

GREENPRINT

Pajaro Valley High School
Email: maria.perezmg2017@gmail.com
Phone: (831) 223-3427



Edgar Mora, Maria Perez, Paola Arenas



Team Leader: Maria Perez



My name is Maria Perez, and I am a senior at Pajaro Valley High School in Watsonville, CA. I was born in Guanajuato Mexico, and came to the United States five years ago. I come from a low-income migrant family of latinos, and I feel very proud of my roots. I enjoy being in programs where I can cooperate to create change. I am the farm and harvest manager at an organic farm, and a mentor to elementary and middle school students, and I teach them about the wetlands. I am truly grateful for my education because back in Mexico I would probably not afford it. I am also grateful for my education because a teacher introduced me to Nancy Faulstich, and she told me about Project Green Challenge. I sign up because I know that the health of the planet should be a concern to everyone. I also sign up for this challenge because I care for my planet, and because I want to change the relationship between humans and the land, so that we learn to live in harmony with the natural world. The thing that inspired me the most was that I was able to get out of my comfort zone and speak representing mother nature and justice. The most inspirational thing for me was food because that is something that we all need to be healthy. Because I know how it feels to not have enough food and the importance of having access to healthy and delicious food, I was able to create a sharing table at my school. I want to be part of a positive change, and help my community, and when I graduate High School I want to study Sustainable Agriculture.

For me is incredible, that my team and I have completed this challenge. I can still remember that sensation of being nervous and undecided to even register because I thought that not even with a miracle I would have the opportunity to get this far, but that was the old me, the one from the past. That was me before completing this journey to a more sustainable life, a chance given to me by Turning Green. In this portfolio I have included the challenges that touched my heart and influenced my life the most. In this challenges or how I like to call them "memories", that not only represent various night without sleeping and learning, but rather they represent how my school, my team members and I turned into people that care, and that want the voice of a community ,that is often marginalized, be heard. Many of this challenges made me cry because they exposed me not only to the destruction of the planet and the animals, but also to the same painful reality that many people around the world suffer because of all the injustice that is provoked by the ridiculous hunger for money. I truly hope that in this portfolio you can get an idea of how much I enjoyed being part of this journey.

Sincerely:

-Maria Perez

DAY 2: Greenest Organic

For this challenge I had to create a video, and I decided to make this video with my family because they are the ones I love the most, and I want them to be healthy. Link to video: <https://youtu.be/pLlaKpE6Vk0>

Organic products and my family

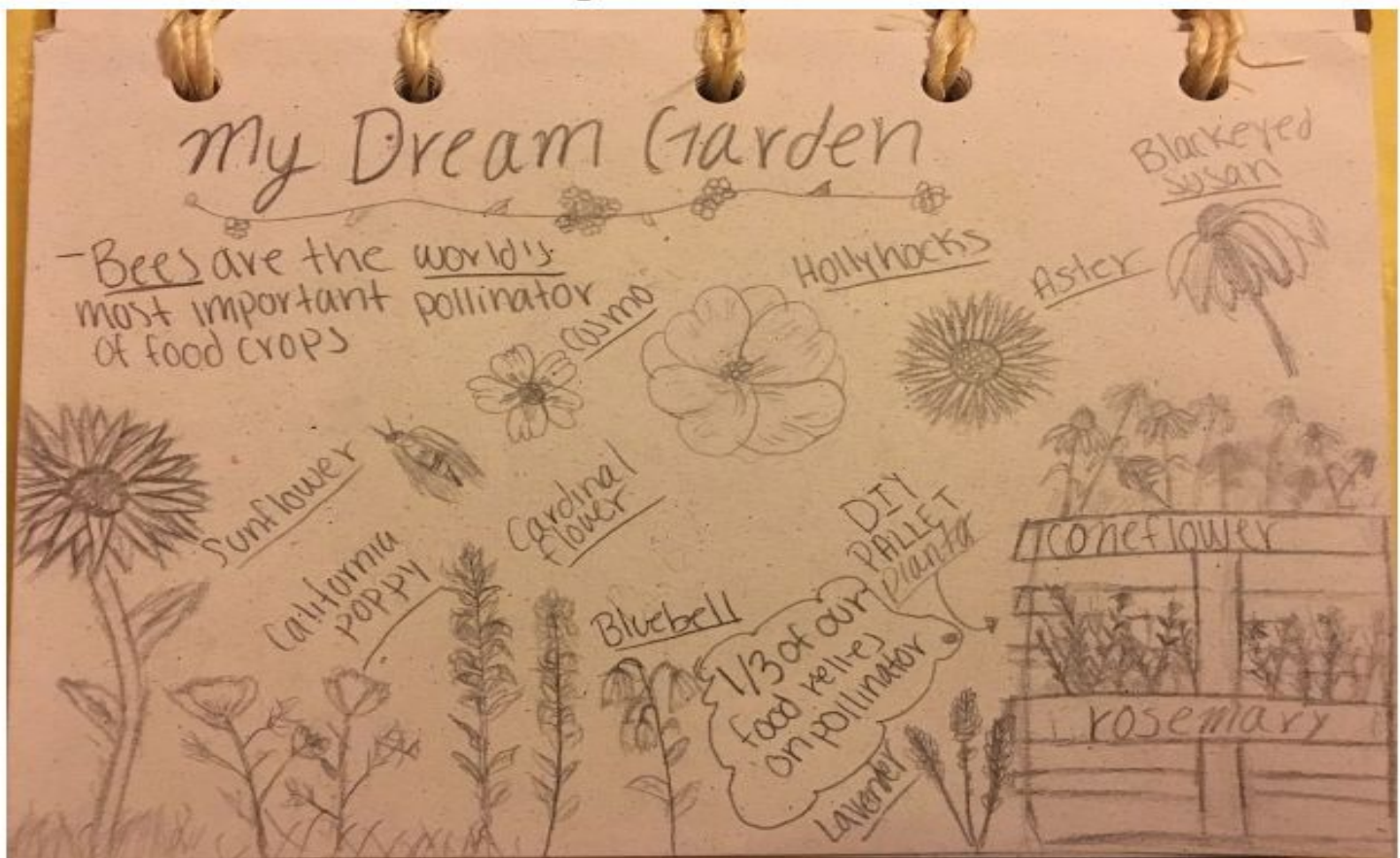
My family had an idea that it was something good, but they were not sure about what it really meant. My mom seemed very interested in learning more about organic products. When we went to the store my mom was looking for organic products and showing them to me. It was a little challenging to share this with my family because we are so close to each other, that at first it was hard for me to explain and make them understand how serious this was, but at the end they helped me learn about organic products and complete the challenge.

