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TURNING GREEN

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October 28, 2020

Dear Turning Green,

I am beyond honored to be considered for a Project Green Challenge 2020 Finalist. This month has been so motivational, and I'm so excited that I've already started living a more eco-conscious and sustainable lifestyle. I know there's so much more to learn and without Project Green Challenge I wouldn't have taken that first step.

The following pages will outline my top five submissions from the challenges this month that I am most proud of. Some of them depict my favorite challenges, some of them depict the most impactful challenges. But regardless, each challenge this month made me rethink what I know about living a healthy lifestyle, and how that looks on a personal, local, national, and global level.

I cannot thank Turning Green and Project Green Challenge enough for this opportunity for personal growth and the inspiration to start making direct change in my community. This month, PGC has not only had an impact on the challengers, but the world around them, and I'm so happy that I was able to take part.

Sincerely,
Elise Gard



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@PGC.ELISEG99

Submission 1: Day 13, Fashion Greenest



pgc.eliseg99

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Liked by pgc_chimaera2700 and 12 others

pgc.eliseg99 Sorry the pictures are bad, but I upcycled an old t-shirt from high school into the macrame plant hanger! It was surprisingly easy to do and it's a great way to re-use my shirt and give it another life. I need to find a place to hang it but I would definitely suggest this to anyone who has clothes lying around they don't use!

[@turninggreenorg](#) [#pgc2020](#)

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pgc.eliseg99 [@greenpeacegurl](#) thank you!!!

turninggreenorg THIS IS SO GREAT 🌱🌱🌱🌱

October 13

This challenge made me re-think donating old t-shirts. In this challenge I learned that many clothes that are donated don't even get sold, so if it's possible to repurpose an item of clothing you don't want anymore, you should! I turned an old t-shirt which had worn down into this macrame plant holder! I had even bleach-dyed the shirt this summer trying to give it a second life, but still wasn't wearing it. It only took 14 minutes to put this together, and it was well worth it. I learned from my mistakes and have made better holders since, cutting the shirt strips thinner and making them longer. Not only does repurposing the shirt into a macrame plant hanger keep the shirt out of the landfill, but I'm also not buying new rope from the store to make. I'm using things I already own to make cute and trendy home décor for free! This challenge has changed my way of thought, and I now think about ways to repurpose items before throwing them out!

Submission 2: Day 18, Energy Green



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This challenge allowed me to research local brands at a co-op near my house. They have a huge number of products from local companies at their store, ranging from dairy products to meat alternatives, to produce, to personal care products. I can't believe I never considered the fact that shopping local also meant reducing my fossil fuel consumption as well. Just another reason to shop local! Since this challenge, I've been looking out a lot more for local, organic, non-GMO, and fair-trade products and I consider the fossil fuels that go into not only production but the transportation of these products before I end up buying them. As a consumer, my dollar really does hold power, which is why supporting sustainable brands and small, local businesses is so important.



Liked by pgc.salma and 6 others

pgc.eliseg99 To reduce my fossil fuel consumption, I will shop for more local foods so that the food I'm eating didn't have to travel so far in trucks running on diesel. The Merc Coop is a store in my town which offers dozens of local brands, I made a short list of some brands local to me that I either have tried or will look out for in the future!

[@turninggreenorg](#) [@kleankanteen](#) #PGC2020

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October 18

Submission 3: Day 17, Wellness Greenest



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pgc.eliseg99 i set up a self-care sanctuary in my room today! I had previously used this built-in desk as a spot for my tv to go, but this looks so much better!! this desk is cozy but well lit when my windows are open, and the lights provide a bit of light when it's dark out. i added a bunch of my plants because it's a subtle connection to nature and i love the green and terracotta colors. i added my marker drawers and some storage drawers with my embroidery and other art supplies. i put photos i had taken on the walls, and put my collage i made with my sister along the desk. all the elements together create such a fresh and productive workspace where i can see myself spending a lot of time and getting a lot of work done. even the chair has a tree branch design and funny enough i actually found it in a dumpster, but it's so comfy! sitting down once i completed this felt great. i usually do my work on the couch or at the kitchen table, but this space is just my own and one where i've already been spending a lot of time!

