



# Kaleb Cuda

---

10/29/2019

Babycuda98  
Cudabear1998@gmail.com

University of Wisconsin Stevens  
Point  
Stevens Point WI 54481

---

## Dear PGC

Everyday challenges were such an amazing experience and they all helped develop my knowledge and capability to understand all the sustainable acts within the world today that are both promoted and being displayed.

One of the challenges I chose was my school and something I noticed about food waste on campus. This allowed me to develop my project plan is well with utilizing the amount of compost that gets thrown away. I then chose the water submission to what was the main problem on my campus, and I took a dive into the sprinkler system and what the issue with why it was leaking and causing floods. This led me to realize it was not what it was when I had the meeting with the administrator.

I then chose both the Meatless Monday and Adventure challenges because they stood out the most for many reasons. First off, I made a smoothie that contained cheese. This was a huge throw off and never expected implementing so many substitutes for meat. The on my adventure I met a pig, which is probably one of the random things ever to run into where I was at. Both these challenges allowed me for random opportunity and quite the learning situation.

Lastly, I chose the Social Justice challenge because it stood out so much with one what voice can impact. It allowed me to reach out to my community and preach a little bit. I love giving my passions and showing it to anyone and everyone. Social Justice gives a voice such power and allows for such change into people's perceptions.

Every submission seemed to have parts that were different than others but also connected in many ways. Every challenge was a potential learning moment with such a beneficial outcome that was truly amazing and was so unique. The PGC project gave that opportunity to take a simple topic into something so in-depth and so divine that it gave the knowledge and capability to make dramatic change in our communities.



# Greenest

Babycuda98

[cudabear1998@gmail.com](mailto:cudabear1998@gmail.com)

Kaleb Cuda

University of Wisconsin Stevens Point

# Food Waste on my Campus

Something that I have noticed on my campus is the amount of food that gets both used and thrown away in the dining centers. For starters there is three food centers which already in my eyes seems like a waste. It is convenient for the students to not have to walk as far, but it is honestly just a block. People need to get out more and be more active anyways. Another thing is the amount of money plans for food is costing. They are costing so much money, but they barely get used because the cost of food is cheaper people cannot eat that amount in that time. They usually end up selling in bulk at the end of year but it just shows that the production for food is higher than demand for it.



# My School

- I would say about 30% of my school is food insecure when it comes to healthy food. When it comes down to just food in general, no one is because the meal plan prices are crazy high and we are forced to buy them no matter what.
- The UWSP Grounds Work Unit uses compost "pulp" collected at the **Dining Services** facilities for use as bedding on the many berms on campus. This is food waste that might normally go down the drain as part of the dishwashing process but is instead collected and recycled. This compost pulp has a variety of uses and is known to improve soil quality and productivity as well as prevent and control erosion.



# Pantry

We have a food pantry on Campus called The Cupboard.

- Thousands of students receive need-based financial aid and hundreds are enrolled in food assistance and WIC programs. Many more students encounter short-term financial emergencies and find themselves choosing between buying food and paying other bills. The Cupboard was created to help students meet their basic needs so that they can focus on succeeding in school.
- I cannot find anything that shows we are part of the Food Network Recovery thing



# Promotion On Campus

We currently have a group on campus within our Office of Sustainability that promotes so many efforts including food waste and how to utilize the foods we eat and waste. They have a head person that helps promote these within the halls and dining services with signs and posters in dining area and just all over the entire campus.



# My Plan

So my campus is really all about trying to promote the sustainable culture and food waste within the dining halls but using the wasted food to compost within the gardens and everything a long campus. A way that I can partner or be more involved would be to reach out to this office of sustainability and show them that I want to help make that difference and show how much all of this matters. I can set up a meeting with the office of sustainability and maybe talk about how we can branch this out to other campuses or even just high schools and other systems around the community. I mean how cool would it be if all the local restaurants did this as well. Most places have gardens outside, who's to say we can't feed it with the foods we eat everyday.