Day 12 : Biodiversity (Greener)

GREENPRINT

GREEN CHALLENGE
PAJARO VALLEY HIGH SCHOOL
PAOLAARENASLG@GMAIL.COM
OCTOBER 12, 2016

- Bees are the world's most important pollinator of food crops
- $\frac{1}{3}$ of our food relies on pollinator



Day 12 : Biodiversity (Greenest)

Link to blog post :

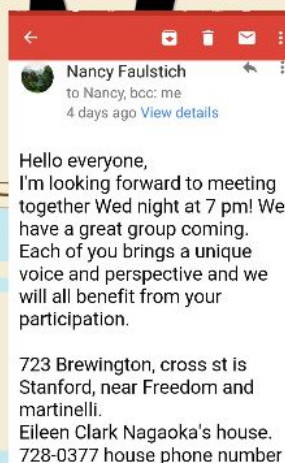
<http://pollinatorfriendly12biodiversity.blogspot.com/>

Day 18: Non-GMO (Greenest)



Invitations

Nancy Faulstich, the head of the organization helped me send the invitation for people to stay after the meeting, and have a discussion about GMOs.



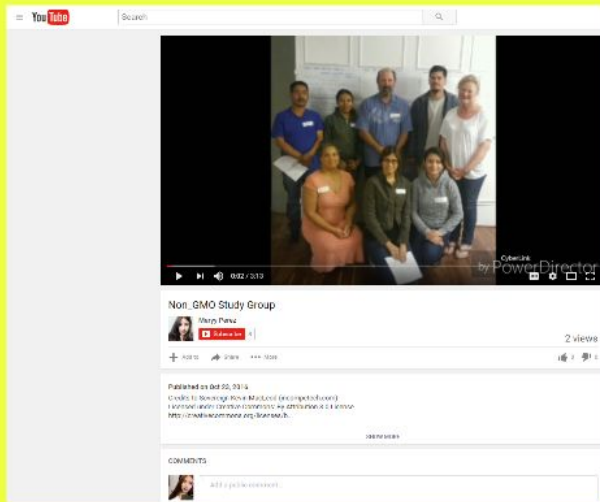
If you can, please stay until 8:45 or 9:00 to support Maria Perez with her entry for Project Green Challenge!

Here's her invitation:
I'm a senior at PV High School. I would like to show a very short video about Genetically Modified Foods (GMOs) and I hope you stay and watch it. I would be asking some questions after, and this would help me do a project I am working on. I am sorry that I didn't announce it earlier, but I would be very happy if you can join me.

After the meeting for Regeneration ended I ask if they could stay a little longer to discuss about Genetically Modified Organism. I was happy that everyone stayed and listen to what I had to say. The video I choose to show is , **“Genetically Modified Organisms and Foods (GMO) Explained”**

<https://www.youtube.com/watch?v=s-4RR7XDyHs> . This video is about agricultural practices and GMOs. It shows the different myths that are behind non GMOs food production. I thought this video would be good because in Watsonville, CA. there is a lot of agricultural heritage, and I think food production in my community has a big impact in everyone's life because many people depend on agriculture for jobs, including my family and myself.