@turninggreenorg #pgc2020 @natracare

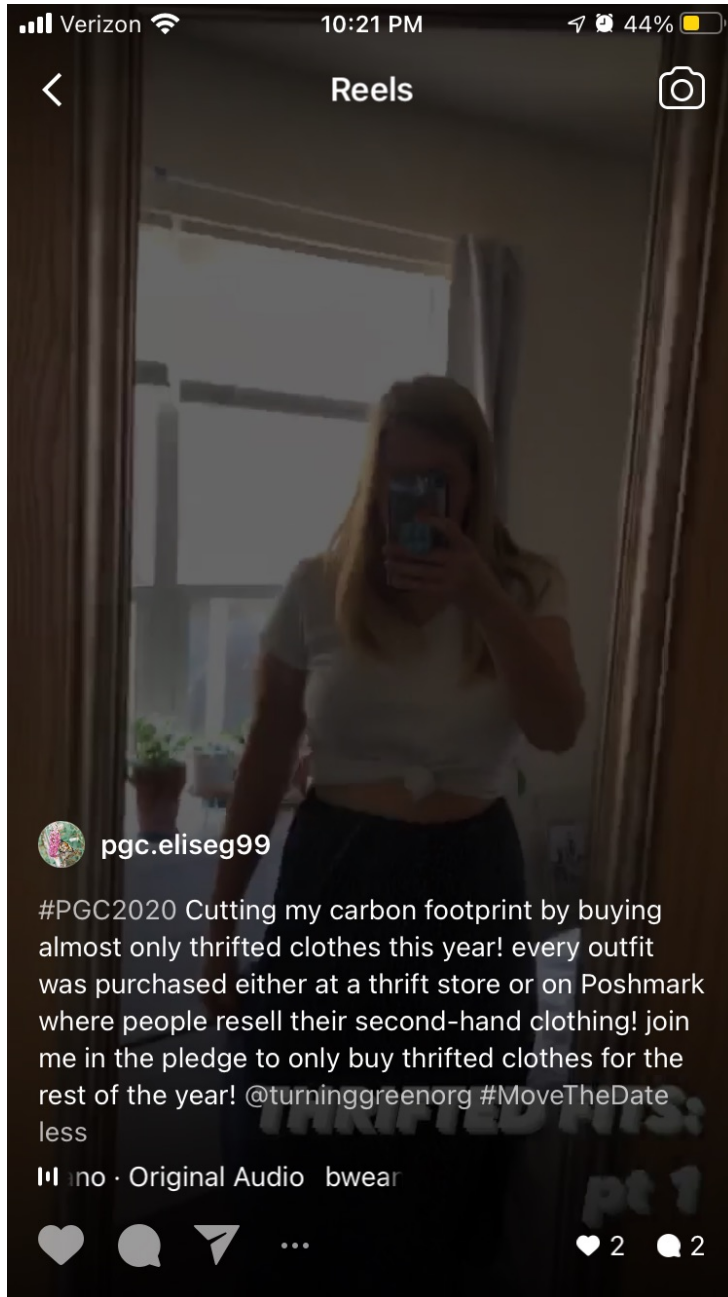
turninggreenorg Wow. Amazing! So happy to hear. 🙏

October 17

This challenge was definitely one of my favorites, and this self-care space I created is one of my new favorite spots to study and work. Before, this built-in desk basically acted a TV stand, but now that I've transformed the space, my room is so much more inviting and is a relaxing space to wind down but also a product environment where I've gotten a lot of work done. All of the aspects of this self-care sanctuary were made from items I already had in my home and wasn't even using. I moved into this apartment in August, and finally creating this wellness corner was well-overdue. It's right next to the window so I get plenty of natural light, and candles and the twinkle lights add a cozy aspect (which I love). This position of this self-care sanctuary is perfect as well because it's right by my plants and I can turn around and admire them anytime I want (I only recently got into house plants this summer and treat them like their pets haha). Overall, every aspect of this space contributes to the aesthetic and environment that I need to stay motivated and productive throughout the day. I even added the mindfulness cards that I got as the challenge's prize, and I have used them frequently to keep myself centered and balanced when I'm feeling unmotivated or distracted.



Submission 4: Day 2, Footprint Greener



Another challenge which had a big impact on me was Day 2 Greener, where I made several pledges to reduce my carbon footprint. One of those pledges was to buy only second-hand and thrifted clothes for the rest of the year. Almost a month later, I have kept my pledge and it feels great! I have many 'new' thrifted clothes which I purchased earlier this year, and my closet has plenty of winter clothes from years past, so I won't need to buy more. Looking through my closet and realizing how many of my clothes were second-hand or thrifted felt great, knowing that I was unintentionally reducing my carbon footprint each time I bought one of those pieces. One of my other pledges was to take on food waste, which I've been successful in doing this month. I've eaten nearly everything I buy and have had to throw away less food because I'm only buying what I know I can eat before it will go bad. I also compost all my food scraps, and over the course of the month, I've been able to compost a

large tote bag's worth of food scraps. And it's great because those scraps will create nutrient-rich compost to use in my garden. These two changes have been simple to work into my life, and I want to show others how easy it is to do so!

Submission 5: Day 18, Energy Greenest



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Cutting My Energy Usage

Because everything starts at home



Liked by pgc.salma and 4 others

pgc.eliseg99 Here's 5 ways I am going to easily reduce my energy consumption. With winter coming, as much as I want to blast the heat, I will use some of these tips to make sure I stay warming an a energy-efficient and cost-effective way. [@turninggreenorg](#) [@greenamerica_](#) #PGC2020

turninggreenorg Really good and really important!



October 18

Oct 16, 2020	16.5	16.5
Oct 17, 2020	4.4	4.4
Oct 18, 2020	6.2	6.2
Oct 19, 2020	3.8	3.8
Oct 20, 2020	6.0	6.0
Oct 21, 2020	5.9	5.9
Oct 22, 2020	9.6	9.6
Oct 23, 2020	9.4	9.4
Oct 24, 2020	4.9	4.9
Oct 25, 2020	5.5	5.5
Oct 26, 2020	5.3	5.3
Oct 27, 2020	8.3	8.3
Oct 28, 2020	6.4	6.4

This challenge taught me several ways in which I can conserve energy in my household. You can see in the image attached below how my energy consumption has actually reduced this the energy greenest challenge that happened Oct 18. Apparently, the average energy use per person per day is about 29 kWh, so my numbers are 1/6 to 1/3 of what the average is. I really think that using those tips I learned during this challenge has helped bring my energy use down, and I've noticed that when I open my blinds on a sunny day, my apartment is naturally warmer than usual.