel	33	27	-18%
	Study Abroad Air Travel	1,380	1,004	-28%
	Solid Waste	3	3	0%
	Wastewater	214	20	-91%
	Paper	6	7	13%
	Electricity Transmission & Distribution Losses	1,400	90	-94%
TOTAL		30,883	25,838	-17%

4.1 SCOPE 1 METHODOLOGIES AND COMPARISONS

4.1.1 Stationary Combustion

Drake University uses natural gas as its primary fuel in stationary combustion equipment (e.g., boilers) to provide space heat and hot water on campus. Natural gas usage for the period FY07 through FY14 is presented below in **Figure 4-1**. Emissions from natural gas combustion are the second largest source of campus GHG emissions (24% in FY07 and 27% in FY14). Natural gas consumption varies from year to year based primarily on weather. This consumption can be correlated using heating degree day measurements derived from the temperature of outside air. As can be seen from the heating degree day trend line in the figure below, the natural gas consumption increase from FY07 to FY14 is based on an increase in heating degree days. In fact, FY14 had the highest heating degree days of any of the previous seven years.

Source: 20150221, Drake University GHG Inventory Report, 4-1, Woodard & Curran

2. FY14 GHG INVENTORY

2.1 FISCAL YEAR 2014 SCOPE EMISSION BREAKDOWN

GHG emissions are broken down into three scope categories: Scope 1, Scope 2, and Scope 3 emissions. Scope 1 emissions are direct GHG emissions generated on campus by equipment and activities owned and/or controlled by Drake. These emissions include emissions from the combustion of fuel in stationary fuel-burning equipment, refrigerant leaks, fleet vehicle fuel usage, and use of synthetic fertilizers. Scope 2 includes emissions result from purchased steam, fuel versus fuel usage, and use of synthetic fertilizers. Scope 2 includes emissions result from purchased electricity consumption based on the regional mix of grid power generation sources. Scope 3 emissions include all other emissions resulting from campus activities but not under the direct control of Drake including air travel, commuting, waste disposal, paper purchases, and wastewater treatment. A breakdown of Drake's GHG emissions by scope for FY14 is provided in Table 2.1 below.

Table 2.1: FY14 GHG Emissions Inventory

Scope	Source Description	FY14 Emissions by Source (MTCO ₂ e)	% of Total by Source	FY14 Emissions by Scope (MTCO ₂ e)
Scope 1	Stationary Combustion	1,055	24%	1,962
	Fleet vehicles/Equipment	230	5%	
	Refrigerants	619	7%	
	Fertilizer	16	0%	
Scope 2	Purchased Electricity	14,588	49%	14,588
Scope 3	Faculty / Staff Commuting	1,198	4%	7,283
	Student Commuting	1,558	12%	
	Directly Proxied Air Travel	27	0%	
	Indirect Proxied Air Travel	1,828	5%	
	Solid Waste	8	<0.1%	
	Wastewater	21	<0.1%	
	Paper	7	<0.1%	
	Electricity Transmission & Distribution Losses	991	3%	
TOTAL				29,891

Electricity consumption (Scope 2) was the largest source of emissions in FY14 accounting for 49% of total emissions. An additional 27% of emissions result from on-campus sources (Scope 1) including combustion of natural gas and fuel oil in stationary fuel-burning equipment for space heat, diesel and gasoline in campus fleet vehicles, and leaks of refrigerants. The remaining 24% results from Scope 3 activities including commuting, air travel, and waste disposal. Figure 2.1 below illustrates the breakdown of total GHG emissions by scope.

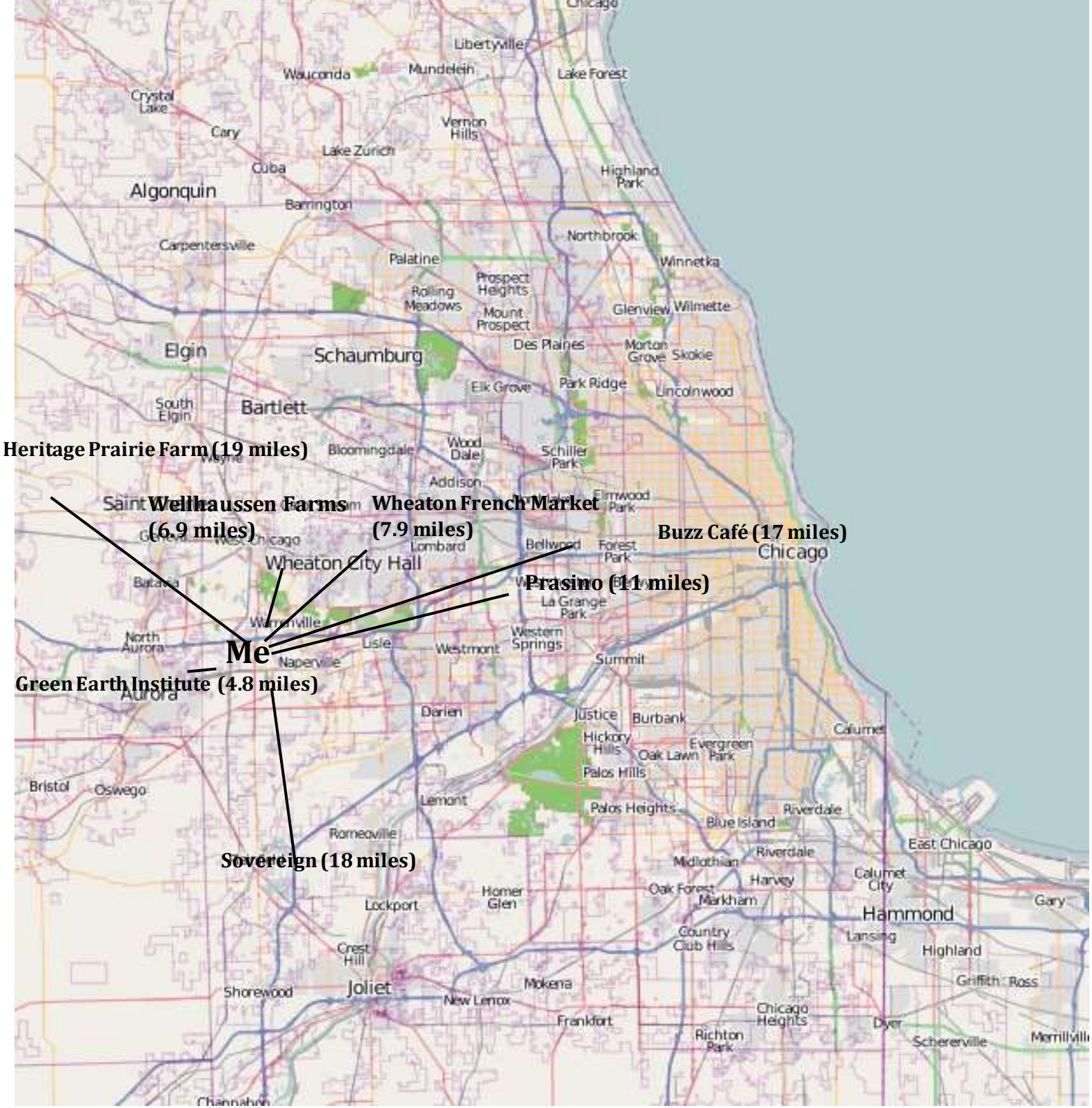
Food-Greenest



Living la Vida Local

A foodshed of FLOSN businesses Near Naperville, IL

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Welhausen Farms

Located in Wheaton, IL, Welhausen Farms is a food-delivery business that delivers organic, fresh, and local food that the farm grows themselves to people's homes. Starting in May, Welhausen will plant a variety of over 50 crops and begin harvesting in June. From June-November, Welhausen farms will deliver weekly boxes of fresh produce to people's doors; the farm is complying with USDA organic standards and only delivers the groceries within a certain range to ensure it stays local and fresh. Besides produce, Welhausen also offers free range eggs, organic butter, and organic cheeses; all animals are free-range and grass fed.

