

# COVER LETTER

Kat Nguyen  
User | katnguyen  
kathryn2568@gmail.com  
Carlmont High School

# Cover letter

After actively participating in Project Green Challenge this month, I would love to be considered for the finals. Seeing the feedback from PGC alumni has shown me how special this challenge is and how life-changing it can be. I would love to continue developing my Climate Action Plan to further my experience as well as have an opportunity to meet other amazing finalists!

Although I am proud of every challenge I completed, the 5 submissions I have selected for my PGC portfolio are the ones that hold particular significance to me.

Beginning with my first submission, I selected my **greenest Food** entry. This was the first day I decided to participate in PGC, so everything was completely new to me. Hands-on experience with preparing a FLOSN meal in the kitchen was such an eye-opening opportunity for me to become more conscious of what ingredients I'm using and where they are sourced. I will never forget the taste of my first bite into the avocado pasta—it was absolutely wonderful. This challenge also helped me understand the healthy, ethical, and sustainable benefits of the FLOSN acronym, which is why I hope to integrate it into my school's cafeteria system for my Climate Action Plan. After re-reading this submission, I actually did what I said I would, which was to go to the farmer's market with my parents to help select FLOSN ingredients. Throughout the month, I never forgot about FLOSN food; it now helps me determine what to look for when I go grocery shopping.

For my second piece, I chose my **greener Zero Waste** entry. Through keeping all my waste beside me all day, I realized that I could be doing better even though I only had one piece of trash for the landfill. I recognized that I shouldn't settle just because I produce less waste than the average person, so writing down ways I could reduce what was in my pile of trash helped me make this possible. The most memorable part of this challenge was my conversations. The Facetimes with two of my friends helped set me up to be able to spark even more conversations between people I know. At first, I felt uncomfortable about having people know I was doing PGC because I thought they might judge me for whatever reason.

But talking to Tim and Ally helped me realize that what I'm doing this month is not something to feel uncomfortable or embarrassed about. I realized that I can be people's eco-hero by simply mentioning these issues to help them become more aware of their impact on the environment. Not everyone has the time or commitment to participate in PGC, so sharing what I've learned through Instagram and Facetime calls has helped me create ripples that carried me through the challenge. After re-reading through this challenge, I have most certainly followed my plans to reduce waste. Every time I receive an email from a college I'm not applying to, I unsubscribe from the list so that I don't get any mail, either. I have most certainly been adopting reusable products, which I've mostly accumulated through my PGC winnings. I'm so happy with the new reusable products I have now and I do plan on gifting some of them to friends. All in all, I'm proud of this submission for helping me break free of a shell that was holding me back from conversing with people around me, and for having attainable goals to reduce my waste that I ended up following.

My third piece might just be my favorite submission of them all, which was the **greener Biomimicry challenge**. This was the first day PGC sent us to the outdoors, and I was so thankful for the opportunity. Reflecting on the importance of connecting with nature helped me appreciate the natural world so much more that day, and especially now. The journal entry I wrote about reconnecting with nature now serves as a reminder to me that it's important to cherish its existence and use it as inspiration rather than something we destruct. By connecting my findings to the biomimicry concept, I understood how important it is to learn from nature to create solutions to our problems instead of destroying it. Making connections is another part of PGC that has been key to helping me understand how everything is somehow linked to the environment. During this challenge, I learned that nature is connected to everything around us in some way. If we destroy too much nature, we'll face major consequences that will be extremely difficult to recover from. This is one of my favorite submissions because it got me to critically think about how I can reconnect with nature and see how I envision a future with nature.