<https://youtu.be/bRpBbdQWfuU>



After Watching the video about GMOs this were some of their responses. We shared the snacks, and we had a discussion about GMOs and ways we can support and make a change. We talked about that in the future we should organize an event for the community and bring justice to those who can't afford buying organic and non-gmo products. In order to do this we are thinking of first raising some funds for the organization because is fairly new. I was feeling very excited after the meeting because I could feel that everyone was being very involved. They showed a lot of support for non- GMO food after the meeting, and also gave me words of encouragement.



The Non- GMO study group includes people from my community that work on agriculture, university graduates, and people that are

The Group and the Food

"Me gustaría que todos tuviéramos acceso a alimentos que no sean modificados genéticamente"

The seed and pesticide companies want to own the right to grow good food"



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Day 19: Greenest

(Fashion)



I wasn't able to watch the *The True Cost* documentary because I had to pay for it, and I did not have a credit card to buy it. I saw the trailer and it looked interesting, but I believe that watching that specific video is not the point of the challenge, but rather the purpose is to learn about fast fashion and their effect on people and the environment. I watched the documentary called, *Made in Bangladesh* which is a documentary explaining tragedies in

different factories in Bangladesh, which is a place where a lot of clothing manufacturing takes place, but the workers have horrible working conditions that often lead to tragedies such as factory collapses and fires. I watched this documentary with two of my siblings. One of them is Miguel Perez, a 4th grader, 9 years old. The other one is Gaby and she is 13 years old and she is an 8th grader. We had organic non gmo corn chips and salsa for snacks.

While watching the video we could notice how the stories being told on the documentary touched our hearts. I think that learning that people can actually die from fashion is something shocking, and it surprised me that the managers and owners of the factories know that it is wrong but they still keep people there putting them at high risk of death and many diseases. I could see how my siblings being so young understood that there is something very bad and unjust going on in the fashion economy.

After watching the documentary I asked my siblings to reflect on what they just saw.

This are their responses.

Miguel Perez , 4th grade.

“I feel sad and mad because people wearing clothes don't know the story behind their clothes.

I would check the label and see where it was made.

To spread the message I would share the video, and say mention it to my friends.

I learned that workers don't have good working conditions and sometimes they don't even get paid.

If someone in my family was the victim of one of the tragedies, I would feel sad because they could die and this could have been prevented.

What did you learn of how it affects the environment.

They are contaminating lakes and rivers and animals can die.

Did you like the movie: I like the documentary it was interesting.

I never thought about where my clothes were made.”

Gaby: 8th grade

“I think is sad because industries do not prohibit child labor, and some children are prevented from going to school and getting an education.

When I'm shopping now I would look at the labels and see who made it. To know if the people who made it are even gonna have a good salary that lets them eat.

To spread the message I can share the video with my friends, and mention the subject to people and tell them to read labels.

I learned that it is important to be informed and help people that are being exploited. Supporting companies that have better working conditions can help in this injustice.

I would feel sad if someone in my family was victim of a tragedy because I care for them.

It affects the environment because it creates pollution and also the fires that can happen inside the building affect the environment, but they can also burn people alive like in one case that was mentioned.

I did like the documentary because it was something different, it was the reality.”

This comments represent the feelings of people who get touched by this stories, and learn about the injustices of fast fashion. I wanted to share this with my brothers because I want them to grow up thinking of justice. I think that this had an influence and them but also in me because now I know that the cheap cost

of things is the suffering life of others. I am grateful for my education because I am not forced to work, and I have an education.

Maria Perez

maria.perezmg2017@gmail.com

Pajaro Valley High School

Day 21: Greenest (Clean)

I found inspiration online, and I saw some of the ingredients required. I thought that I wanted to make this DIY simple and special, so that it will encourage me to clean. I decided to create a multipurpose cleaner.