Welhausen charges a \$175 annual fee, and then it costs \$19 per week to have the groceries delivered. That means it only costs \$19 dollars a week for a box full of fresh, organic produce! Welhausen is a model for affordable, FLOSN farming that is convenient and local. A family owned farm, their mission is to provide our families with safe, fresh, and sustainable farm-to-table food; Welhausen is dedicated to being an example of ethical and family-oriented farming that has good values and community at the heart of its work.

Welhausen is located approximately 6.9 miles from my home.



Sovereign Restaurant

Farm. Fork. Craft. That is the motto of Sovereign restaurant located in Lockport, IL. Sovereign is known for its farm-to-table food sourcing and craft beers. They are dedicated to providing fresh, hand-crafted food and drinks that have not been transported thousands of miles or heavily manufactured, but rather are locally sourced and ready to eat immediately.

Sovereign is a traditional, American cuisine restaurant. The restaurant primarily offers typical items such as burgers, steak, risotto, and various sandwiches; however, they also remain loyal to their fresh and sustainable mission and offer a variety of vegan options as well. Their craft beers have been sourced locally and use organic wheat and sustainable brewing practices. Another unique menu feature offered by Sovereign is a side known as “local veg of the day!”

Sovereign is located approximately 18 miles from me.



Green Earth Institute

A non-profit organization started in 2002, Green Earth Institute is an organic farm located in Naperville, Il that has dedicated itself to educating its community about nutritional, local, and farm fresh foods. Green Earth is an education center and full, organic farm that puts on children's and adult programs about the importance of buying local and organic and about farming and supporting local farmers. Every May, Green Earth hosts a fair that includes speakers, artists, and vendors coming to share their products and skills with the local community; this fair gives other local vendors the opportunities to showcase their products and promote sustainability.

Recently, Green Earth made the switch to 100% renewable energy, installing solar panels in the barns and a private wind-turbine on the farm property. Along with their sustainable farming practices, green earth embodies the messages of soil stewardship and the importance of spreading these messages and practices to communities and individuals who are willing to listen.

Green Earth is a USDA organic certified farm; they do not use synthetic fertilizers, and instead integrate methods such as crop rotation and composting into their farming routines. Produce is sold through the CSA program; therefore, people will subscribe to a harvest share and receive weekly or bi-weekly orders of produce to go pick up.

Green Earth Farm is located approximately 4.8 miles from me.



Heritage Prairie Farm

Located in Elburn, IL, Heritage prairie Farm has become one of the most well-known organic farms in the Chicagoland area. What began as a small farm on the outskirts of Chicagoland, has now grown into a widely popular and respected organic farm known for bringing together to community and providing a wide assortment of products to its customers. Products sold from Heritage Prairie range from grass-fed pork to raw honey, and everything in between. This USDA organic certified farm is dedicated to providing sustainable, organic food that is readily available to anyone.

Heritage prairie sells its produce and products in its market and farm store, located right on the farm property. Their mission of local and fresh is implemented in the most effective way possible, selling their produce off of their front doorstep! The store is open seasonally and offers produce, honey, pork, eggs, and chicken from Heritage Farm. Other meats and cheeses are sold from fellow local vendors dedicated to the same mission as heritage farm. Furthermore, the store also sells local art and hand-made pottery from artists in the area!

Heritage Prairie Farm combines family, community, sustainability and health into an all-inclusive farm that serves its community, its workers, and the Earth!

Heritage Prairie Farm is located approximately 19 miles from me.



Wheaton French Market

Beginning in April and going through October, Wheaton, IL holds a French market in their downtown area every Saturday from 8am-2pm. This market brings in local and organic vendors to sell their products and promote their practices. The lively farmers market includes dozens of vendors, live music, fresh-food, hand crafted trinkets, and much more. Fair-trade, organic, local and fresh is the theme of this market, and it brings around people from all over Chicagoland to take part in its lively weekend festivities.

Wheaton French Market is put on through the city of Wheaton and is one of the town's most popular summer events. The market consists of about 2 blocks worth of vendors ranging from produce to honey to meat to hand-crafted jewelry and clothes.

Wheaton French Market is located approximately 7.9 miles from me.



Buzz Café

A crown jewel of Oak Park, IL, Buzz café specializes in organic, vegetarian, local foods and fair-trade coffees and teas from around the world. Buzz Café began in 1998 and has been a model for vegetarian/vegan and organic foods for 18 years; Buzz models itself with the values of family and community in mind, while promoting environmental sustainability and good health.

Buzz Café offers a variety of breakfasts and lunches using organic and local eggs, milk, and produce; coffees offered are fair-trade. Buzz Café has been certified as a sustainable and eco-conscious business by the Illinois Green Business Association. Buzz has become a staple of Oak Park and a long-standing tradition of community and sustainability in the region.

Buzz Café Is located approximately 17 miles from me.



Prasino

Prasino is the greek word for “green,” and that is exactly what this restaurant is. Located in La Grange, IL, Prasino is a fine dining restaurant that strives to embody sustainability in everything it does: from its food, to design, to drinks, to structure, everything is created with the environment in mind. Prasino sources from local vendors, and for the products that are unavailable in this state (tea), Prasino partners with organic, fair-trade companies to ensure that the products being sold are done so with the environment in mind and similar environmental values.

Prasino is a fine dining restaurant specializing in classic American cuisine. They use fresh, local ingredients to prepare fine dishes and special cuisine that is delicious and nutritious. Prasino partners with local vendors throughout the Chicagoland area, as well as organic distributors to ensure great quality food. Each vendor partnered with Prasino is required to be verified organic by USDA or a third-party affiliate; vendors failing to comply with certain green-standards set in place will not be affiliated with the restaurant.

Prasino’s passion for sustainability does not stop at its food; Prasino utilizes green initiatives to make the restaurant itself as sustainable and green as possible. Energy-star rated appliances, safe cleaning products, recycled bottles and materials, and reduced waste are all ways that Prasino strives to make itself a model for a sustainable restaurant in the Chicago area. Prasino works diligently to embody FLOSN in every way it possibly can, pushing the envelope as a green restaurant dedicated to its customers and community.

Prasino is located approximately 11 miles from me.



Prasino Head Chef

I had the opportunity to meet with the head chef of Prasino, Kevin Hunter. Kevin Hunter has been the head chef at Prasino for about one year now, and truly believes in the art of sustainability and local food.

Originally from the United Kingdom, Kevin Hunter moved to the US with his wife 3 years ago. Kevin has been passionate about organic and local food all of his life; back in the UK he and his wife owned a FLOSN restaurant and were large advocates for food sustainability back in England. Kevin's wife is American, so 3 years ago they decided to move to the US. Coming from Europe, Kevin's view on fresh-food is much more progressive than America; he discussed how Scandinavia has adopted a completely organic and sustainable food system, and has some of the highest health-rates in the world. Having worked in the organic food industry for so long, Kevin was eager to find a restaurant to work at that aligned with his values of a sustainable food system.

Kevin began working at Prasino one year ago, and said that the restaurant directly aligns with his values of a sustainable food system. An affordable, delicious, fine-dining restaurant devoted to sustainability is exactly the kind of system Kevin wants to promote and showcase; he believes that sourcing local and organic food isn't difficult nor expensive and that producing sustainable restaurants is something this country should strive for. "What we put into ourselves should be as good as we can make it."