# Greener

Kaleb Cuda

[cudabear1998@gmail.com](mailto:cudabear1998@gmail.com)

University of Wisconsin Stevens Point

babycuda98

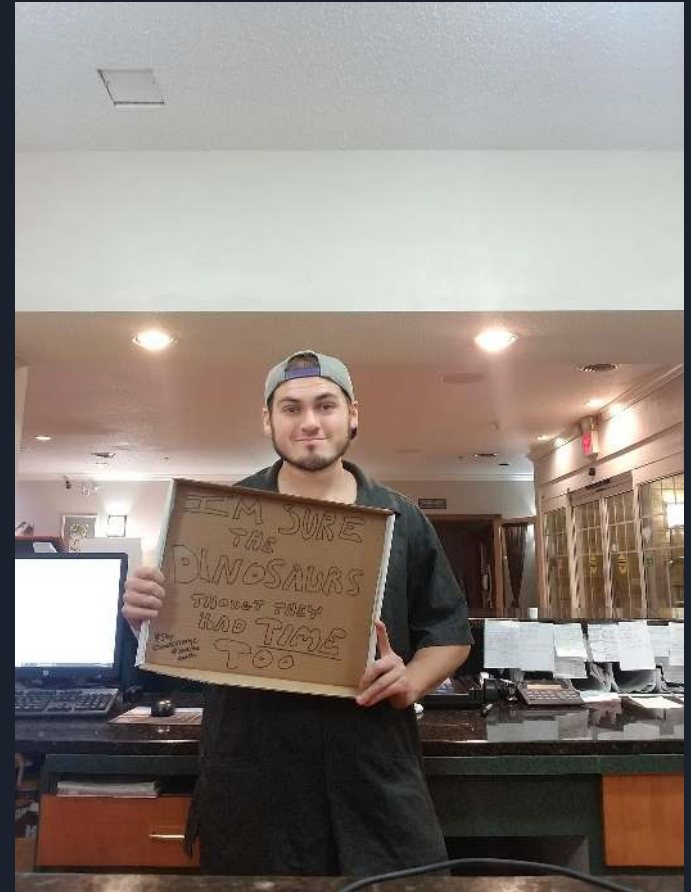


# Climate Change

“I’m sure the dinosaurs thought they had time too”

#stopclimatechange

#savetheearth



# Responses

So I got a few people to ask about the sign and wondered what it meant. I was happy enough to educate them on some fun facts about climate change and show them why it matters and the importance of it. I told them about the competition for PGC and they never knew about it but were happy to see that something like this exists and people are taking a stand, which makes me even more happy to hear.



