

Dear Project Green Challenge,

I am so thankful to have had the opportunity to participate in the Project Green Challenge and be able to complete so many challenges that provided insight into the ways in which I can make both individual and systematic changes in the world of environmental issues. The pieces that I provided represent what I learned throughout PGC, and also how inspired I was while completing the challenges.

On day 3, I made an infographic about the importance of buying organic. I was able to reflect on how lucky I am to have a farmer's market that is so easily accessible to me, and the importance of sustainable distribution so that everyone is able to access these same resources. I chose this piece because sometimes I get so bogged down with scary statistics and facts that I forget the value in lightheadedness around these tough topics, and using a whimsical theme reminded me of this value.

My next piece is my FLOSN menu and meal plan from day 5! I chose to include this piece because it inspired me to hold myself accountable for the food I am buying. Finding foods to fit into the FLOSN categories required a certain shift in the way I was previously thinking about where my food is coming from, and what meets my standards in the store. I buy organic when I can, but didn't always make it a nonnegotiable. In completing this challenge, I found that adhering to new standards can be difficult, but gets easier in time. Since, when I've gone to the grocery store I have gone the extra mile to make FLOSN foods a priority, and have let go of some of the things I was buying that do not meet FLOSN standards.

On day 13, I made an Instagram infographic about food waste. In researching food waste, I realized that I waste a lot more food than I would like to. After this challenge, I made it a goal to only buy food that I have a specific plan for, and to hold myself accountable in following that plan. I also learned about delivering information. I found interesting facts that used a lot of numbers and statistics. In typing this into my infographic, I realized that it was not easy to read or something that people would likely stop to read. I was able to scale down a lot of my facts, and put together something that I hope was brief and fun while still providing the facts I wanted to share!

My last two pieces are from day 24 and 25. I chose them because they were both very reflective and inspiring for me. On day 24, I was able to think about how justice tied into everything I had learned during PGC and my time at Champlain. I was inspired to make something by hand, as it portrayed the type of grass-roots action needed to get justice on the minds of the public. This drawing tied everything together for me, and reminded me of the interconnectedness between justice and the environment. On day 25, I reflected on my eco heroes and thought about my role as an eco hero. Throughout PGC, I felt like an eco hero because I was actively working toward positive change. Wanting the change is one thing, but being part of the action is another! All month I have wholeheartedly felt like part of the action in making the world a more eco-friendly place.

Project Green Challenge gave me the opportunity to apply my passions each day to small projects that reach large audiences, and changed the way I think about my own footprint and sustainability. It has helped me reflect on how important it is to make choices with the environment in mind, even though these are not always the easiest choices. I am so lucky to have had an amazing PGC team. We had so much fun getting together to work on our projects, and shared an intense passion for the issues and mobilizing ourselves and others toward positive change. Thank you so much for reaching so many with this incredible challenge. It is so important to spread this knowledge, especially in such an engaging way. I look forward to continuing to apply the knowledge I have gained through PGC.

Sincerely,
Tatum Robinson



less use of fossil fuels!



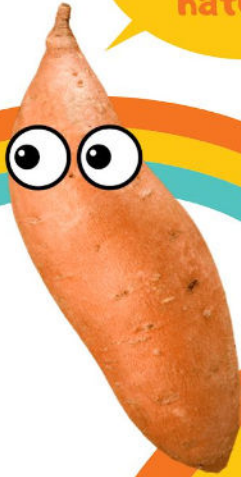
Organic farming means our pollinators do not have to BEE afraid of going extinct!

You can't BEET pesticide-free farming that protects wildlife and supports healthy soil!

protection against erosion!

more nutrient-rich foods!

No GMOs!
I YAM all natural!



Going organic benefits your health and the planet!

ORGANIC FARMS

FARM: INTERVALE COMMUNITY FARM

DISTANCE FROM CHAMPLAIN: ~1.3 MILES

PRODUCTS: THE INTERVALE IS AN AMAZING COMMUNITY RESOURCE THAT FOCUSES ON FOOD DISTRIBUTION, AND OFFERING ACCESSIBLE AND AFFORDABLE ORGANIC PRODUCE TO THE BURLINGTON COMMUNITY. THEIR FARMSHARE PROGRAM IS DIFFERENT FROM OTHERS BECAUSE PRICING DEPENDS ON INCOME. THE INTERVALE OFFERS YEAR-ROUND ORGANIC PRODUCE.

WHERE TO BUY: ON-SITE, OR IN A FARM SHARE BOX.