The Ingredients:

Water (500 mL)

Baking Soda 3 tablespoons

2 small pieces of beets of about 2 cm

4 Purple Petunia Flowers

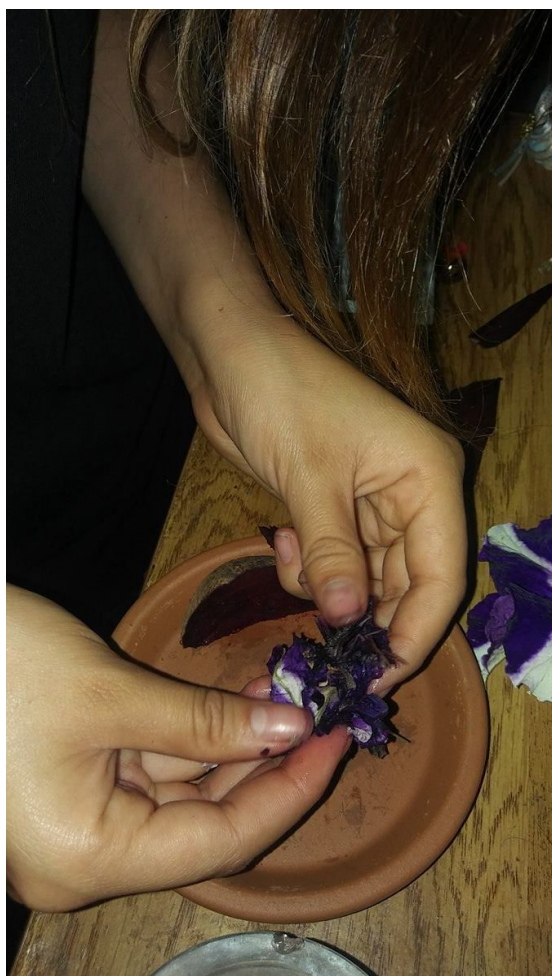
Reusable Glass container

Spaying cap from an old perfume

Procedure:

I put the 3 tablespoons of baking soda into the glass container. Smash The flowers and the beets into small piece. Boil the water, so that the colors and odors from the beets and the flowers becomes stronger. Add the water into the container and shake well for 1 minute. Put the spaying cap on, and start cleaning with the help of a cloth towel.

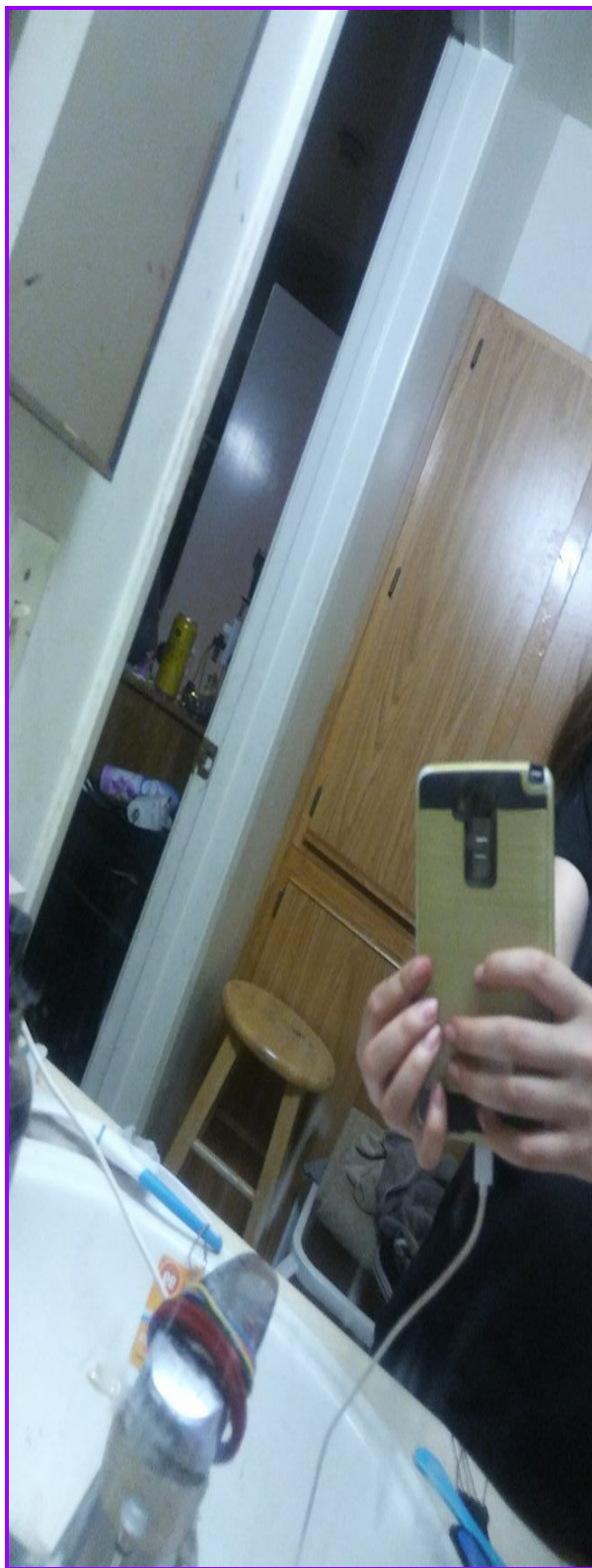
Many of the product cleaners I have used before have a soap smell, but the smell of this DIY is so relaxing, and peaceful. It smells like flowers. I enjoyed cleaning with it and even my sister wanted to help me too.



