





My name is Hannah Watts and I am a 19-year-old accounting student at the University of Florida. I am originally from New York and I moved to Florida when I was 6 and have lived here since. I was originally inspired to start Project Green Challenge because I have been vegan for a few months now and was interested in learning more ways that I could help the environment. I had no idea how much I would learn and grow in a month, and now I am so much more passionate about our environment. Some of the challenges that impacted me the most were organic, body products, fair trade, non-GMO, fashion, and hemp. Everything I have learned in the past month has changed my everyday life!

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October 30, 2016

To Whom It May Concern:

I have participated in Project Green Challenge 2016 over the past 30 days. I have completed a variety of challenges, and I have learned so much from each submission. Below are ten of my most proud submissions that I have created for Project Green Challenge.

These submissions are ones that I feel truly represent all of my learnings from Project Green Challenge. They represent the topics that resonated with me the most. These challenges inspired me to make a change in my life for the better. Project Green Challenge has impacted my life in all aspects, and I have grown tremendously in the past 30 days. I could never have imagined how wonderful this experience would be for me.

Thank you for providing an amazing program for students to learn more about sustainability. I am so grateful for this experience.

Sincerely,  
Hannah Watts

### Day 1: Greenest

I think that this video has a well written script and excellent cinematography. The film really shows the reality of what can happen to our planet if we do not make changes, but made me happy when it showed how this is possible if we take care of our planet the right way. It made me feel inspired to become more aware of my impact on Earth and to do my personal best to lessen this impact.

I created a one-minute video that I think shares a quick message to inspire others to lessen their impact in the little ways, because these little ways really can add up. I took inspiration from the uplifting aspect of the "What's Possible" video. Here is the link to my video: <https://www.youtube.com/watch?v=mLGQacsChXg>

### Day 6/7: Greener

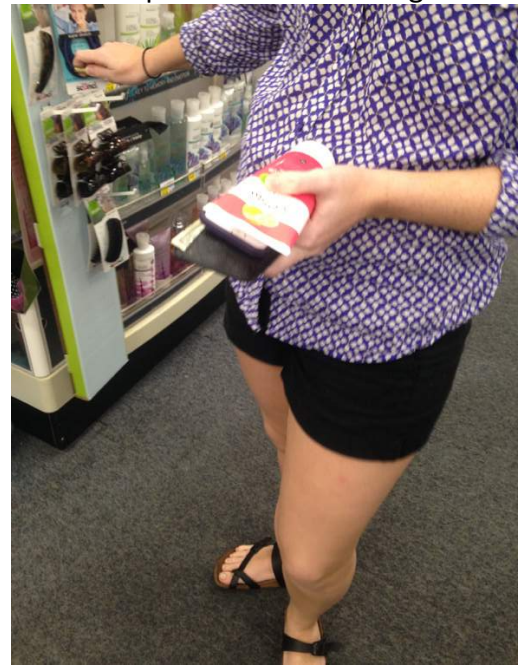
One of my favorite ways to make a meal is with a slow cooker. It is super easy and it always tastes amazing! I had some setbacks with my meal due to Hurricane Matthew. First, all of my local farmer's markets were closed. I went to Trader Joes for my ingredients, and was still able to find a lot of organic and local items! I made the meal while my roommates were in class and surprised them with a dinner when they got home. I also was not able to make the dessert for my friends because I had to leave town right after dinner to avoid the hurricane. I was planning on making a vegan banana bread, made with organic bananas and vegan chocolate chips. Although I was unable to make the dessert, my friends loved the dinner! We had plenty of leftovers that we saved in the fridge. We also plan on composting the food scraps, and recycled the cans from the beans. Here is a link to the recipe video I made: <https://youtu.be/M9UL0hJYoUc>

#### Ingredients:

- Organic tomato
- Organic onion
- Organic green pepper
- Organic kidney beans
- Organic black beans (Trader Joes was out, I used regular)
- Organic pinto beans
- Organic vegetable broth
- Seasonings of your liking