WOULD I BUY? YES! THE INTERVALE IS SUCH A VALUABLE ASSET TO THE BURLINGTON COMMUNITY. THEY SHOW THAT ORGANIC FOOD IS FOR EVERYONE, AND WORK TO MAKE IT AS ACCESSIBLE AS POSSIBLE SO THAT EVERYONE CAN ENJOY FRESH AND ORGANIC PRODUCE.

FARM: CEDAR CIRCLE FARM AND EDUCATION CENTER

DISTANCE FROM CHAMPLAIN: ~84 MILES

PRODUCTS: THE FARM IS AN ORGANIC VEGETABLE AND BERRY FARM WITH A FARMSTAND, AN ON-SITE COFFEE SHOP AND KITCHEN, AND EDUCATIONAL PROGRAMS FOCUSED ON AGRICULTURE EDUCATION

WHERE TO BUY: YOU CAN BUY THEIR FOOD EITHER ON SITE, OR AT A FEW FARMER'S MARKET LOCATIONS SEASONALLY. THEY ALSO OFFER A FARMSHARE SUBSCRIPTION.

WOULD I BUY? I LOVE BUYING ORGANIC PRODUCE AT THE FARMER'S MARKET, AND WOULD ABSOLUTELY BUY IF I WERE AT A MARKET THEY WERE SELLING AT! I LOVE THE IDEA OF AGRICULTURAL EDUCATION, ESPECIALLY FOR KIDS. IT'S SO IMPORTANT TO KNOW WHERE OUR FOOD COMES FROM AND HOW IT GROWS!

FARM: FULL MOON FARM

DISTANCE FROM CHAMPLAIN: ~14 MILES

PRODUCTS: THE FARM SELLS ORGANIC PRODUCE, AS WELL AS ORGANIC PORK AND CHICKEN. THEY HAVE EVENTS THROUGHOUT THE YEAR FOCUSED ON THEIR MEAT AND HOW THEY RAISE AND PREPARE IT.

WHERE TO BUY: ON SITE, OR AT FARMER'S MARKETS. THE FARM ALSO OFFERS A FARMSHARE PACKAGE!

WOULD I BUY? I WOULD DEFINITELY BUY, AND THINK I HAVE IN THE PAST! I SEE FULL MOON FARM AT THE FARMER'S MARKET I GO TO IN BURLINGTON, WHICH IS WALKING DISTANCE FROM MY UNIVERSITY.

*Let's talk
about food
waste*

**DID YOU
KNOW...**



**1/3 OF THE FOOD
PRODUCED GLOBALLY
EACH YEAR IS NOT
CONSUMED**



FRUITS AND VEGETABLES HAVE THE HIGHEST WASTAGE RATES OF ANY OTHER FOOD

THIS IS IN PART BECAUSE PEOPLE
LIKE TO BUY THE BEST LOOKING
PRODUCE. TRY BUYING THE ODD-
LOOKING FRUITS AND VEGGIES!



**FOOD MAKES UP 20% OF WHAT
IS IN LANDFILLS. WHEN FOOD
BECOMES BURIED IN LANDFILLS
IT EMITS METHANE; A
GREENHOUSE GAS**



HOW TO REDUCE YOUR FOOD WASTE

think

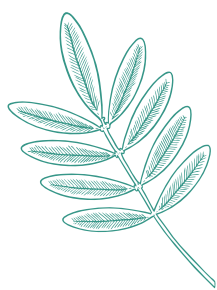
Before you grab a serving of food or buy something at the store, think about what you will really eat and only take as much as you need.

use

Try to use up the food you have before buying more. Eat leftovers and get creative with ways to use your food. A good way to use veggie scraps is to save them for veggie stock!

compost

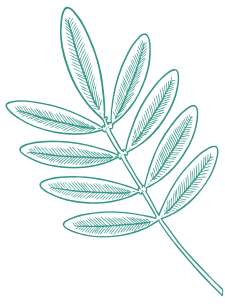
For the rest of your scraps, compost! Composting keeps food scraps out of the landfill and benefits the Earth. You can find out where and how to compost in your state at: <https://www.litterless.com/wheretocompost>