BEFORE



AFTER



GREENPRINT

Day 22 :HEMP (greenest)

Today I learned a lot about HEMP, which at first I had not idea what it was. After my research I was able to learn many amazing things about the uses of this versatile plant. I was very surprised that **it can trap four times more carbon dioxide per acre than one acre of trees**. This made me think about global warming and the increase of carbon dioxide concentrations in the atmosphere. I also learned that **this amazing plant was banned in the United States**, and that yellow journalism contributed to the banning of this plants because of their exaggerated publication of articles, so that the company could sell more newspapers. I think that hemp should not be banned in this country because it has a lot of benefits, and it is also easy to grow in many different climates. **It does not requires pesticides in order to grow and that makes it a good cash crop**. I hope that hemp can be grown in the United States because that way we would not have to burn more fossil fuels to transport it from other countries where it is legal to grow at. All the parts of this plant can be used in clothing, shoes, and handbags. I learned that **the seeds are a superfood**, and that they have a lot of protein that is very digestible and the seed does not causes allergies.

I went to get a coffee while I was working on today's challenge, and when people saw my drawing they looked at me with disapproval because they thought I was drawing marihuana. I think that society needs to learn more about the incredible benefits of hemp because it might be hard to reintroduce it because many people would think it is a drug, and it might be a controversial issue. My mom saw my drawing and she got mad at me because she thought I was drawing drugs, but I told her that this was **not a drug that in fact it had a lot of beneficial uses**. I read that the roots of the plant helps with arthritis, and I mentioned that to her because she suffers from arthritis, and she told me to bring her some, but I told her that the plant was banned in the United States, and I wasn't sure if it was legal to buy roots of this plant.

Victima del Prejuicio

EN EL PASADO FUISTE JUZGADO
INJUSTAMENTE.

FUISTE ACUSADO POR ALGO QUE ERES
INCAPAZ DE HACER.

FUISTE DESTERRADO DE ESTE PAIS.

NO PEDISTE NADA A CAMBIO,
SIMPLEMENTE UN LUGAR PARA VIVIR.

CARDAÑO LO LAMENTO PERO FUISTE
OTRA VÍCTIMA DEL PREJUICIO.

POR: MARIA PEREZ

Victim of Prejudice

UNJUSTLY YOU WERE JUDGE IN THE
PAST

YOU WERE ACCUSED OF SOMETHING YOU
CAN' T EVEN DO

FROM THIS COUNTRY YOU WERE EXILED

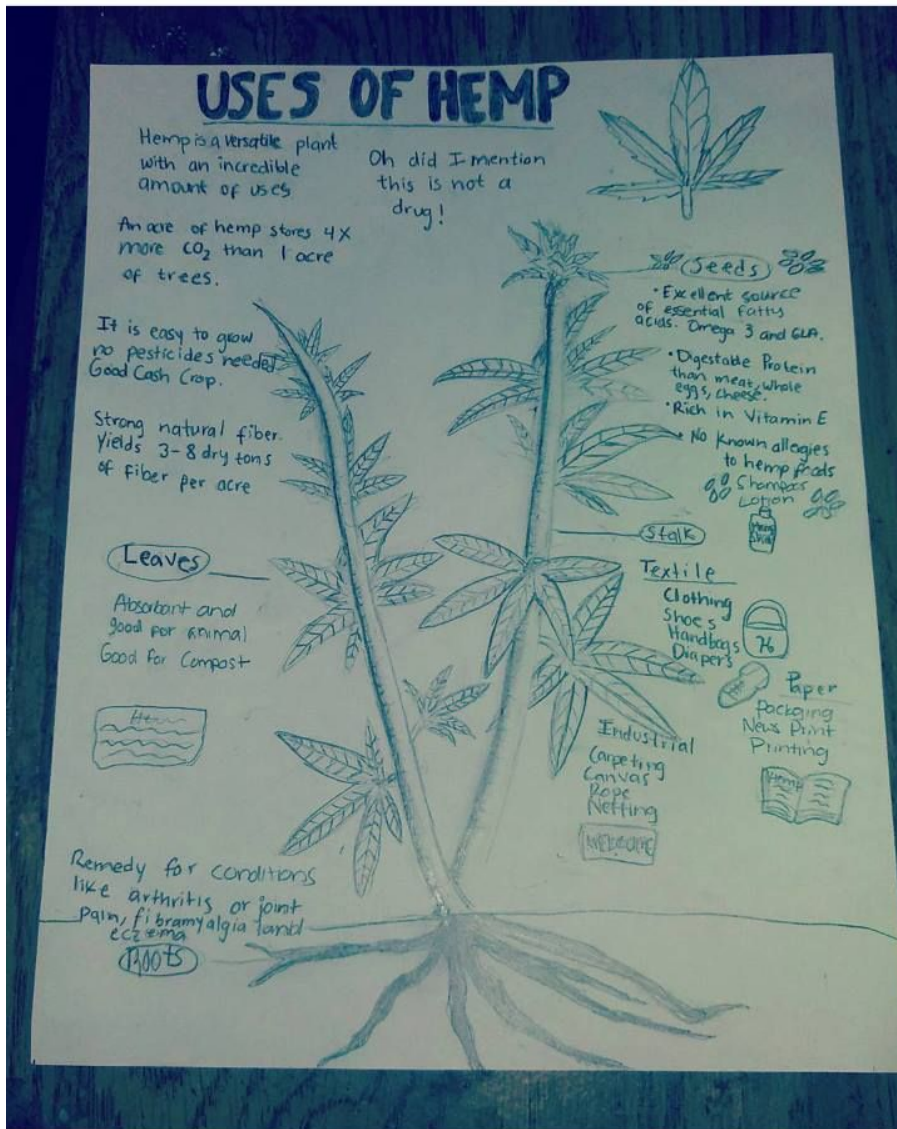
YOU DID NOT ASK FOR ANYTHING, BUT
A PLACE TO LIVE