Interview with Kevin

Unfortunately, the entire interview with Kevin was not recorded, as my camera unexpectedly cut out in the middle of the interview, but 2 out of 3 questions are featured here!

<https://www.youtube.com/watch?v=ePhIpc05yqg>

The questions I asked during the interview are listed below, as well as the answer to the third question that was not recorded.

1. What is your vision for a sustainable food system?
2. How has sustainable farming impacted your view on current and conventional farming?
3. How can organic and FLOSN practices integrate themselves into mainstream culture? Have you seen a rise in its popularity over the years?

Kevin's response: I've definitely seen a growth in its popularity over the years; for people, it all comes down to cost. Once we can bring the cost down, people will be more interested. But that is what we are trying to do here, we are trying to show that local, organic food doesn't have to be expensive. You can have a pleasant, delicious meal and it doesn't have to be so expensive.

FLOSN is closer than you think

Researching my local food-shed has allowed me to explore the close-to-home options available to me, and has shown me that FLOSN is far more common and available than I used to believe! Organic and local food, farmer's markets, and organic farms used to seem like a far -off concept; I used to believe that organic farms were found in California, Colorado, North Carolina, etc. I believed Organic farms were for progressive and liberal cities, not for Midwestern suburbs. But this experience has showed me that people really so have such a passion for FLOSN food from all over the place, small towns are no exception! Local food that is readily available is in high demand, and organic farms are on the rise. The 7 businesses I listed above do not even begin to describe what is still available around me and how many opportunities to have to explore more FLOSN restaurants and farms. Sustainability has presented itself to me in unexplainable ways, and it is exciting to know that the lifestyle I strive to live is not only supported, but available all around me.

Meatless Monday-Greener

Meat-Less Monday

Me

I have been vegetarian for about 2 years now, so today was not really a challenge for me. I ate as I normally do: a clif bar, a banana, some almonds, and Amy's lentil soup for dinner. I was able to carry on with my day as usual; so instead of making today about me, I made it about my die-hard meat eating pals! I recruited 5 people to go meatless for the day, and then had them send me a food-log and a quote as to how their day went, here is what they had to say!

My Mom and dad



My mom and dad are really not the super environmental type of people. They are completely supportive of me, but living a consciously eco lifestyle is not really their thing and they love meat (especially my dad). So I challenged them both to go meatless for the day.

My Mom:

Breakfast: Protein bar

Lunch: apple, cherry yogurt with granola

Dinner: scrambled eggs and an English muffin

"I feel just fine; I don't feel tired or hungry. It wasn't that hard; I think it would be tough to give it up altogether, but I will definitely cut back"

My Dad:

Breakfast: granola bar

Lunch: protein bar and granola

Dinner: a cheerio and raisin bran concoction

"It was tough to go without meat; I don't know If I would be willing to get rid of it"

Kristen



Kristen is one of the kindest and smartest people I know, but she's a little in the dark when it comes to living consciously. So of course I recruited her to have a meatless Monday, here is what she said!

Brunch: Yogurt with granola and blueberries; a half-bagel with cream cheese

"I had a lot of cranberry juice lol" -Kristen

Dinner: Pasta and water

"I honestly didn't think about it much. There were veggie options at the dining hall, so I gravitated towards those."

Michelle



Michelle comes from a traditional, Italian family; meat is engrained into their lives. Her mother cook's dinner every night and it usually consists of some sort of meat or fish. So I asked Michelle to abandon her ways for the day and go meatless.

Breakfast: Smoothie

Lunch: bagel and risotto

Dinner: A simple pasta dish

“It wasn’t bad going without meat and I honestly didn’t even think about it that much.”

Victoria



If there was anyone who was going to have the easiest day, it would be Victoria. Sticking to one way of life is not really her style and she is always up for a challenge!

Breakfast: English muffin with butter and toasted coconut chips

Lunch: Peanut butter and jelly, goldfish, raspberries, and a cookie

Dinner: 2 eggs, 2 English muffins

“It was more difficult than I thought, and I was craving meat by the end of the day.”

It was fun to see some of my closest loved ones take on this challenge for the day. Whether they enjoyed it or not, the fact that they were willing to take on the challenge shows a lot about their interest in change and their willingness to learn, and that’s a great place to start!

Meatless Monday-Greenest

Cooking Up a greener future

Breakfasts

Smoothie Bar: A smoothie bar could be a great way for students to acquire daily nutrient, while also being quick, cheap, and efficient. Each day there will be 2-3 different smoothies available, and students can choose which one they prefer. Some daily examples might include:

1) Mango berry Smoothie

- a) ½c raspberries
- b) 1c strawberries
- c) Mango

2) Peachy Blue

- a) 1c spinach
- b) 1c blueberries
- c) 1c peaches

3) Mango Sunrise

- a) 1/2c pineapple
- b) 1 banana
- c) 1/2c mango
- d) 1c strawberries

Lunch/Dinner

100% vegan station: My school, Drake University, has two dining halls: A buffet style sit down area, and an area for takeout/ on-the-go food. Our buffet halls have done a great job at implementing vegan and vegetarian into its daily menu, but the takeout hall still offers almost no vegan or vegetarian options. I would like to see the school develop a station strictly for vegan and vegetarian food. Some options for food might include:

1) A salad bar:

- a) Mixed greens, spinach, lettuce, etc
- b) Tomatoes, cucumbers, carrots, other standard veggies
- c) Protein sources such as beans, tofu, garbanzo beans, halved almonds, quinoa
- d) Fruits such as strawberries, apple slices, or cranberries

2) Vegetable medley station: a station for mixing and matching grilled veggies and tofu

3) Soup station

I believe that adopting more meatless alternatives will give students an option to educate themselves on meatless options out there that are both delicious and good for your health. The cost of adding a smoothie bar will not increase price because bulk fruits cost less than meats and eggs, and a smoothie bar would improve the wellbeing of the students. As far as a new vegan station in the take-out hall goes, all of the stations listed above are already available in the buffet hall of our dining hall; much of the food from the buffet section goes to waste at the end of the day because it does not get eaten, so

adding new stations would eliminate food waste and save money. These options listed above are extremely tangible and can easily be implemented into our daily dining program here at Drake.

Pitching meatless Monday

I reached out to my campus nutritionist to see if I could meet with him to discuss implementing meatless Mondays onto Drake's campus. Unfortunately, he was unavailable to meet today as he was off-campus, however he did show strong interest in the idea and stated that he would be willing to meet with me to discuss implementing meatless Monday and other initiatives onto our campus!



Erin Cady

Today, 12:01 PM

lucas.flaherty@sodexo.com



Reply all | v

Sent Items

Hello Lucas,

My name is Erin Cady and I'm currently a sophomore here at Drake. I am emailing you in regards to dining initiatives at Drake and how I feel they can be improved. I am a vegetarian, and the options available to me this year have improved dramatically since last year, and for that I commend the efforts put forth by Sodexo in improving those options! I think there is still some more room for improvement, so I was hoping to be able to meet and discuss some initiatives I would like to see happen on campus. Would you be able to meet sometime this afternoon, 10/10, do talk?

Specifically, I am hoping that Sodexo would consider implementing Meatless Monday's onto campus? I think a meatless Monday program is a great way for Sodexo to voice environmental support and initiative, while simultaneously encouraging students to explore meat free options and a more vegetable based diet.

If you have time to meet this afternoon to discuss this idea, that would be great!

Thank you for your time!

All my best,
Erin Cady

Hi Erin,

Glad to hear that you are noticing some of the changes to our vegetarian and vegan options. There will always be room for improvement and would love to sit down and talk with you.

Unfortunately, I will not be able to meet today as I will be leaving here in the next hour.

When it comes to meatless Mondays, we can definitely explore that option. We have done it in the past but got negative feedback from students.