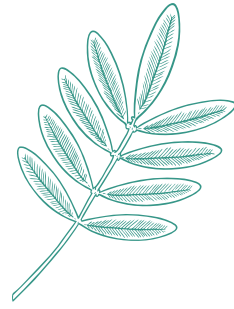
Creating the FLOSN meal plan



My grand total ended up being \$49.44, cutting it close! The costs worked out to be around \$10 per day, with the least expensive days being Thursday and Friday, because the soup I planned for was purchased in one package, and was fairly inexpensive. I was able to stick to this budget by using staple foods that were inexpensive. My staples tend to be pasta and rice and beans, as well as potatoes. Then, you can build up the staples with tasty sauces or seasonings! It is much less expensive in most cases to buy basic items that are not yet prepared and season them yourself. I did end up choosing pre-seasoned Spanish rice, because I wanted to go for meals that could be made using just my list and meal plan without having to buy extra spices or seasonings. This shopping list feels pretty realistic to me, and actually aligns well with what I typically eat in a week. The only thing that was a major challenge for me was trying to fit desserts into the budget. I tried to find a fair trade chocolate bar that would fit in, but did not have success. I think I would have to run to the store mid-week to pick one up! Other than that though, I am lucky to have a Farmer's Market within walking distance that runs year-round to keep up with fresh and local produce. My food goal for this year is to eat more in season and be more mindful of how far my food has to travel to get to me. I have great resources to take advantage of.



FLOSN 5-day shopping list



Thrive Market

- Jar Organic Pasta Sauce \$4.99
- Organic Fusilli \$1.99
- Annie's Organic Goddess Dressing \$3.79
- Lundberg Family Farms Organic Spanish Rice \$2.99
- Primal Kitchen Classic Organic BBQ Sauce \$4.99
- Thrive Market Organic Black Beans \$0.99
- Pacific Foods Organic Light in Sodium Butternut Squash Soup \$3.49
- Thrive Market Organic Cassava Crackers \$2.49

Hannaford supermarket

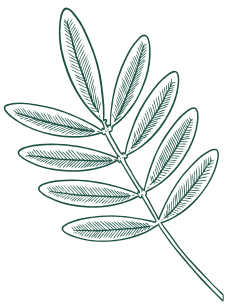
- Organic Tempeh \$4.99
- Local Organic Bag of Apples \$4.50
- Stonyfield Organic Whole Milk Strawberry Yogurt \$3.99
- Nature's Place Organic Gluten Free Nut Butter Banana Granola \$3.49

Burlington Farmer's Market

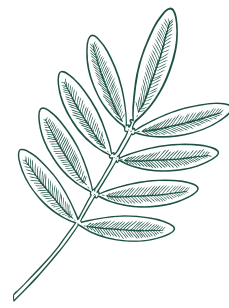
- Organic local Sweet potatoes (2) \$2.55
- Organic local broccoli (2 heads) \$4.20

total: \$49.44





FLOSN 5-day Meal Plan



BREAKFAST

LUNCH

SNACKS

DINNER

MONDAY

strawberry yogurt
with nut-butter
banana granola

goddess pasta salad
with broccoli

farm-fresh Vermont
apple

pasta marinara with
broccoli

TUESDAY

strawberry yogurt
with nut-butter
banana granola

spanish rice and black
beans

farm-fresh Vermont
apple

BBQ tempeh with
baked local sweet
potato

WEDNESDAY

strawberry yogurt
with nut-butter
banana granola

goddess pasta salad
with broccoli

farm-fresh Vermont
apple

pasta marinara with
broccoli

THURSDAY

strawberry yogurt
with nut-butter
banana granola

spanish rice and black
beans

farm-fresh Vermont
apple

butternut squash
soup with cassava
crackers

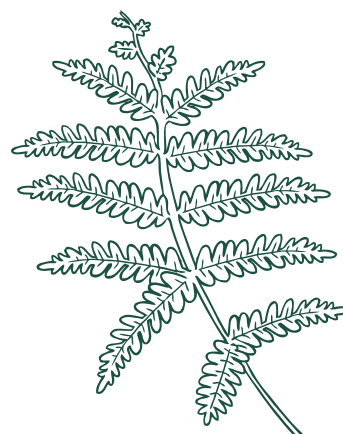
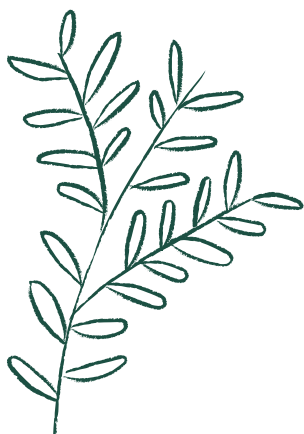
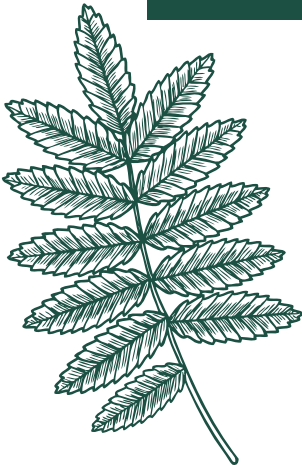
FRIDAY

strawberry yogurt
with nut-butter
banana granola

butternut squash
soup with cassava
crackers

farm-fresh Vermont
apple

BBQ tempeh with
baked local sweet
potato





Am I an eco-hero?