HEMP I AM SORRY, BUT YOU WERE
ANOTHER VICTIM OF PREJUDICE

BY: MARIA PEREZ



maryy_p3rezz



Day 24 : Greenest (Fitness)

Fitness and Exercise

Greenprint

Edgar Mora

arturo.mora.108@gmail.com

Pajaro Valley High School



Jogging

How to become successful?

1. Have a vision of who you want to be and want to achieve.
2. Big success has little beginnings: Do little things each day.
3. Set higher goals.
4. Perseverance.
5. Finish what you started.



Equipment



Gear



Brand: PACT
Price: \$55.00
I made this selection because PACT makes super soft clothing, and this is important for me since I don't want fabrics that can harm my skin when I'm doing a physical activity

<http://wearpact.com/men/bottoms/sweat%20pants>

Brand: Athletic
Price: 69.90 euros/
75.98 dollars
I chose this tennis shoes because this are vegan, made with 100% fair trade cotton and they have a classic black look that looks great with everything.

<http://shop.ethletic.com/en/ethletic-fair-trainer-black-cap-lo-cut-lassic-17-25098470>

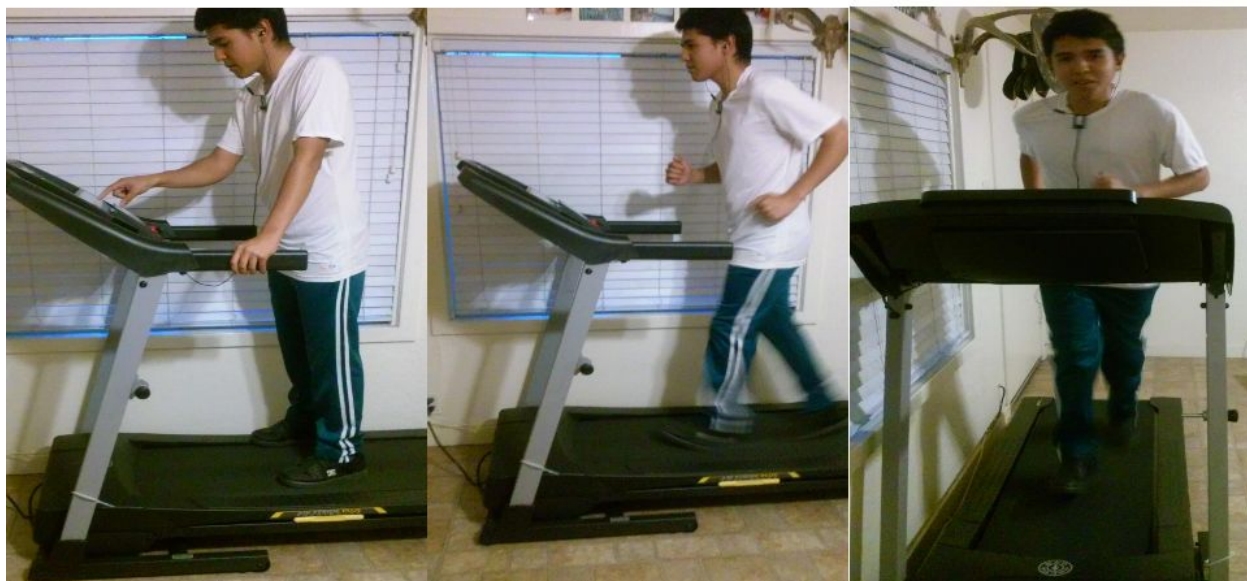
Brand: Patagonia
Lightweight Merino Run Quarter Socks
Price: \$20.00
I chose this product because the brand Patagonia cares about the environment and elaborates products without causing harm.

http://www.patagonia.com/product/lightweight-merino-run-quarter-socks/50046.html?dwvar_50046_color=UWTB&cgid=sport-trail-running-mens#start=1

Brand: Alternative Apparel
Eco-jersey
Price: \$28.00
I made this selection because the shirt is comfortable, and the brand that produces it is eco friendly. This contains organic and recycled materials.

