



Project Green Challenge
Day 6

#Organic

YOUXUAN WEI
@CHRISCAT
JERICHO HIGH SCHOOL
YOUXUAN.WEI@JERICHOA
PPS.ORG

We all need to bite the bullet and do what needs to be done —buy organic whenever we can, insist on organic, fight for organic and work to make it the norm. We must make organic the conventional choice and not the exception available only to the rich and educated.” — Maria Rodale, Organic Manifesto

Project Green Challenge
Day 6

#Organic

IS IT REALLY

Green-washed?

GREEN WASHED PRODUCTS VS. COUNTERPARTS

#GREENER

let's find out!

YOUXUAN WEI

@CHRISCAT

JERICO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge Day 6

#Green
washed?!



TWHAT'S IN THERE?

SODIUM LAURETH SULFATE

- A source of allergic reaction for many people*
- Often contaminated with 1,4 dioxane, a know carcinogen*

D&C RED NO. 33

- Inorganic coloring found in many products*
- D&C Red 6 has impurity concerns of arsenic, lead, gossypol, mercury, pcbs and pesticides!*

YOUXUAN WEI

@CHRISCAT

JERICHO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge
Day 6

#Organic

Safe

ALTERNATIVE



HAIR LA VIE

-ESSENTIAL OILS

-FORTIFYING EXTRACTS

-*NETTLE* - Promotes hair growth and obstructs surplus DHT, the hormone that causes male and female baldness*

-PROTEINS

KERATIN - Promotes hair growth by protecting your hair cells from styling products and heat tools

-VITAMINS B5, D3, E

YOUXUAN WEI

@CHRISCAT

JERICO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge
Day 6

#Organic

CONCLUSION:

This is definitely a "Green washed" product, as the ingredients cause irritation, are made from inorganic chemicals, and are even possible carcinogens.

From now on, I will try to switch to the alternative, Hair la vie, that is free of all of the above ingredients and contain many beneficial ones.

YOUXUAN WEI

@CHRISCAT

JERICO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge
Day 6

#Organic

Culprit #2

NATURE VALLEY
FRUITS & NUTS BARS



PARTIALLY GENETICALLY MODIFIED

--AAEM SHOWS ORGAN DAMAGE, GASTROINTESTINAL AND IMMUNE SYSTEM DISORDERS, ACCELERATED AGING, AND INFERTILITY FROM GMOS.

--GMOS CROSS POLLINATE AND THEIR SEEDS CAN TRAVEL. IT IS IMPOSSIBLE TO FULLY CLEAN UP OUR CONTAMINATED GENE POOL

---BY MIXING GENES FROM TOTALLY UNRELATED SPECIES, GENETIC ENGINEERING UNLEASHES A HOST OF UNPREDICTABLE SIDE EFFECT, PRODUCING NEW TOXINS, ALLERGENS, CARCINOGENS, AND NUTRITIONAL DEFICIENCIES.

YOUXUAN WEI

@CHRISCAT

JERICHO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge
Day 6

#Organic

Safe

ALTERNATIVE



NU-GO PRODUCTS USE 100% NON-GMO INGREDIENTS

Working with the Non-GMO Project to help ensure greenness of the ingredients in the bars.

Over a decade ago, Nu Go Nutrition introduced the world to the idea that great taste and great nutrition don't have to be mutually exclusive. With a focus on creating nutrition bars with luscious taste, wholesome nutrition, and quality ingredients, Nu Go established a reputation for making superior snacks

YOUXUAN WEI

@CHRISCAT

JERICO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge
Day 6

#Organic

CONCLUSION:

WOW. I have always thought of the natural valley bars as both healthy in that it is not a junk food, and also on the ingredient level. The fact that it is partially GMO makes me now hesitate before I grab one to school and eat it for lunch. I think that from now on, I'll switch to dried fruits from wholefoods, and the NU-GO bars.

YOUXUAN WEI

@CHRISCAT

JERICO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge
Day 6

#Organic

Cuprit #3

BERKLEY & JENSEN COTTON
WIPES



WHY IT'S BAD FOR YOU

HEAVILY TREATED WITH CHEMICALS

. While cotton might be snowy white, it's one of the dirtiest textiles

Cotton is heavily treated with chemicals, including pesticides, herbicides, defoliants, bleaching, and chemical fertilizers.

Conventional cotton is responsible for 18% of all of the pesticides used worldwide.

Even worse, most cotton balls aren't even made of cotton, but rather, they're made from polyester, which is made from potentially skin-irritating petroleum

YOUXUAN WEI

@CHRISCAT

JERICO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge
Day 6

#Organic

Safe

ALTERNATIVE



ORGANIC COTTON

- Natural, untreated GMO free seeds.
- Healthy soil creates natural balance.
- Beneficial insects and trap crops used.
- Warp fibers stabilized using double-plying or nontoxic cornstarch.
- whitening: Safe peroxide is used.
- dyeing: Low-impact fiber-reactive or natural dyes with low metal and sulfur content.
- printing: Low-impact, water-based inks and/or pigments with no heavy metals.

YOUXUAN WEI

@CHRISCAT

JERICHO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge
Day 6

#Organic

REFLECTION...

These three things are what I use daily -my own shampoo, my snacks, and the cotton I use to wipe my makeup every night. Being a someone who is very concious of my lifestyle, I had always thought that I chose the most natural products -clearly fooled by the advertising. The research taught me many basic facts about some key harmful ingredients, and I will definitely watch out for them for my future purchases. wow...It's crazy how much I learned!

YOUXUAN WEI

@CHRISCAT

JERICO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG

Project Green Challenge
Day 6

#Organic Sharing With Friends



xristywei 赞了

chriscat_gogreen #PGC2017 #DAY6 #ORGANIC
♥GREENER♥

This is the cotton wipes that i use every night. "100%cotton". But, its it really 100% GOOD cotton?unfortunately, the answer is no. Not only does the cultivation of cotton use up many heavy metals and pesticides, it creates many harmful chemicals in the process that goes into the soil. ✅So, SWITCH TO ORGANIC COTTONS!

They are good for the following reasons:

- Natural, untreated GMO free seeds.
 - Healthy soil creates natural balance.
 - Beneficial insects and trap crops used.
 - Warp fibers stabilized using double-plying or nontoxic cornstarch.
 - whitening: Safe peroxide is used.
 - dyeing: Low-impact fiber-reactive or natural dyes with low metal and sulfur content.
 - printing: Low-impact, water-based inks and/or pigments with no heavy metals. ♥✅
- support the fight for an organic future!

@turninggreenorg

YOUXUAN WEI

@CHRISCAT

JERICHO HIGH SCHOOL

YOUXUAN.WEI@JERICHOA

PPS.ORG