### Day 8: Extra Credit

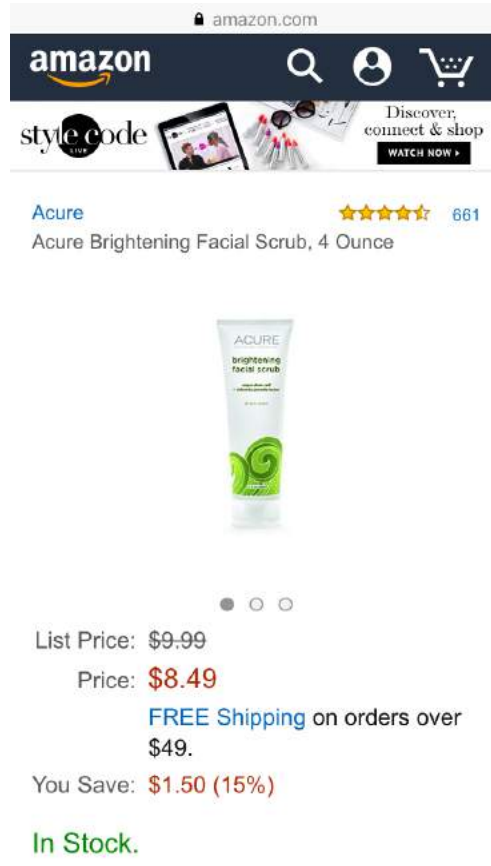
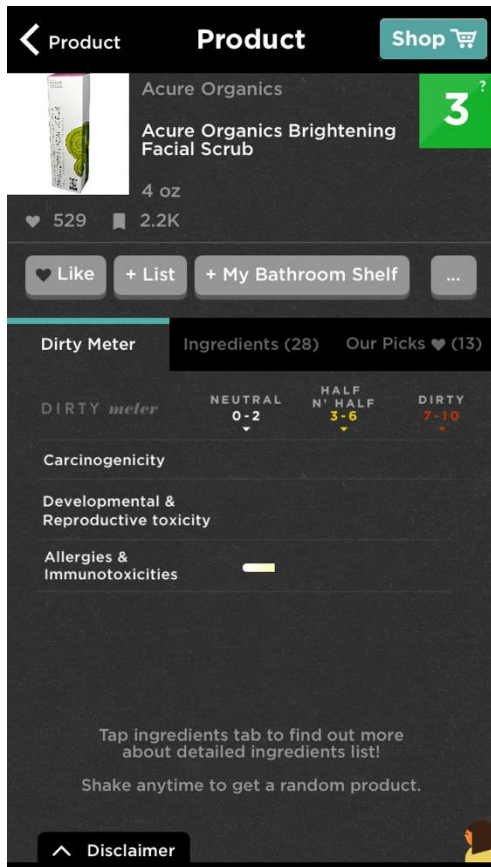
My friend, Megan, was looking to buy new face wash. I talk to her a lot about the Project Green Challenge, so I told her about what I learned from day 8. I explained how the personal care industry is very under-regulated and that there are a lot of dangerous ingredients that consumers are not aware of. I told her about how the FDA does not regulate products very well and that they do not have the power to recall any items that they deem unsafe. Megan was shocked, and she said "I had no idea about any of this. It's really surprising that people do not care more about this and do something about it." We took a trip to our local CVS together.



She picked out her face wash and I showed her the Think Dirty App. We used it to scan the face wash she was planning on buying, and here were the results:



Her reaction was, "I thought that this brand was a lot more natural than this. I was not expecting that score." I told her that the app gives you alternative options, and she thought that they would all be expensive. I scrolled through and found her this option, which she was surprised by the price- which was actually lower than the face wash she was originally going to buy!



The CVS we were in did not carry this exact face wash, and she did end up buying the face wash she originally came in for, but she said, "I'm glad to know that there are inexpensive, environmentally friendly options and I will definitely be buying those in the future." I think that this was a great experience for both of us. I got to teach a friend about something that is important to me, and I think Megan learned a lot. Sharing my new knowledge from PGC has been one of my favorite parts about the challenge!



## Day 10: Greener

This challenge was so exciting for me! This topic is very important to me as I am a vegan, and I was excited to have my friend, Alice, try it out for the day too.

### My Food Journal

*Breakfast:* toasted plain bagel with margarine



*Lunch:* three bean soup-recipe here: <https://www.youtube.com/watch?v=M9UL0hJYoUc>



\*This is great to make a big batch of, and save for quick, easy, and yummy leftovers!!

*Dinner:* black beans with garlic and onion, steamed broccoli, and brown rice with soy sauce



*Dessert:* vegan chocolate chip banana bread



\*My roommates and I use this recipe <http://www.food.com/recipe/best-banana-bread-2886> but we substitute margarine for butter, applesauce for eggs, and add in chocolate chips!