<http://www.alternativeapparel.com/eco-jersey-crew-t-shirt-01973e1>

Let's start the workout routine!



Day 26: Greener (Eco-hero)

The Green Times



<http://www.trashisfortossers.com/p/about.html>

This is Lauren Singer and she is an eco-hero. She lives in New York City and she lives a Zero Waste Lifestyle. She produces the least amount of trash possible, and she is a protector of the planet because she does not only compost and recycles, but she inspires others to care for the planet. She said she enjoys this lifestyle because, "I'm living in direct alignment with my values." She majored in Environmental Studies, and graduated. She now has her own company, and she believes in sustainability. She wanted to live according to what she believe in. She often has been criticized by people that say that she only wants attention, but she does this because of herself, but she is an

inspiration for many people even though she never tells anyone the way they should live their lives.

She wants to provide tools for other people to use and she also does this because it is part of her values. She has a blog *Trash is for Tossers* and she has a lot of information about her lifestyle and frequently ask questions, videos and more. Her lifestyle seems difficult to accomplish, but she mentioned, "I assure you, it's not that hard. I'm just an average, lazy person, and I wouldn't live this lifestyle if it was difficult." She enjoys her lifestyle and it is possible to accomplish. Many of us put excuses to something that we often know is wrong just to make ourselves feel better. She is a real life example of how we can make a positive change that benefits the planet but also ourselves. She saves a lot of money by buying packaged free products and making products herself. She uses containers instead of plastic bags for shopping, and she also has learn that buying at farmers markets produces less waste because many of the products are not packaged. She makes her own products the way she wants, and some of the things she does are things like toothpaste and deodorant. She gets to choose what she puts in her body. She also lives with only what she needs, and that has made her appreciate the things she has. **She is an example that we can stop the dependency and consumeristic attitudes.**

We produce so much waste that pollutes our environment, and we often feel to insignificant to make a change but great things happen when we try to do something better. She told me, "I believe in every positive step as being positive. So even if you can't go zero waste right now, any little change you can make have a positive impact." She is an inspiration and even if people think that one person can't change the world; then, they are wrong because when people do positive changes in their lives to protect the environment they become an eco-heros like Lauren,

and become an inspiration for other people. **Becoming an inspiration to others is the most compensating thing it can happen because people start caring, and when people are united they can change the world.**

The thing that resonated me about her story is that she lives according to her values and I think that is so important because I want to do the same. People tell me to look for money in a career but I want to do something I believe in and do it because it is in my heart and not because I want my pocket full of money. I was so compelled by her story when I first saw what she does.

If I was to meet Lauren I would tell her that she is so inspiring and that I showed her video in a presentation for my class. I would also share that ever since I watch her video, and did the zero waste challenge I have been more aware of the waste in my surroundings. I want to create a positive change in my lifestyle. I want to tell her that I will try to stop producing so much waste. I want to say that she is brave and courageous for all the great work she does.

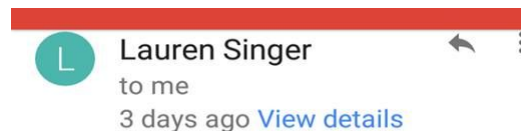
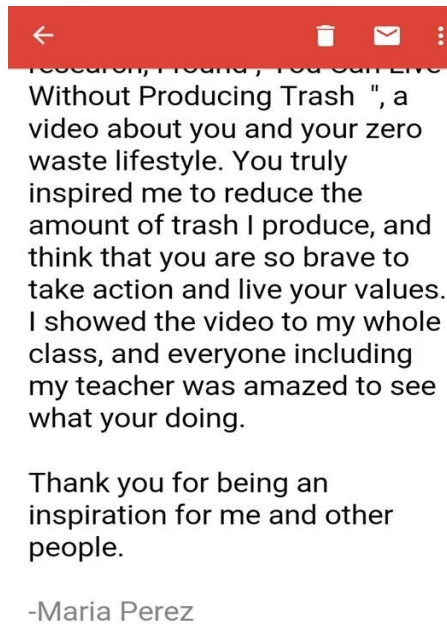
Questions I would ask:

How can people achieve a level of commitment to living this lifestyle?