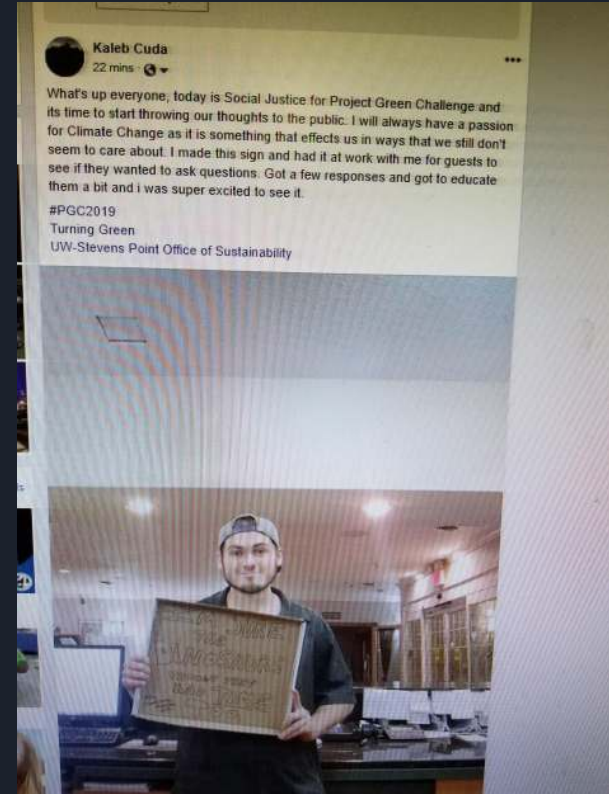
# Reflection

Honestly standing up for what I believe in is like taking a nice fresh breath of air. There is nothing more satisfying than letting out your opinion out and showing the world. Yes sometimes it can get you in trouble, but if we don't speak up the world is going to become closed off and just a castaway shadow. We do not want this. We want people to feel encouraged to stand up and tell us what they think. We don't all have to agree, but we all should take the time to at least listen and think about the idea. I love being open with what i stand for because it keeps me from hiding things and closed off. I like to show people that I care about my beliefs and how I want the world to change, and that power and motivation impacts the people around us more than we actually know.



# Social media

Here is my social media post making my claim to Climate change and its importance. Hoping to see some like and comments on this as time moves forward.





# Greenest

Kaleb Cuda

Babycuda98

[cudabear1998@gmail.com](mailto:cudabear1998@gmail.com)

University of Wisconsin Stevens Point



# Water

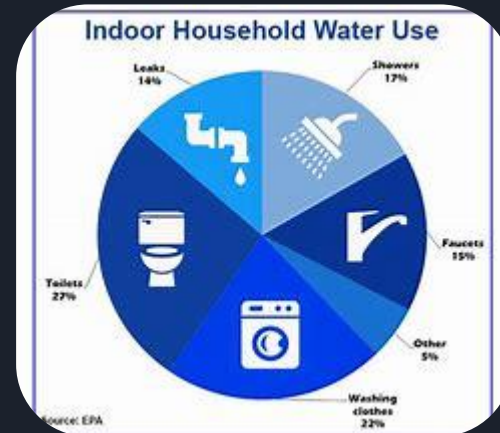
The lowest graded item at my school was an F and that is under the category of Water. Water is never really informed on campus and not enough people no about what all goes into water and the effects it has on the environment and even cost effective items.

# F



# Currently

There isn't a whole lot of promotion going around on the topic of water waste and water usage education. There are classes and labs that teach stuff about this although I have never been involved within these classes. The overall basis is just what might be in the water like chemicals and treatments and if it may be drinkable. This is good, but it isn't promoted as much and not a lot of people look at water being a more of a thing that goes into the building of all the things around us.





# Interviews

So i interviewed three people today on the topic and got very helpful feedback. There are also many others i sent out texts to but haven't gotten responses on yet.

Maddi

- She wants there to be more promotion on the topic of water within the Natural Resources building as well as timed showers and timed sinks for water use on the bathroom.

Ryan

- Ryan wants there to be something done with the sprinkler system to be manually run instead of automatically.

Bryce

- Bryce wants there to be more water bottle filling stations in the buildings that are used for teaching.





# People in charge

So there are two people in charge that I could find that would help with solving some of these issues with water.