The fourth portfolio piece I selected is the **greener Biodiversity** challenge. Creating my concept map helped me rediscover my creativity after a period of feeling uninspired. Initially, I had no idea how to go about designing my concept map because they can be difficult to read if they contain too much information. At the same time, it's important to include enough details for readers to get a full understanding of the term. For the entire day, I felt frustrated about creating a map because I was having a creative block. When I was getting started, I simply wrote "Biodiversity" in the center of the page and did what the challenge asked me to do, which was to just write out words and place images around it. Eventually, dragging around the words led me to envisioning the concept map I ended up coming up with. I'm so pleased with how my concept map turned out because it's clear to read, and it is easy to follow visually. Creating both paths allowed me to fully understand human impact on biodiversity, which led me to the page where I wrote about ways I can combat the biodiversity threats. At the bottom of the page, I mentioned that I wanted to expand my home garden with pollinator-friendly plants. I have not started growing any yet, but this happens to be part of my Climate Action Plan! My newfound knowledge about the importance of biodiversity through this challenge has instilled me with a passion to help preserve biodiversity. When species go extinct, they won't return. We are currently losing around 200 species every single day, which is such a terribly large number for a daily rate. I noticed that the bee populations in my local area are especially declining, which is why I wish to grow pollinator-friendly plants at home and in my school's garden. Through this challenge, I regained my creative confidence and developed a connection to biodiversity through connecting ideas in my concept map.

Last but not least, my final portfolio piece is the **greenest Eco-Hero** challenge. Connecting with other Project Green Challengers through social media helped me stay motivated to keep doing the challenges everyday. Harmonie and I followed one another earlier on in the month, and I was so happy when she asked me if I wanted to work on the Eco-Hero challenge together. During our interview, I felt like we had an instant connection through our relatability and shared interests. I was super intrigued by all of her insightful responses and genuinely enjoyed our call. I am normally scared

for calls with strangers, but the PGC connection we had helped us bond so well. When we began texting one another about our ideas and thoughts on the new challenges, I felt relieved to have someone I could speak and relate to about something I've been spending hours on daily. Through creating Harmonie's blog post, I was able to gain a new insight on another PGC-er's experience with the challenges. I'm proud of how it turned out visually and content-wise. It was really interesting to hear about what she's currently involved in and her plans going forward after the challenge. Gaining a new perspective from someone competing from another state helped me learn about the similarities and differences between how each challenge impacted us as individuals. I felt lost going into this challenge without knowing anyone else doing it, so following other PGC participants helped me stay in the loop of the community and have lots of eco-heroes to look up to. Throughout PGC, I've been mostly writing reflections about myself, so creating a blog post about someone I hadn't met before allowed me realize that I am surrounded by inspirational eco-heroes.

To sum it all up, Project Green Challenge has showed me how much power an individual has to create positive change and combat climate change. In just a month's time, I've not only acquired an incredibly large amount of knowledge about the issues our planet faces today, but I have developed critical thinking skills that have helped me push through each day. Making connections, reflecting, showing my creative side, embarrassing myself through Instagram Live, a bit of wrist pain from typing thousands of words a day (don't worry), and so much more have helped me realize that it only takes a month to be the change. When I heard PGC alumni talk about how much of an impact this challenge had on them in just 30 days, I finally get to relate to their claim. Yes; PGC has had an incredibly large impact on how I view the world and I will never forget this life-altering experience.

Carlmont Green Team

User: katnguyen

[kathryn2568@gmail.com](mailto:kathryn2568@gmail.com)

Carlmont High School

## Greenest Challenge

### Recipe: Creamy Avocado Pasta

Ingredients	Sourced
6 ounces whole-grain pasta	Whole Foods
1 ripe avocado, pitted and scooped	Trader Joe's
5 yellow cherry tomatoes	Home garden
1 organic lemon, juiced	Home garden
1 clove garlic	Whole Foods
⅓ cup olive oil	Whole Foods
1 small handful fresh basil	Home garden
¼ teaspoon salt	Whole foods
Freshly grated parmesan	Whole Foods
<b>Percent FLOSN</b>	~ 100%
<b>Cost per. person</b>	~ \$3.00