I don't usually think of myself as a hero, but completing Project Green challenges has made me feel like I'm making a difference in communicating important issues to others. Above is a photo of me with the Champlain College Eco-Reps. As the co-captain, I get to help lead a group of Eco-Heroes right on campus! I felt most like an eco-hero when I presented our presentation on our campuses scorecard. I was able to talk about what our campus does now, and what we could improve on. I like discussing larger issues related to climate change, but sometimes that feels a bit daunting. Talking about issues happening on our campus is really empowering. These are issues that we have power to pursue instantly, and we have the ability to talk directly to those in power on our campus. Tackling these topics on our campus gives me the motivation and skills needed to tackle them out in the world after I graduate. Talking about what our campus does now and how we can move forward made me proud to be a student here, and also proud to be surrounded by so many students willing to advocate for change on campus.



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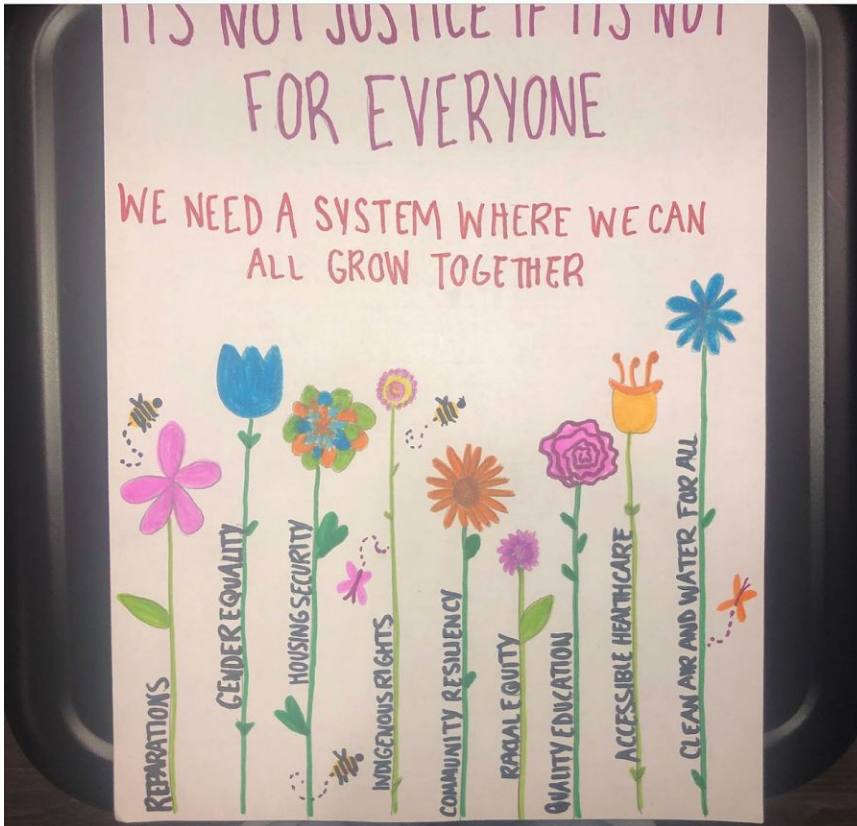
ecoreps "Very few people on earth ever get to say: "I am doing, right now, the most important thing I could possibly be doing." If you'll join this fight that's what you'll get to say." - Bill Mckibben Being an Eco-Rep means being around eco heroes all the time! As a co-captain, I get to be around so many eco heroes that it makes me feel like one too! When I graduate, I will keep fighting for positive change wherever I end up, and remember what an amazing eco-community we have at Champlain. Through the Eco-Reps, I have learned the importance of persistence and positivity. I will bring both to my future work on sustainability. Thanks to the Eco-Reps for keeping the sustainability ball rolling here on campus. ~Tatum @turninggreenorg #pgc2019



My creation and social media post!

Verizon 10:40 PM 5%

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ecoreps It's not justice if it's not justice for everyone! Climate justice recognizes how marginalized communities are disproportionately impacted by the climate crisis. In order to start solving the problem of climate change, we must accept the social injustices at hand. Stand behind those that are impacted and empower yourself and others to speak out! [@turninggreenorg](#) [#pgc2019](#)