I can discuss this with our GM as well as our chef to see if we can come up with a plan to re-implement that program. I agree that it is important to encourage students to eat meat free – I am a flexitarian myself and consume vegetarian meals at least 3 days per week.

Would you like to set up a time in the next couple days to sit down and chat, see what we can do to improve our options? We do have a student board of directors meeting on Thursday from 4-5pm, which usually consists of students that want to come an voice their opinions about dining options and what direction we are going.

Let me know!

Thanks.

Lucas Flaherty RD, LD
Sodexo Campus Dietitian
Drake University
Des Moines, Iowa
Phone: 515-271-4133
E-mail: Lucas.flaherty@sodexo.com

Meatless Monday Video

I wrote a short poem to showcase why meatless Monday's are important and how they can help the earth!

<https://www.youtube.com/watch?v=NVS0wfr1RRc>

Social Media



erincady810

34 likes

3h

erincady810 Day 10 of #pgc2016 and we're ditching meat for the day! A simple concept, an easy execution, a lifetime of difference. Limiting the amount of meat you eat reduces your carbon footprint, supports sustainable farming, and improves your health! #meatlessmondays

theoctopusherder Ugh I Love you. Inspirational turkey. ✕

erincady810 @theoctopusherder love you inspirational lamb ✕

♥ Add a comment...

⋮

Update on Meatless Monday: After I sent this email to my school nutritionist, we had the chance to meet in person to discuss furthering Meatless Monday. The dining board vocalized that they were heavily in favor of this initiative, and we have since started working collaboratively to make it happen. On November 1st, I will be surveying students during lunch to see how the general student population feels about more meatless options, and I will also be handing out brochures to educate students on going meatless.

Wellness-Greenest

Reflections

My spot

I have had a very crazy week. It is midterms week and I am currently balancing 2 exams, 3 essays, a presentation, meetings, and PGC. I haven't had any down time, and life is swirling all over the place. I did not have the time nor the means to go to a forest preserve with a friend and spend time talking about life; today I was inside all day studying for my first big exam, and I did not think that the greenest challenge was in the cards for me today due to simply not having the time. I went through my day, studied my butt off, and went to my exam. Once I finished, I fully planned to head straight to the library in order to finish homework and work on other PGC projects, until I stumbled upon a little place.

As I walked towards the library, I thought about my spot. The picnic table under the trees where I used to sit when I was sad. I hadn't gone to sit over there in so long I had forgotten about it. Ten minutes won't hurt right? I strolled on over to my picnic table and took a seat, and I let myself think

I thought about 2016. I thought about how much I've changed and all of the battles I've had this year. I thought about my friends and family and I stared at the setting sun and the soft light through the trees like I used to months ago. I remembered the moments at that table. The moments I fled to that spot under the trees when I just needed to escape. When my anxiety and fears became overwhelming, and so I would run to the only spot that I felt comforted. I sat tonight at this table and I remembered all that has happened this past year, and I let the thank you's wash over me.

I let myself feel the love I learned about back in High School, when I found compassion and deep friendship for the first time. I let myself feel the love for myself; a newer love that I'm just starting to come to terms with, but a wonderful love. And I let myself feel gratitude for where I am at this very moment; this moment when I can see opportunity and potential laid out in front of me and I can feel the changes I'm making in the lives of other people. I sat under my tree, under the dim light, and I let myself feel whole.

So, no, I didn't find a giant forest with a group of my best friends. I didn't get to share these feelings with anyone else, but I know that who I am going forward and who I want to be will speak for itself. I don't have mountains or rivers or deserts. I don't have big landscapes and open fields.

What I have is 10 minutes, an old picnic table, some trees, the soft light at the end of a day, and the promises of October.



erincady810

36 likes

4h

erincady810 It may not be much, but a little nook between some buildings became my go-to spot last year when I needed a little escape. Just a picnic table surrounded by some trees, but it gave me space to just sit. Tonight I went to that little spot again to sit, and reflected upon the past year and how much has changed. I have a lot to be grateful for and I'm thankful for how much I've grown in the past year. Take time to be grateful and appreciate yourself, life is beautiful kids 🌟 #pgc2016 @turninggreenorg

carolinejane Hi- this is my go to spot always. Literally that picnic table no joke

erincady810 @carolinejane It's the best spot!!

jennaajor430 I love this

aqilk97 so nostalgic !

♡ Add a comment...



BioDiversity-Greener

Pollinators

Diorama

I chose to make a 3-D model of my dream garden. Here are pictures of the finished product! I chose autumn plants that are native to the Midwest.



BIODIVERSITY

1.) We are in the midst of a 6th mass extinction of life on Earth. Human Consumption and resource depletion has caused for extreme loss of biodiversity, over 50% in the last 40 years.

2.) More species in the world=more resilience in the face of change. For example, if the world only had humans, we wouldn't be able to survive because we are dependent upon other organisms. But if humans were gone, the Earth would still thrive because there are thousands of other organisms to keep the ecosystem in balance.

3.) Keystone species are species that other organisms are dependent upon for survival. They provide, food, shelter, protection etc. Bees are considered a keystone species because 1/3 of our crops are dependent upon bees.



Aromatic Aster



Golden Alexander



Late Goldenrod



Plains Sunflower



Roundhead Lespedeza



Jerusalem Artichoke



Saw-tooth Sunflower



Sumac



White Meadowsweet



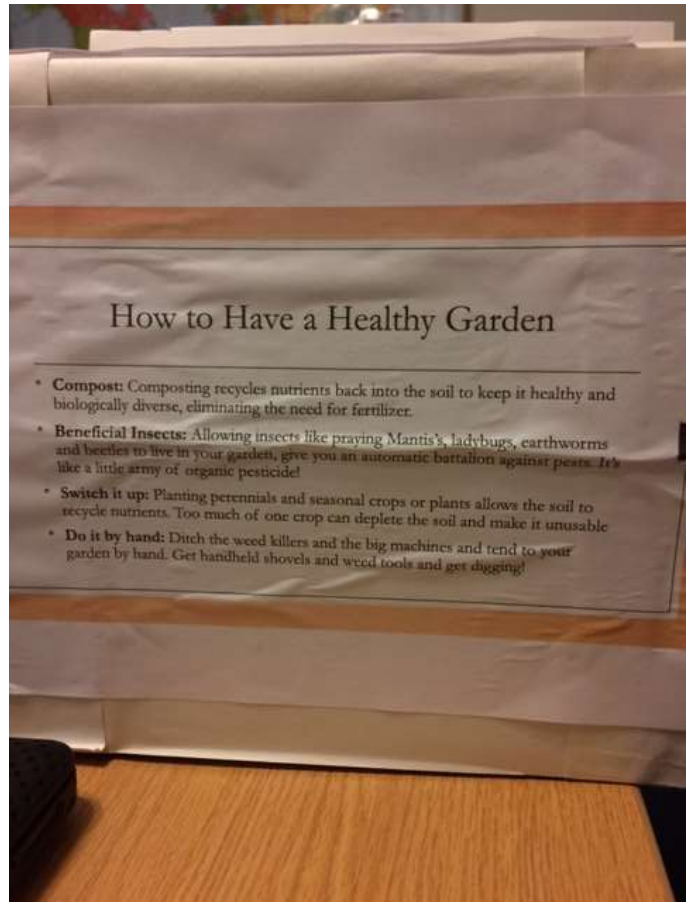
Buttonbush



Bee-Balm



Heath Aster



BioDiversity-Greenest



Pollination at Drake

A look at pollination practices at drake University

Erin Cady(erincady810) | cady.erin@icloud.com | Drake University

Life at Drake

Drake's campus is beautiful, that is undoubtedly so. Administration, students, and faculty take pride in the outstanding aesthetic display on campus. Our maintenance crew works hard to keep our lawns looking pristine, our flower beds looking fresh, and our campus looking well-managed and professional. Drake has numerous flower displays across campus, consisting of: roses, tulips, cherry blossoms in the spring, violets, and a multitude of other colorful, vibrant displays. Our lawns are cut and watered regularly, and kept green throughout the spring and summer months. Yes, it is a truly beautiful campus that, from an outside perspective, emits a sense of professionalism and community. But are we so focused on aesthetic appeal, that we are neglecting another community? Our pollinator community. While our Campus looks beautiful on the outside, what are we doing on the inside? And is it harming a vital community of biodiversity?