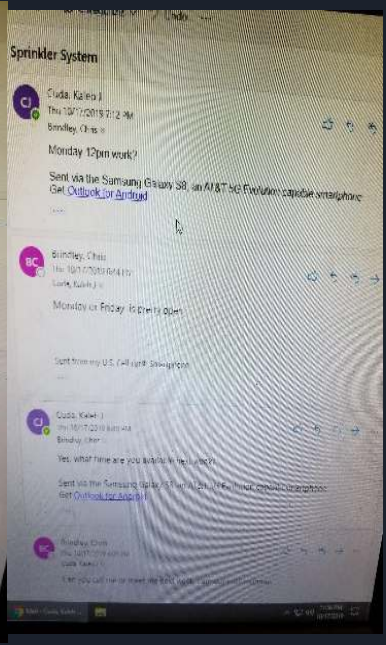
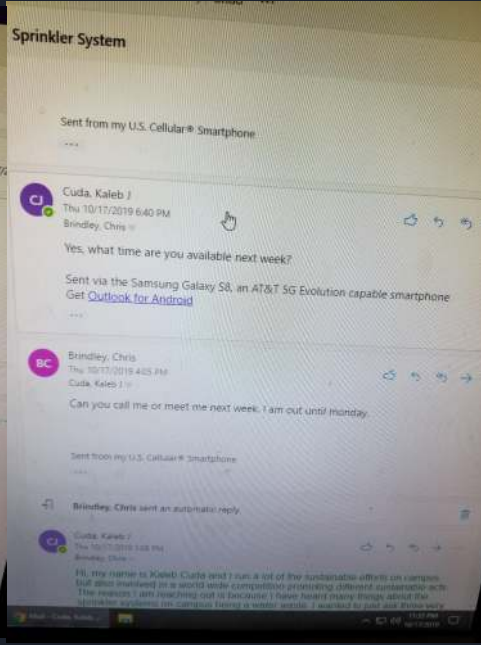
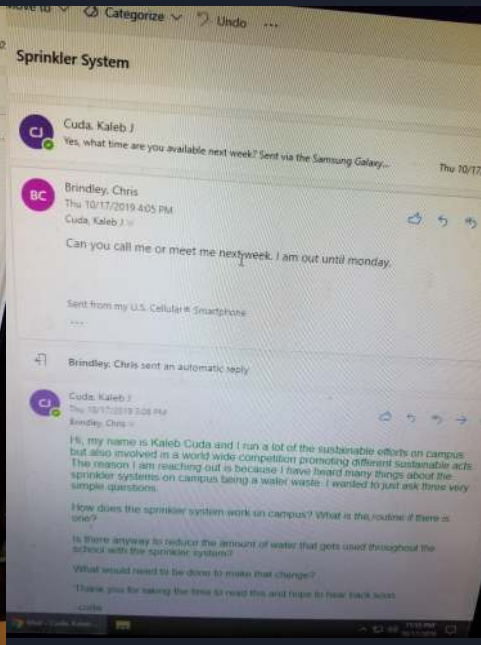
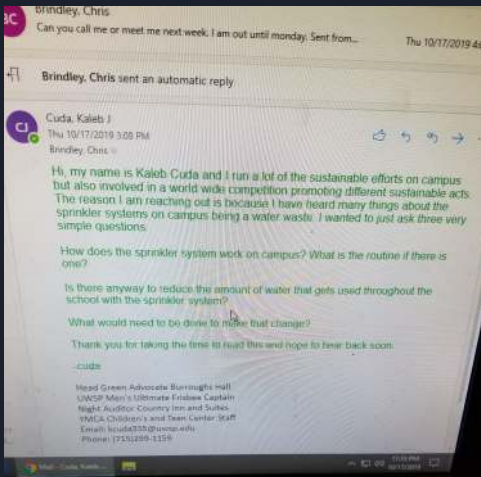
## UW STEVENS POINT OFFICE OF SUSTAINABILITY

- So I reached out to these people because they seem to run most of the sustainable efforts and promotions on campus. They haven't given me much yet but are in the process too. They are able to help a lot with the promotion of water usage and materialized items and where water goes.