This is a pretty typical day of food for me, and I love eating this way. I feel great about what is going into my body, knowing that it is good for the environment and my health- maybe not the banana bread, but it's okay in moderation ☺

I asked my friend, Alice, if she would participate in Meatless Monday with me. She typically eats meat but I have had Meatless Mondays with her in the past. She agreed to participate today (I was not with her for breakfast and lunch and forgot to ask her to take pictures).

### **Alice's Food Journal**

*Breakfast:* Pumpkin-Os from Trader Joes with almond milk (we both highly recommend these!!!)

*Lunch:* tortilla salad with black beans, tomato, and guacamole

*Dinner:* spaghetti noodles with mushroom red sauce and cheese



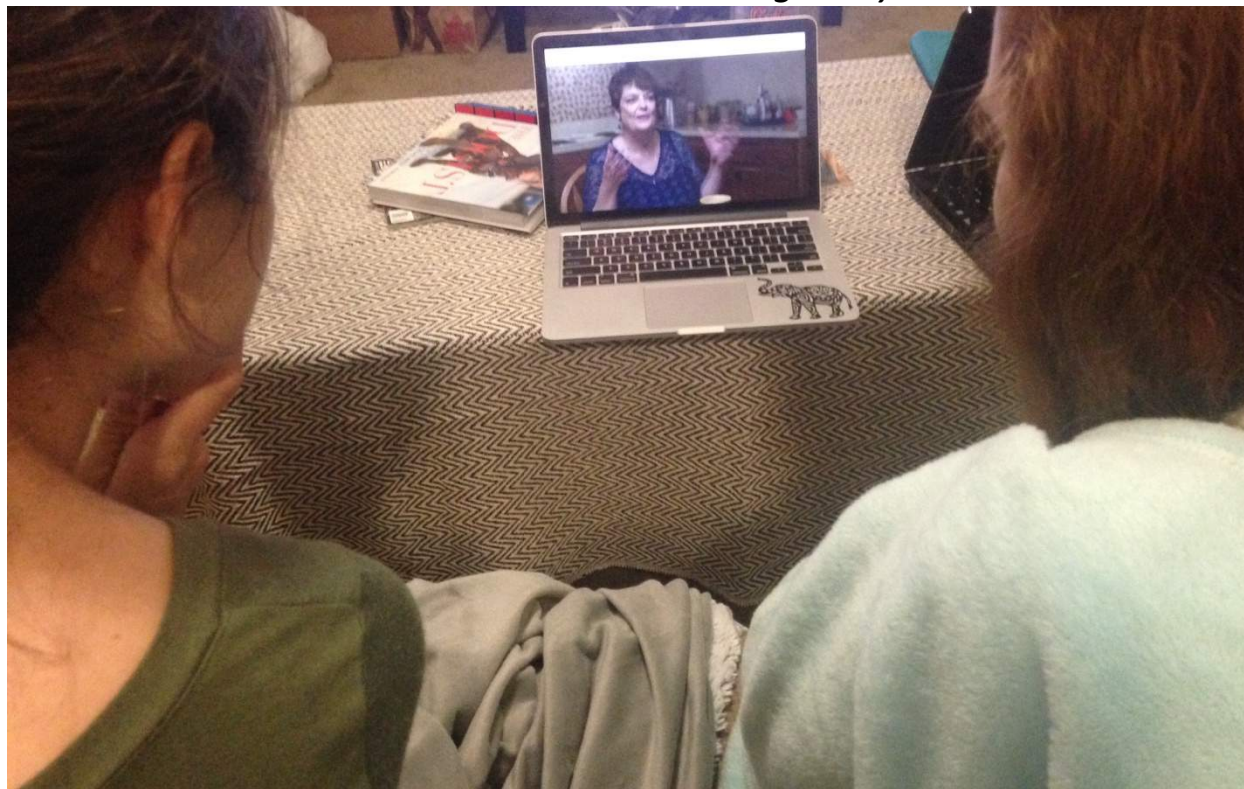
*Snacks:* chips and salsa from Trader Joes

At the end of the day, I asked Alice how she felt about Meatless Mondays. Her response was, "I am a big supporter and I think everyone should try it out. Some weeks I forget, but whenever I participate, I always feel much better and I think it is a great way to start the week!"

\*We also both drank plenty of water throughout the day!