Maintenance at Drake

Drake maintenance and Administration is very concerned with the overall appearance of campus, and through this worry, they fail to fully integrate pollinator conservation into campus policies. I mentioned before that our lawns are kept green during the summer months; these lawns are only kept green because they are regularly sprayed with pesticides. Administration believes that ratty and spotty lawns deter prospective students from wanting to come to our school; spotty lawns can be caused by pest damage and weed damage. To avoid this, the grass is sprayed with herbicides and pesticides; unfortunately, these chemicals are only known to the grounds staff and are seldom revealed to students or staff. It is disconcerting to know that there are chemicals used on our campus that may be toxic or damaging to our pollinator populations.

Besides pesticides, it is vital to take a look at our flower beds on campus. Beautiful as they may be, Iowa is not a state covered in cherry blossoms. Iowa is a native prairie land, consisting primarily of tallgrasses. The pollinators in this state are vital to maintaining these native prairie lands already in danger from land clearing. As Iowa is such a large agriculture state, less than 2% of native prairie land still remains. Pollinators are a necessity to maintaining these vast landscapes that house various organisms and promote biodiversity.

Native Plants at Drake

Through Drake's Environmental Science Department, we have created a native prairie habitat on campus. Dr. Thomas Rosburg Ph.D. works in prairie and native restoration and oversees the prairie and its maintenance. Dr. Rosburg has received a number of awards for his work with students in native restoration, which includes educating students on the importance of native plants to pollinator populations. I met with Dr. Rosburg to identify some of the species of plants within our prairie. One of the

species identified was a prairie sunflower (*Helianthus pauciflorus*), a native sunflower to the Midwestern region. Prairie sunflowers bloom during the late summer months and grow to 2-4ft in height; These plants are best for attracting monarchs and bees.

The prairie grasses at Drake are our largest contributor to pollinator conservation. The cultivation of this prairie onto our campus has allowed for students to engage in research about the importance of Native plants to the soil and their role with pollinators.

What Else Can Drake do?

Unfortunately, even with the Native grassland, Drake still has a way to go with Pollinator restoration. I met with Dr. David Courard-Hauri Ph.D., head of Environmental Science and Policy, to discuss some policies Drake could change on our campus. According to him, our best option at this point would be to expand our prairie area so that it surrounds one of our academic buildings, Meredith Hall. According to Dr. Courard-Hauri, doing so would, “would give a very different feel to that area. It would definitely improve habitat, and wouldn’t require fertilizer, regular mowing, or pesticides.” He also suggests that replacing the lawns and flower beds with native plants would allow for reduction of pesticide usage and require less maintenance. Restoring Iowa’s native species on our campus sounds like a fantastic idea to improve our environmental impact, whilst also maintaining aesthetic appeal, however, much of administration pushes back at this idea. Many members of facilities and administration are opposed to too much pollinator encouragement due to a risk of allergies; as bee stings can be fatal to those with severe enough allergies, many administrators feel it not worth the risk for sake of environmental restoration.

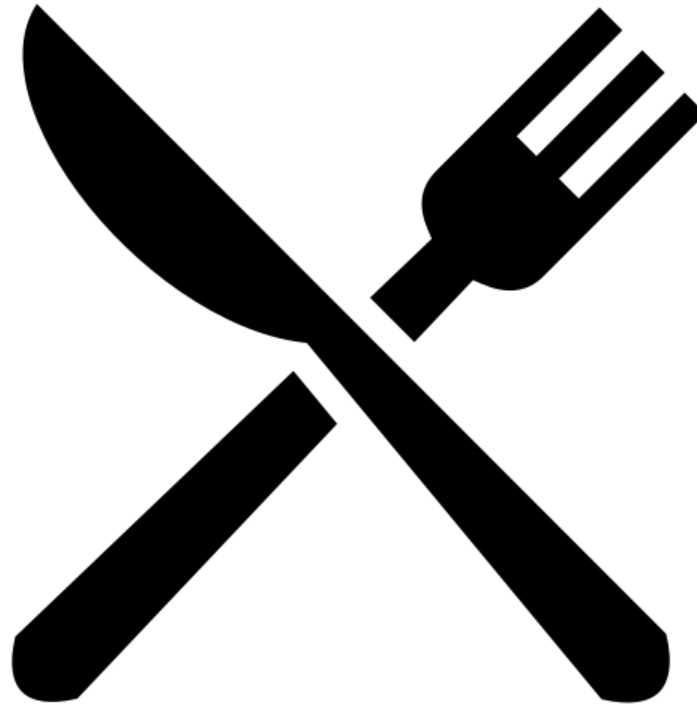
Many Drake students, however, do not believe that pollinator support and native restoration should be put on hold. Drake’s Environmental Action League (DEAL) has an ongoing pollinator initiative on campus that includes a committee of about 6-7 students who feel it necessary to promote pollination. I happen to be a part of this committee, as I feel pollination to be a severe global issue, and I want to see it restored on my campus.

The Goals of the DEAL pollinator initiative are to educate students about the importance of pollinators and encourage students to support new initiative in native plant restoration on our campus. We have a number of ideas swirling around about hosting events geared towards inspiring and exciting students about pollinators and their roles on campus. Ideas we have come up with so far include hosting a “pollinator fair” on our quad: this fair would include music, information, food, and honey sticks! Our goal is to excite students about environmental causes, and get them to back our initiatives.

A Future for Pollinators at Drake

As I've learned more about the pollination situation at Drake, I am quite hopeful about the prospect of pollination expansion and support. I feel inspired by the work already being done in our Native Prairie and am encouraged that this step has already been taken to improve our environmental awareness and engagement. However, there is still significant room for improvement; the Drake prairie expansion is a tricky thought and one that will take a lot of effort to see fall into action, but I believe it is possible through dedication and support from students and faculty. When students demand something, administration will listen. Garnering student support of pollinator initiatives is the first step in the hope to expand our native prairie and plant more pollinator friendly plants. The pollinator committee through DEAL is a big step in creating awareness of this critically important issue, and I believe that through creative ideas and innovative thinking, Drake can begin to harness significant support over this issue. The great thing about being at a tiny school like Drake is that publicity and advertising easily reach the entire student body. Drake students care for their environment and want to see changes occur; if our committee can give students a reason and an excitement for pollinators, I truly believe we can see an expansion of our native landscapes come into fruition.

Dining-Greenest



How Convenient is our Convenience Store?

My goal to implement more FLOSN food onto my Campus

Erin Cady(erincady810) | cady.erin@icloud.com | Drake University

A look at the Drake University C-store

Just below the main dining hall stands Drake Universities Convenience store, or C-store for short. The convenience store is meant to be a replica of any typical convenience store, but instead of using real money, students can purchase items with “Bulldog Bucks; bulldog bucks are essentially credits given to students with the purchase of any meal plan. The convenience store is stocked with rows of candy, sugary drinks, packaged snacks, GMO’s, and out of season produce shipped from hundreds of miles away. The C-store has a “healthy section” which does include certain brands such as: Amy’s, Annie’s Homegrown, Clif Bars, and a handful of other organic snacks, but it still also contains a significant number of conventional products that are packaged and greenwashed. A few Amy’s frozen dinners are sold, but they are overwhelmed and outnumbered to the Stouffer’s Mac and Cheese, Microwave pizzas, and lean cuisines which are another greenwashed and falsely healthy item.