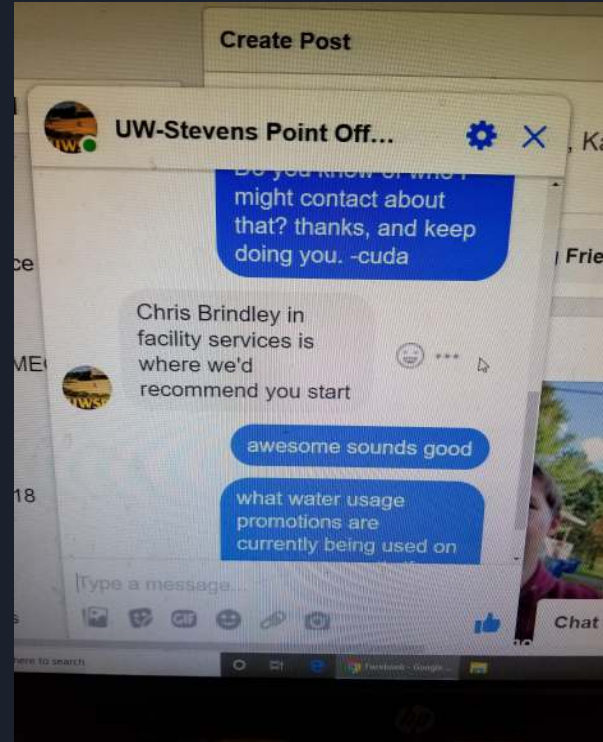
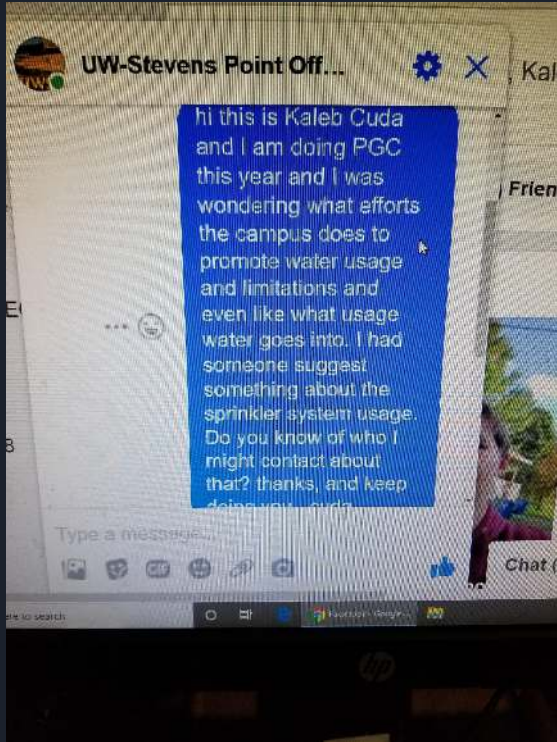
### Chris Brindley

- This guy is in charge of facility services and could help get information on the sprinkler system. He got back to me after an email and we are setting up a meeting on monday to discuss the information which I am very excited about.

# Pictures



# Pictures



# Greenest

Babycuda98

[cudabear1998@gmail.com](mailto:cudabear1998@gmail.com)

Kaleb Cuda

University of Wisconsin Stevens Point

# Morning

I woke up in the morning and saw the post for PGC and thought to myself, “ I have a long day ahead of me”. But that just means more to experience and more to have fun with. So I made this smoothie thing that was made with a bunch of vegetables and even CHEESE! What the heck kind of smoothie has cheese. So i tried it out, and it was pretty good but also very rich with flavors I wasn't expecting. I then went to class with my taste buds questioning themselves but then I thought, “well it's better than bacon and a red bull” so that's a plus.



# Mid Day

So I went to class and finished and kind of learned stuff. Kinda didn't. I went to the gym to get a good workout in before lunch. Went to my work to make this veggie burger that I have never had the best experience with in the past, but why not try a new recipe. I loaded this thing up and tossed her into the oven at my work and well it kind of burnt. It still tasted decent. It was like a crispy vegan burger. Delicious and crunchy. I wanted to use a grill, but it was a little chilly out today cause you know with the climate change being such a issue nowadays we can't do anything normal now.



# Dinner

So time went on and my day got kinda boring until I got together with my “Work Mama” as I call her. We decided to make this vegan mac and cheese. She likes her meat so she kept getting upset with me but we had fun making it I believe. The meal was really simple to make and I had a blast making it with her and even though she loves her meat.



# Night

So to end the night me and her decided that it was a good day and that going meatless wasn't so bad after all. I mean look at that smile, you can't beat memories like these, even if includes making food you generally don't eat. Now it is time to look forward and see all the extra options and recipes we can make together without the meats we have today.