Day 19: Greenest  
*"The Real Cost" Watching Party!*



After watching "The Real Cost," which was definitely one of my new favorite documentaries, my friends, Alice and Megan, and I had a great discussion about our thoughts on the fast fashion industry. We all agreed that what one person wears should absolutely not be at the cost of another person's poor living conditions and be at the cost of a damaged environment. Alice said, "There is definitely a problem with human compassion. People care more about getting a cheap shirt that they will wear maybe three times over another person risking their life." Megan commented, "I think that people are just uneducated. They don't know where their clothes are coming from, and even if they do read the tag and see where it is from or see the materials, they just don't think about it. It's ignorance." I agree with both of those statements, and it really perplexes me that more people don't think about these things. We all admitted to having this ignorance before, and realized it was time to make a change. In fact, we planned a trip to go to a local thrift store this weekend that we have never been to before (Flashbacks Recycled Fashions and Furniture in Gainesville, FL) to shop around for some winter clothes! We decided that it is not worth the ethical cost to buy clothes cheap from stores like Forever 21 and H&M anymore. Alice commented, "Although as a college student money isn't always the easiest, I would rather spend extra knowing that I am not adding to the problems of the fast fashion industry. It will probably last me a lot longer anyways." To spread the message, we decided one way would be to spread the word to our family members and other friends. Personally, I plan on sharing this documentary with my younger sister because she is a frequent shopper (she actually has a YouTube channel with 11,000 subscribers about

makeup and fashion) and I think that she just has no idea about what is happening behind the scenes. I think she would have a great opportunity to educate her viewers on this subject, as she has so many young viewers that have an interest in fashion, and I am going to see if she would be interested in filming a video together about this subject. Alice, Megan, and I also discussed why we think it is unpopular to buy second hand and why people feel the need to buy new all of the time. Megan thinks, "People see second hand clothing as something that is bad, but I think that you can really find some cool items and not have such a negative impact." I think that it can be more fun to shop second hand, and it can give you a unique style. We also discussed how there could be more awareness on this subject. Alice brought up an awesome idea that I think would really make an impact. She said, "I think that if companies had to display their use of sweatshops or GMOs in the same way that cigarette companies display cancer warnings, people may stop to think about where their clothes are coming from."

# HEMP IS THE NEW GREEN

## *How Hemp Can Save the Planet*

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Many have heard of hemp, but few know all benefit it can give us and our planet. Hemp can be used as fuel, oil, paper, food, clothing, flooring, medicine, a plastic substitute, and much more. According to the book, "Hemp: Lifeline to the Future," it can be used in 50,000 consumer and commercial products! Hemp is also a sustainable crop that can be grown in a variety of climates and soil types, and is able to grow very tightly spaced. It would only take 6% of land in the United States to produce enough hemp to create hemp fuel for our entire country. Up until the 1930s, hemp was a staple in US farming and was used in many products. It sounds so great, so why isn't it used now?

Unfortunately, growing conventional hemp in the United States is currently ILLEGAL. Whaaat? Hemp has a stigma as only being used for a drug, and all of these great opportunities for our environment and economy are being passed by, even though over 25 countries have successfully legalized conventional hemp without legalizing marijuana. This is crazy! Any hemp used in the United States has to be imported, and therefore it is not used nearly as often as it could be. Some businesses, farmers, nutritionists, activists, and green consumers are already advocating for the legalization of conventional hemp, and you can help as well by visiting [www.votehemp.com](http://www.votehemp.com). Another great way to help is to spread the word, so more people can look past hemp's bad reputation!

As I mentioned earlier, hemp can be used in many different foods. Hemp is considered the most nutritionally complete food source in the world! It contains vitamin E, phosphorous, magnesium, antioxidants, potassium, manganese, complete protein, calcium, amino acids, fatty acids, vitamin A, and enzymes. Wow, that is quite the list! It is great for brain function, immune function, weight loss, skin, inflammation, and it reduces the risk of heart disease and cancer. In honor of all of these great benefits, I made a recipe video of a super delicious smoothie bowl containing hemp seed. You should definitely try this one out! Here is a link to the video:

<https://youtu.be/36dj2Gg-g5Q>

## #PGC2016: Greener Challenge - Day 23

Virtual **WATER** is something that many forget about on a daily basis. What is virtual water, you ask? The definition, according to Hoekstra and Chapagain, is:

the volume of freshwater used to produce a specific product, measured at the place where the product was actually produced. It refers to the sum of the water use in the various steps of the production chain.

Here are **5** items I use/consume/wear daily and their estimated water footprint:

**1. ALMOND MILK:** According to [veganstart.org](http://veganstart.org), it takes roughly 30 gallons of water for a half gallon of almond milk.