The C-store is supposed to be a place where students can stop and grab quick snacks or meals when they are on the go, but the options available to them are processed and empty foods that don’t provide any nourishment to students. These items are chosen based on a price basis, Cheetos and Pringles tend to run for less money than organic Clif Bars. But I feel as though the value of student health and the need for environmental sustainability is worth an extra \$.10-.20.

For my Dining-Greenest Challenge I decided to take on the quest of giving my C-store a makeover. I want to see the Organic section of my store expand and I want to see more FLOSN fruits and vegetables sold in place of conventional, plastic packaged foods. My dream for a sustainable food system involves students having a choice over what they put into their bodies; allowing students the options of FLOSN food puts control back into the lives of the consumer and out of the hands of companies who don’t have student’s best interests in mind.

My Mission

To begin my mission of transforming my C-store, I reached out to the Drake Environmental Action League and the Food Recovery Network in order to harness support about this initiative. Drake is not a part of the Real Food Challenge, and there are no food related organizations on Campus, therefore I reached out to these two organizations because they are comprised of students who have a passion for environmental justice and ethical environmental practices. I was able to schedule a meeting with the Food Recovery Network and schedule a chance to present my argument for Organic Food at their meeting on Monday 10/24. I recorded my presentation and discussion about Organic Food below. (Apologies about my face being out of focus)

<https://youtu.be/FcZNYUR62R0>

Here also is a link to the pdf version of the power point presentation I used during my discussion:

<file:///C:/Users/Erin%20Cady/Documents/Project%20green%20Challenge/Food%20network%20presentation.pdf>

Food Recovery Network and an Environmental Action League representative both showed support in backing my initiative for more Organic Food on campus. We discussed getting more students to attend bi-monthly food board meetings and utilizing student voices to raise awareness of organic food and the importance of a new food system in the C-store. For our first task of promoting better health initiatives, myself and a handful of other students will be surveying students during lunch on November 1 to see what percentage of students would be receptive to implementation of more organic and veggie based meals on campus.

Now that I had a little bit of student backing, I met with my campus nutritionist, Lucas Flaherty, to discuss how we could collaborate more on changing some of the products in our C-store to Organic versions.

Lucas was on board with talking to C-store managers and directors about pushing in the direction of more Organic food. We discussed how most managers do not believe that Organic is better for you and that chips are just chips. To a certain degree, he is right, salt and sugar are salt and sugar, that is undeniable. However, I argued that Organic food is indeed much healthier because it does not include harmful chemicals and it is grown sustainably, ensuring that ingredients are naturally derived. I also discussed with Lucas about how Organic is about more than just short-term health, it is also about the environmental impacts of conventional agriculture and the ways in which supporting Organic companies supports sustainable agriculture and the fight against global climate change.

Another way we discussed improving C-store food was to begin to offer seasonal and local fruits in the produce section. Right now, the C-store sells plastic packaged blueberries, strawberries, and raspberries; all of these fruits are summer fruits, so in fall and winter, they need to be sourced from non-local vendors, which uses copious amounts of energy, water, and gasoline. Replacing these fruits with options such as apples or cranberries ensures that local options would be more readily available and for a lower price. The conventional fruit currently offered is often old and somewhat mushy; sourcing local fruits ensures freshness and an abundance of nutrients from foods that are farm-to-table, or in this case, farm to C-store!

I came up with the idea to start a petition about Organic food and put it on face book and in face book groups to try and get students to show some support for more Organic Foods. So far, the petition only has a few signatures, but I believe with partnerships in the Drake Environmental Action League, Food Recovery Network, and Environmental Science and Policy department, this new Organic initiative has real potential to take off and become worthwhile.

Link to Petition: https://www.change.org/p/drake-university-dining-services-expand-the-organic-selection-at-drake-s-c-store?recruiter=617834000&utm_source=share_for_starters&utm_medium=copyLink

Here are some screenshots of my petition social media posts:



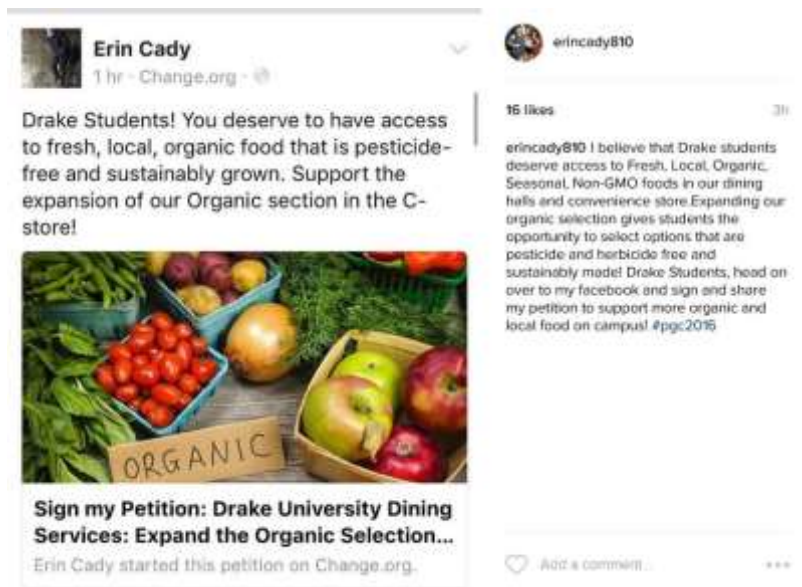
Erin Cady
4 hrs · Change.org · 🌐

Drake Students! You deserve to have access to fresh, local, organic food that is pesticide-free and sustainably grown. Support the expansion of our Organic section in the C-store!




Sign my Petition: Drake University Dining Services: Expand the Organic Selection at Drake's C-store
99 signatures are still needed!

ERIN CADY STARTED THIS PETITION ON CHANGE.ORG.



Erin Cady
1 hr · Change.org · 🌐

Drake Students! You deserve to have access to fresh, local, organic food that is pesticide-free and sustainably grown. Support the expansion of our Organic section in the C-store!



Sign my Petition: Drake University Dining Services: Expand the Organic Selection...
Erin Cady started this petition on Change.org.

erincady810
16 likes

erincady810 I believe that Drake students deserve access to Fresh, Local, Organic, Seasonal, Non-GMO foods in our dining halls and convenience store. Expanding our organic selection gives students the opportunity to select options that are pesticide and herbicide free and sustainably made! Drake Students, head on over to my facebook and sign and share my petition to support more organic and local food on campus! #pgc2016

👍 Add a comment...

Photo from Meeting with Nutritionist, Lucas Flaherty:



Food-Extra Credit

The day began with coupons in hand and a mission for a sustainable meal. Down the road I went in search of some food, making note of avoiding the veal. Amy's is what I sought, and who would have thought the options available to me. Pizza and cake, veggies, no steak, and wheels of artichoke and cheese. Campbell's Nutrition is where I went and the goodness filled the air. FLOSN food, bulk and true, no pesticides found anywhere. I strolled through the aisles and all the while, my mind was lost in thought. The change this could make if we strived to take the action's we had been taught. We know the facts, the figures, the notes of conventional food it seems; so, what's the problem? why are we stopping when organic is within our means?



I made my selection and chose the confections covered in spinach and feta; Pizza night it was! Tomatoes, cheese, thin crust, and margherita! Some organic chips here, some artichoke there, and vegan chocolate cake; a night was in store of great food galore and all the biscotti you could take.