What should I do if a lot of the food I get is from the food bank, and not all of it comes in recyclable containers. Should I stop getting the food that otherwise will be waste or should I not get it and produce food waste. Basically what will be worst if I produce waste from the packing of the food or should I let food become food waste?

Did you ever tried to ask companies like Nature's Bakery that sell the Fig Bar or Cliff to send you bars without the wrapper like in a special reusable container?

Emails to Lauren Singer my Eco-hero



Hi Maria,

Thank you so much for your email and the incredibly kind words. Your compliments mean so much to me and I am so honored that you would take the time to write.

All my best :)
 Lauren

Day 27: Greener

(Ripple)



Paola Arenas

paolaarenaslg@gmail.com

Pajaro Valley High School

October 26, 2016

Mr. Martindale (my teacher)

4 hrs • 1

A challenge...
 Maria and Paola, two students in my Coastal Ecology class asked me if I would participate in a "green challenge". They asked me to put my waste in this jar. As you can see my waste from a morning snack and my lunch consists of an apple core and two paper towels (used as napkins). The two reusable containers had my left over tacos, beans and rice which I had for lunch. They asked me to post on social media and reflect on how this action made me feel. I feel good that I did not generate much waste. The waste I did collect can be composted and I will take it to my compost pile at home. I am proud of my students for caring enough about the environment to challenge me to be more "green".





Elena Arellano (Friend)

For this day Elena decided to go meatless, she doesn't eat meat every day, but when she does she likes to eat as a source of protein. She told me that she felt great not eating meat today, because she thought of all the animals that are being killed just for us to have food. She said "I feel happy that I'm not affecting any animal and I'm not contributing to a factory farm."

Gaby (Friend)



Gaby collected her trash and tried to reduce it. She felt good with herself, because she prevented the production of more trash. She said that little changes like this made her think more about the environment.



Nancy (activist)



Nancy removed the grass from her yard and instead planted drought tolerant plants that help save more water. It is always a good thing to save water.



Miguel (Friend's little brother)



He started to eat more healthier, because he go motivated by his sister doing the challenge. He wore his shirt inside out to school to see if his teachers notice and ask him question to see if he can make a change.

Reflection

All the actions that they did inspired me to keep changing the world, but the one that impressed me the most was Miguel, because he still a kid and he wants to make a difference in this world because he sees that other people are doing it. I truly believe that kids are the future to this world and this gives me more faith that our world can be changed by our future generations. I say YOU ROCK MIGUEL! Because he is a motivation that inspires other people to make amazing changes to heal our world.

Day 27: Greenest (Ripple)

Sharing Table and compost initiative

Team GreenPrint

Maria Perez

maria.perezmg2017@gmail.com

Pajaro Valley High School



The dysfunctionalities of the food system in my school

I truly value the people that work in our cafeteria and in our school, but I know that my school has many dysfunctionalities. During the past 30 days I been talking to people from the school and the district about how to improve the food system. Most of the things I hear back is we need more planning and time. I was tired of seeing the amount of food wasted every days that will eventually end up in the landfill.



I decided to start a Sharing table, and compost initiative



I want to stop food waste in my school, so I decided to start a sharing table, and later on I will organize groups of students to compost food waste.

Problem

Students at Pajaro Valley High School are throwing away food.

Many students get free and reduced lunch, but other do not, and they have to pay.

SOLUTION:

Prevent Food Waste from going to landfills



My team

My team would be my friends and other students. Potentially students that are not doing so well in school so that they can get to do something productive and maybe get inspired.



What I need...

Sharing table

Table and posters

Educate others

Boxes

Ideas of what to make with leftover food

Composting Initiative

I will have to learn about Composting

Implement my leadership skills.

I need some kind of incentive to make them want to do it.

I need special trash cans to collect.

Educate the people that will be helping me before they start.



Permission

I talked to Mr. Levy, and he told me that composting will require more materials, but I will continue working on this later because I know that I need permission from the cafeteria and the garden. He mentioned to me the “sharing table” idea and I decided to start one in my school.



“Sharing Table”

Our table encourages students at Pajaro Valley to STOP HUNGER and STOP WASTE. If the students don't want to eat something they can put it the table, and if someone wishes to grab something they can grab it. We want to give food the best use possible to stop sending too much food waste to the landfill. With the food that was leftover during the day we will take it home and make food . We were thinking of making apple pie since the majority of things that were put in the box were apples.



How it looks?



Reflection

It was extremely rewarding for me to be able to see a change in my campus. At first I thought it would not work, but I was so happy to see it working. I am going to continue this project in my school because it makes me happy and it gives me hope. I heard students saying this is a great idea. I will now start working on the compost initiative to reduce even more the food waste in our school. I will try to create some containers myself, and inspire other students to help me. I am very excited for this projects, and so thankful with PGC to give me that extra push to become more environmentally conscious and turn me into an active leader.