I was expecting more, as I know almonds need a lot of water to grow, but almond milk is only 2% almonds. Almost all of the water footprint for almond milk is from growing the almonds. An alternative that has a smaller water footprint would be cashew milk, as cashews require less water to grow compared to almonds. This is definitely an easy switch!



**2. COTTON T-SHIRTS:** According to [worldwildlife.org](http://worldwildlife.org), it can take over 700 gallons to produce the cotton needed to produce a single shirt, not to mention the 40 gallons of water used for each load of laundry!

As we learned yesterday, HEMP is a great alternative to cotton and it has a smaller water footprint. As for laundry, energy efficient machines can help save water. I was pretty surprised by these numbers, as I did not realize the amount of virtual water used to make a t-shirt! I wish hemp shirts were easier to find.



3.

**CELL PHONE:** According to waterfootprint.org, a single cell phone takes 240 gallons of water to manufacture. WOW, that is A WHOLE LOT more than expected!



You would not expect for a phone to need so much water in production, but the plastic, metal, and glass components all require water in production, especially in refining all of these materials into phone parts. Good news - there are sustainable cell phone options! Surprisingly, the new iPhone is made with recyclable material and has a great battery life, making it a great green option. I will definitely consider sustainability when it is time for me to get a new phone.

4.

**GASOLINE:** According to gracelinks.org,

it can take up to 2.5 gallons of water to

refine 1 gallon of gas. For me, with a

small 10-gallon tank, that is 25 gallons of water every time I fill up. This definitely seems like a lot of water to me! Luckily, there are a couple easy fixes to this that I am already doing. If possible, walk, bike, or bus to where you need to go. If you are driving, carpool as often as possible.



5.

**PAPER:** According to earth911.com, it takes 2.5 gallons



of water for one piece of paper. That is a lot of water for just one piece of paper! This includes water used for the trees, paper mills, and the distribution. Recycling is a wonderful, easy way

to reverse this impact! Recycling reduces the need for new materials, which is where most of the water footprint from paper comes from. I recycle all my paper, so I am already helping! 😊

# YOGA ESSENTIALS

EVERYTHING YOU NEED TO BE A  
SUSTAINABLE YOGI

## YOGA MATS



Pink Namaste is a European company that sells all sorts of yoga essentials. They support small cooperatives, fair trade and traditional art forms while using recycled and organic materials. They also support social and environmental projects in India. These yoga mats are made in Germany and they are just \$21.75. They meet REACH regulations in the European market and they are phthalate free. You can find them here:

[http://www.pinknamaste.com/index.php?route=product/product&path=20\\_26&product\\_id=82](http://www.pinknamaste.com/index.php?route=product/product&path=20_26&product_id=82)

# OUTFITS

PACT apparel is a great brand that sells affordable yoga wear. All apparel is sweatshop free, child labor free, and ethically produced. There are no toxic dyes or toxic pesticides used when making their clothing. Both of these items are GOTS and Fair Trade Certified! I chose these items for yoga because they are both designed to be worn during activity, specifically made for yoga. There are several color options available for both items, so there is something for everybody to love!



PACT Women's Racerback Tank, \$14.99  
<https://wearpact.com/women/tops/racerback%20tank>



PACT Women's Leggings, \$29.99  
<https://wearpact.com/women/legwear/leggings>



Patagonia Women's Merino Lightweight Crew, \$79  
[http://www.patagonia.com/product/womens-merino-lightweight-crew/36367.html?dwvar\\_36367\\_color=HWLT&cgid=womens-activewear-yoga-tanks-tops#start=1](http://www.patagonia.com/product/womens-merino-lightweight-crew/36367.html?dwvar_36367_color=HWLT&cgid=womens-activewear-yoga-tanks-tops#start=1)



Patagonia Women's Ahnya Pants, \$79  
<http://www.patagonia.com/product/womens-ahnya-pants/21970.html>

# OUTFITS

Another great brand for yoga wear is Patagonia. All of their products are Fair Trade Certified, promoting worker's livable wages and health while also supporting the environment. They also use organic cotton in their products. Patagonia has a variety of clothing for an adventurous lifestyle, and these items are specifically made for yoga and the outdoors. This outfit is designed for doing yoga outside on cooler days. The shirt is made from "fine merino wool from the grasslands of Patagonia blended with Capilene® recycled polyester for improved wicking, durability and dry time," while the pants are "7.7-oz 57% organic cotton/38% polyester/5% spandex mélange fleece."