# Reflection

For me it was actually a lot harder than I thought going meatless for a day because I didn't realize how many products that aren't meat are actually meat based or come from a non vegan diet. After a day of no meat it was actually pretty good because I actually felt like I ate a more healthy based day worth of meals and I feel energized and full knowing I ate healthier based foods. I definitely am going to consider going meatless more often and promoting it more to people because it can be a challenge but can really help you grow to knowing how to cook healthier and be healthier.



# Reflection

So this was a lot harder for her than she thought considering she eats meat like every meal. Today she didn't though and I am proud of her and she thought it was a good time and made the day more eventful. After a day without meat she felt exhausted but it was worth watching this go down. There were things she didn't expect to taste like meat that was plant based so she was impressed. I don't know if she will continue, she says she will support it more than ever now though and promote it along my side which again makes me feel happy.





# Greenest

Babycuda98

Kaleb Cuda

[cudabear1998@gmail.com](mailto:cudabear1998@gmail.com)

University of Wisconsin Stevens Point



## Nature Lesson 12



- This is very inspirational to me because whenever you may be having a bad day or worried about something, just sit back and be grateful and show yourself some love. It really can set the difference and motivate you a long way.

### Nature Lesson 12: Love.

It is an amazing thing, finding what you love. Once you've come across something that makes you feel excited to get out of bed every morning, everything will seem more colorful; more meaningful. I'm not saying that this one thing has to be your life's everything. But it can be one thing that influences all the others. It can be another person; it can be a job; it can be a belief or a way of life. But once you have found that thing it will influence everything else within you. It will make your life seem fuller and help you push through the cloudy days.

For me that one thing is Nature, Wilderness and its wonders. I've been looking for it for over ten years, not realizing that it was always there for me. And now I'm hooked. And I won't let go for a very long time.

# My Adventure

So here is Zak and I starting our adventure after a long day of playing Ultimate Frisbee. Bodies in pain, but that doesn't stop us from exploring some roads and nature. We start walking along by this trail next to a highway and see a lot of well cut grass which is kind of intimidating since it was a ritzy area.



# Stops and Shops

So we decided to stop and enjoy a nice water break and look at this flower that Zak kept seeing that he was really interested in. I don't think he knew it was a lavender plant but i appreciated the enthusiasm into what it was and why he kept seeing it so much. We took the time here to also talk about how we are getting a workout in and not eating a bunch of junk food at a restaurant and being productive and enjoying a nice time out.



# A Pig?

Ok so on the way we literally looked across the street and saw this random pig. Like What! That just doesn't happen like ever. The pig came over by us and would not leave us alone and kept trying eat our stuff and jumping on us. I was so confused and had no idea what to do with this pig as it just was free roaming along around us and was seeming to do whatever it wanted.



# A New Friend

So we decided to bring him along with us and made a new friend. Walking down the street with a pig on our sustainable adventure. I don't think anyone saw this coming. So we kept walking and decided to talk again about the whole fast fashion thing and what it is corrupting in today's society and why it needs to stop. Then looking around we were looking at the cars going by and seeing the carbons coming from exhausts and how stuff as little is that is impacting the environment. This is the time when we ended up getting picked up and headed on our way and had a great fun filled adventure.







# Reflection

So before this happen, we were super tired and out on the field while our team was about to leave. I told my friend Zak that i needed to do an adventure for PGC so why don't we just go on an adventure while people are out eating. So we did so and went on our way and started it. This informed myself that anything can happen and opportunity is key to everything that we experience in everyday life and we must embrace it all. This experience made me feel really great and I honestly thought it was super worth it just because we met a PIG for starters and that is not something that happens every day. It allowed me to spend some time with a friend and just try something different and have a good time. Oh this adventure has definitely made me want to go on more adventures and experience more and go for more walks and learn more about everything that I walk by.

# Social Media