I paid for my items and head for the door, excited for what was to come. Tonight, we would choose do we win or do we lose? Students or Corporate bum? Do we have control of how we eat and what we choose to be? Did policy dictate what I ate, or was it up to me? Going forward how do I make a change that isn't just for me? A change for students, faculty, the soil, and even all of the bees? FLOSN is possible and I want to see a campus that follows these rules; I want food that feeds my heart and my soul, and that doesn't give me the blues.

To the kitchen I went to start my meal and prepare for my honored guests; dear friends were coming and I needed to show that organic food is best! A table, I don't own, my home is not my own, it's a tiny dorm you see; I needed a table that would invite all who were able and make it a grand place to be.

A picnic! Right here, on my living room floor it's big and comfy and new. An organic, cotton sheet would prove to beat any table that's brand new. I lay out the pizza, the cake, the chips and wait for my friends to arrive. I gleam with joy, excitement, and hope as I know that change is coming by. My friends arrive we take our seats, and the food is gone in a blink. Beloved by all, we begin to fall into discussion of a system on the brink. We discuss how at Drake our food feels fake, it's powder and comes in a can. How is this healthy? We ask ourselves, and how do we take on the man? How do we fight this awful plight of food that poisons our health? Through meaningful change, student rage, and a fight for our own wealth.

We threw around ideas of how we could create a new food system for all. The ideas swirled and twirled and we eventually found that vegan was the answer after all. "I'd like to see more vegan on campus" "I'd like more variety." "I'd like options like squash and zucchini, and quinoa if they seem to have any." "I think Drake should try to make a smoothie bar in the morning, one with fresh fruit straight from a farm and provides us energy for learning." The ideas bounced around of how we could create, less meat in Hubbell Hall. I had spoken before with Dining Directors and more, and they had a fear it would fall.



It must be said that indeed we have had vegan options improved, but we cannot stop there we must continue to fair a new discussion on how we can move. How can we move forward and change the scope of a food industry in peril? How can we, as a small university, create a system worthy of a medal?

On November 1st, our University will host an event for vegans to enjoy. A day to explore a vegan's life galore without chemicals or Oreos or soy. A day full of veggies and new types of grains and a chance to educate and learn. A chance to teach about some new kinds of foods which our bodies so desperately yearn. During this time my team and I will walk around our hall; we'll hand out brochures and talk to students about how we can roll this ball. We'll make petitions and gather support for some brand-new kinds of food; limited meat, more veggies on our plate, and a new campus attitude. We want to motivate our fellow students to be excited about our Earth; we want our students to learn and care for our only home since birth.



Dining Service said that this vision could be bred, but needed more students to join. We need a coalition of student activists who are right here in Des Moines. And they are there, and they desperately care, but they don't know where to start. That Is where my team and I come in, and show people how to do their part. We will educate students about what they can do to ensure that they have the power; the power to choose the food they consume and how they can be a flower. A flower that spreads its seeds of change and allows a garden to grow; students' need to see that they are the seeds and our garden is starting to show.

I believe in my school, in my classmates and my friends that we can help make a change. We can educate, we can inspire, we can make it seem dire, we can shake our fists in rage. We can demand our right to our own health and refuse to stand idly by. And most importantly we can show that our voices cannot die.

On a living room floor, on a Wednesday night, 5 friends decided to gather. That night they decided that enough was enough, and our voices really do matter. We ate our food, we laughed, we hugged, and we shared our ideas a many. That night we sat and we made a change, a change that all began with Amy's.



Ripple-Greenest

New Changes at Drake

How to be a leader

As PGChas progressed, I have been able to harness my new abilities as a leader to take charge and be the catalyst to change on campus. The most important skill I've learned is that you can't be a leader unless you have other people alongside you; trying to accomplish everything as an individual will prevent new minds and new ideas from contributing to change. As I've approached this project of mobilizing, I have continuously kept in mind that these projects will continue to happen without me or even if I am gone, therefore it is my job to provide tools and skills to my peers who can then take on these projects and make them better. My main goal as more initiatives develop on my campus is to lay the groundwork for other students to harness their potential and continue to develop new ideas and allow them to grow.

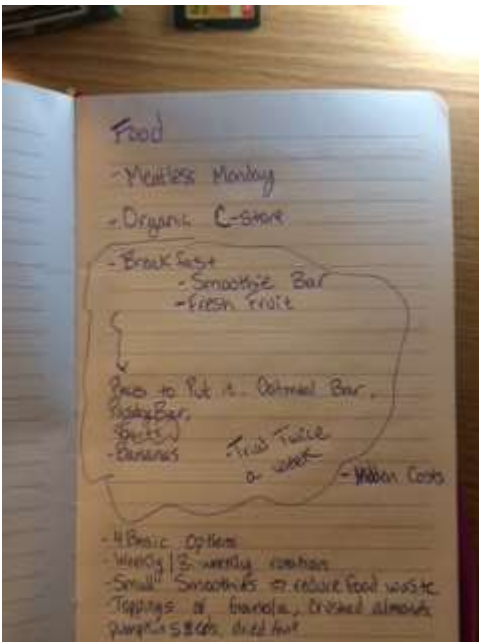
New Recruits

I have begun a number of food initiatives on my campus that have picked up some speed within our dining program. However, I have lacked in gaining student support throughout. I have begun petitions, made presentations, and spoken one-on-one with students about supporting new initiatives, and while many students support the ideas, putting together a team was an issue for a while. On the day that "ripple" was announced, I lay in bed wondering how I would develop my greenest challenge and what I could do to start up change; then, just like a move, I received an email from a freshman whom I had never meant before, asking how she could help. This girl let me know that she had just seen "Before the Flood" and she felt inspired to pursue removing meat from our dining halls and adopting vegetarian ways.

I immediately responded to this girl and let her know I was so excited that she wanted to make change and I asked to meet with her in person and assemble a "task force" to develop new ideas and initiatives. So, Saturday morning, I met with this girl and her friend who is also passionate about food change! And we officially had a new team!



Developing Ideas



Official Idea

After spending about 45 minutes bouncing around new initiatives we'd like to see happen, we decided to begin developing a smoothie bar that would be placed in our dining hall during breakfast. Presently, our breakfast menu has no vegan options and very few vegetarian options; furthermore, the morning fruit selection is limited and there are very few opportunities to find whole nutrients in the morning. We felt that developing a smoothie would be an effective way for students to be able to receive more energizing and nutrient dense foods in the morning that are also vegan and reduce CO2 emissions.

How it would work

1. Smoothies would be made of fresh, organic fruit and sourced locally as often as possible.
2. 3-4 different smoothies will be offered on a once a week rotation period.
3. Each smoothie would be catered to a specific type of nutritional benefit: For example, Protein Smoothie, Energy smoothie, Detox smoothie.
4. Topping Bar would be offered with option including: dried fruit, nuts, granola, pumpkin seeds, chia seeds, and hemp seeds (all toppings will be locally sourced and organic).
5. Glass, 8oz cups will be offered for students to use to fill their smoothies. We are choosing to use 8oz cups in order to limit serving size. If a student enjoys their smoothie, they have the option of refilling their cup for more. If a student dislikes what they chose, they are throwing away less than if they had a full size 32oz cup such as the ones we currently use in our dining hall. Utilizing smaller cups helps to reduce food waste and also limit portion size for students.
6. The first few weeks will consist of "trial smoothies;" more options will be offered more frequently to gauge popularity, after we assess the popularity of smoothies, certain options will become more consistent and common based upon student popularity and if the ingredients are more seasonal and can therefore be bought locally.