# FUEL

Clif Bar is a great company with several snacks to fuel up before or after a workout. Their products are USDA Organic Certified and they are Non-GMO, using plant based products. Here are some of their varieties:



A reusable water bottle is also very important! Klean Kanteen offers a variety of reusable water bottles that are BPA free. You can find them here: [www.kleankanteen.com](http://www.kleankanteen.com)



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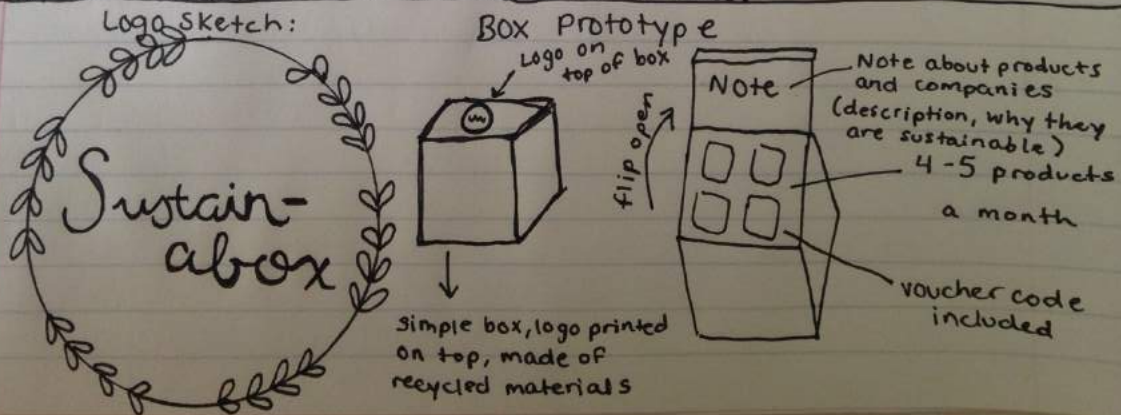
## SUSTAINABOX: a monthly Subscription Service

Sustainabox is a monthly subscription service that aims to provide customers with new sustainable, ethically sourced products each month. Sustainabox will only use green packaging. In each box, there will be a voucher code to enter on sustainabox's website that will allow you to pick from 3 sustainable causes to donate money to, as well as more ways you can help these causes.

Sustainabox will help spread the word of smaller companies who are doing great things for our planet by providing their products in the boxes. There will be 3 boxes to choose from each month, each with a different theme. The options will be Food, Personal Care, and Makeup/Fashion. You will be able to switch up your type of box as often as you wish, as a problem I have run into with subscription boxes is receiving too many of similar products. There will also be a sneak peek available!

Sustainabox is different from other subscription boxes because of its focus on sustainability and the ability to change your box every month. There are some eco-friendly subscription boxes available on the market, but many are very specific without much variation. It is also unique with its voucher code and interactive website.

Sustainabox will help spread awesome sustainable products, bringing awareness to this subject. It will show how it is possible to be sustainable and affordable all at once!





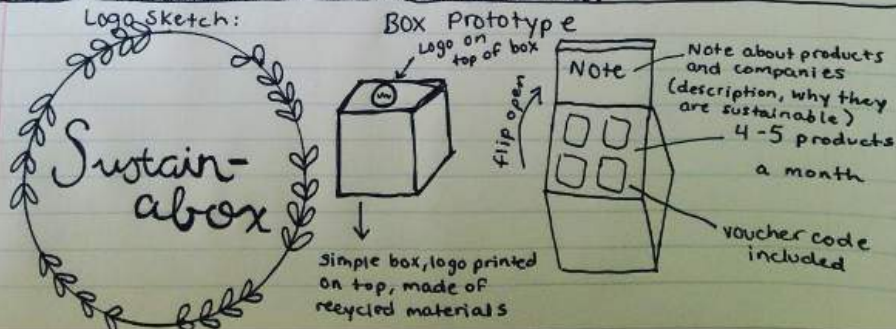
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♥ knitmeasweater

**hannahwattspgc2016** Hey guys! I would love to hear your feedback on this sustainable product idea I have. Please comment any ideas, criticism, or suggestions for me- I would love to hear what others think! 😊 (you can zoom to read) #PGC2016

**sarah.wattss** This is a great idea! I would definitely use this product.

**knitmeasweater** Omg please make this happen!!! I want one 🙏🙏🙏