Smoothie Ideas

Protein Smoothie: Banana nut muffin

Ingredients:

- vegan, vanilla protein powder
- almond butter
- banana
- water

Benefits: This vegan recipe is a simple and cost effective way to get more protein. Almond butter has less saturated fat and more protein than peanut butter. Because bananas are not produced in the US, they are available at a low-cost on a year -around basis. Bananas chosen would be Fair Trade certified.

Energy Smoothie: Pre-Game Boost

Ingredients:

- strawberries
- raspberries
- banana
- pineapple
- orange juice

Benefits: creating a smoothie of organic fruit can give students an energy boost, while also providing a recipe full of: antioxidants, natural sugars, potassium, and vitamin C and D. This recipe would be free of artificial flavors and contain only organic ingredients. During the warmer months, strawberries and raspberries can be sourced from local farmers and are offered for lower prices due to being in season.

Detox Smoothie: Green Smoothie

Ingredients:

- spinach and kale
- almond milk
- green apple
- dates
- avocado
- hemp seeds

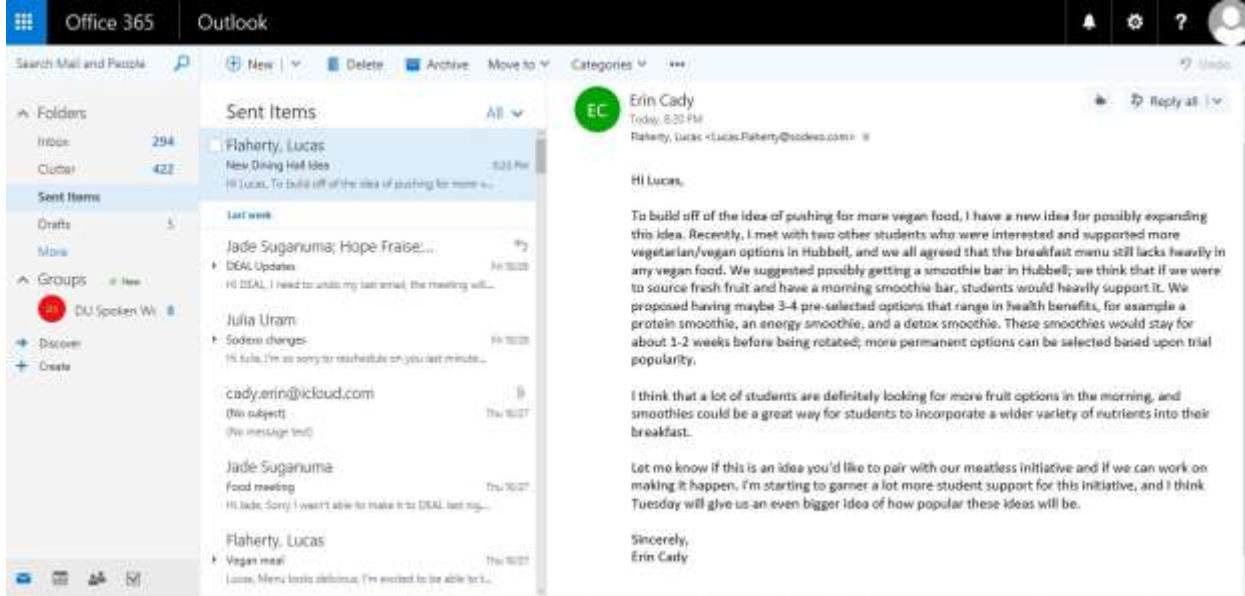
Benefits: A green smoothie is an all-inclusive smoothie that offers across-the-board nutrients. Locally sourced greens and apples will reduce transmission emissions. Hemp seeds are rich in antioxidants, Omega-3 fatty acids, proteins, Vitamins, and much more.

Presenting our idea

Because Drake Dining services is not open on weekends, we have scheduled to give a presentation during the student-dining board meeting on Thursday 11/3. I have already reached out to the campus nutritionist, Lucas Flaherty, and proposed to him our idea to build off of the meat-light initiative that was already being produced.

In order to continuously collaborate our ideas, my team and I have created a google.doc to collaborate ideas in real-time fashion. On Wednesday 11/2, my team and I are going to have one final meeting to finalize any plans and put together a concise presentation to present to the student dining board.

Email to Lucas:



Problems we may encounter

Our biggest roadblock to bringing this project to fruition will be hidden costs and lack of information being able to estimate any cost increase to the project. Drake has a contract with Sodexo, a food catering service that is responsible for all of the food on campus, from the dining hall to the coffee shops. Sodexo then too has contracts set up with a number of food service companies; Sodexo currently sources its produce from Loffredo: a produce company based out of Des Moines, IA. I went on Loffredo's website to learn a bit about where they source their produce; Loffredo has some partnerships with "local" produce, however they classify local as being anywhere in the Midwest, which still allows produce to be sourced from over 100 miles away. Furthermore, Loffredo sources most of its produce from conventional companies such as: Dole, Earthbound Farms, Driscoll, Sunkist, etc. Loffredo Website:

<http://www.loffredo.com/products/fresh>

Because of these contracts, it becomes more difficult to reroute where we source our produce around pre-existing contracts. We do not have access to the full-contract and how long it lasts, which could be an inhibitor to how quickly we can begin sourcing local produce. These contracts allow Drake and Sodexo to source conventional produce for lower prices, and cost is the largest determinant when these companies decide to source their foods and produce. In order to combat this issue, we plan to introduce the Real Food Challenge at our meeting, in the hopes of potentially encouraging more partnerships with local vendors and more partnerships with organic vendors.

What I hope to Build

When I received the email the other day from these two freshman girls, nothing could have brought a bigger smile to my face. I had been struggling up until them to harness passionate student support, but knowing that I could officially start building a team was the most exciting thing I could have possibly experienced. Knowing my messages and promotion had reached even two people gave me hope that we have the power to make change happen. Even if I were to walk away from Drake right now, I know that there are still passionate and vibrant people here who will work hard day and night to see change happen. Julie and Lindsey are their names, and they are CHANGEMAKERS! They work hard, they promote their ideas, and they have passion about the change they want to see. I am working with passionate individuals who want to see a different world, and they know where to start. They are my newest eco-heroes, and together, we are going to change the way Drake University sees food, one smoothie at a time!

Why I Chose these Submissions

Energy-Greenest: This challenge allowed me to showcase my commitment to in-depth research and my willingness to go the extra step to conduct as thorough an investigation as possible.

Food-Greenest: This challenge allowed me to showcase my investigative skills and my thoroughness in presenting my work and research

Meatless Monday-Greener: This challenge allowed me to showcase how I included my friends and loved ones in my work and went the extra mile in spreading environmental awareness and knowledge.

Meatless Monday-Greenest: This challenge allowed me to showcase my ability to creatively interpret different tasks to make them unique and effective.

Wellness-Greenest: This challenge allowed me to showcase adapting to circumstances and still making the best out of it; I also showcased my creative writing skills and my ability to provide thoughtful, meaningful, and personal responses.

BioDiversity-Greener: This challenge gave me the opportunity to use my artistic skills to create a visual that was both informative and creative.

BioDiversity-Greenest: This challenge gave me the opportunity to create thought-provoking and informational responses to urgent questions, and formulate pragmatic solutions to said problems.

Dining-Greenest: This challenge provided me with a chance to reach out and enact tangible change. I was able to showcase my dedication to spreading awareness and educating my peers and classmates on why these issues are important

Food-Extra Credit: This challenge allowed me to include my friends and classmates in making change, come up with tangible solutions to problems, and creatively relay that message in a unique fashion.

Ripple-Greenest: This challenge allowed me to bring together all of the skills I have developed this past month and put it towards a tangible solution that will improve the lives of the Drake student body.