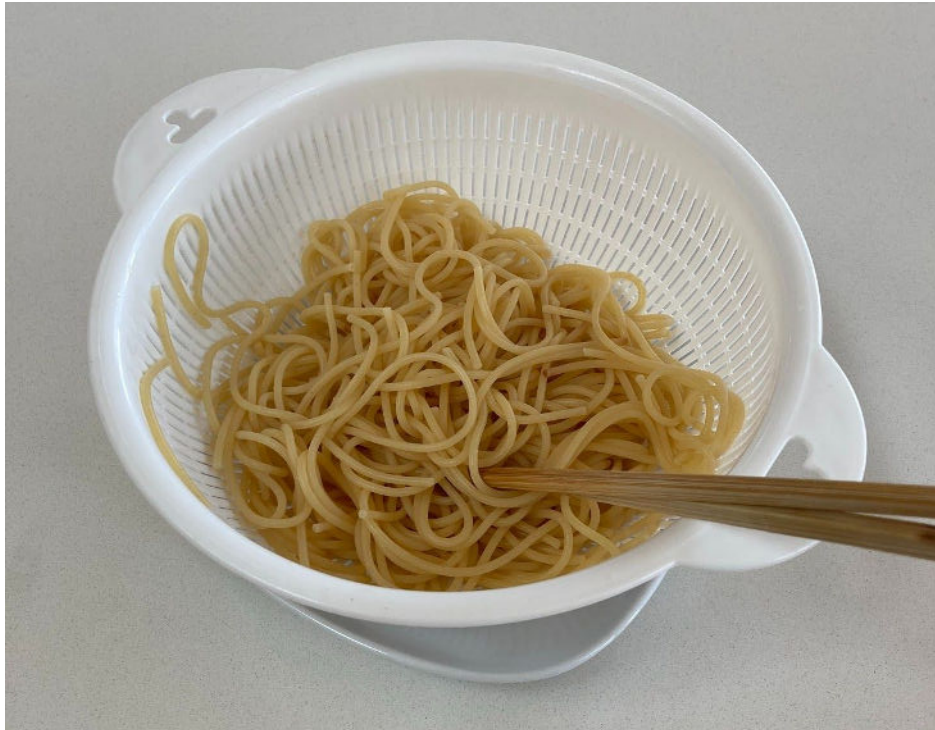
For this challenge, I selected the creamy avocado pasta from the Conscious Kitchen cookbook. 100% of the ingredients I used meet the FLOSN guiding principles. I was

pleasantly surprised by the amount of ingredients I was able to use straight from my home garden! Although the original recipe did not include cherry tomatoes, I added a few for a sweet touch. I estimated the cost per person to be around \$3.00 with the avocado and pasta costing the most amount of money.

I'm not the most experienced chef, but the simplicity of the recipe definitely helped make the cooking process easier. Using FLOSN ingredients made the pasta taste very fresh and healthy. I'll will definitely be making this pasta again as a simple yet delicious lunch.

I used freshly picked yellow cherry tomatoes, lemon, and basil from my garden. I did not go shopping to make this entrée. Most of the other ingredients were purchased from Whole Foods. My family doesn't always grocery shop at Whole Foods, but many of the ingredients I used were purchased from there. Whole Foods always has great organic, locally grown and non-GMO ingredients so we try to shop here for groceries as much as possible.

Finding the ingredients I already owned and checking to see where they were sourced from helped me become more conscious of where I buy my food from. In the future, I will pay more attention to what I buy to make sure it meets the FLOSN guidelines. The term was definitely new to me when I read about the challenge, so it's nice to know which guidelines I should meet when picking out groceries. Although the ingredients I used met the criteria, there were a few ingredients I couldn't use to make this recipe because they were not purchased from local farmers. Since my parents are usually the ones who do all the grocery shopping, I had a conversation with them about making sure to buy food locally as much as possible and taught them about FLOSN. To help them out, I'll be going grocery shopping and going to the farmer's market with them to help them choose the best ingredients. We will be trying our best to use what we already have first, and then we will make a better effort to select ingredients that are in the best interest of the planet and our health.



Cooked pasta until al dente.



In a food processor or blender, combine avocado flesh, lemon juice, garlic, olive oil, basil, and salt. Blend until smooth and creamy.





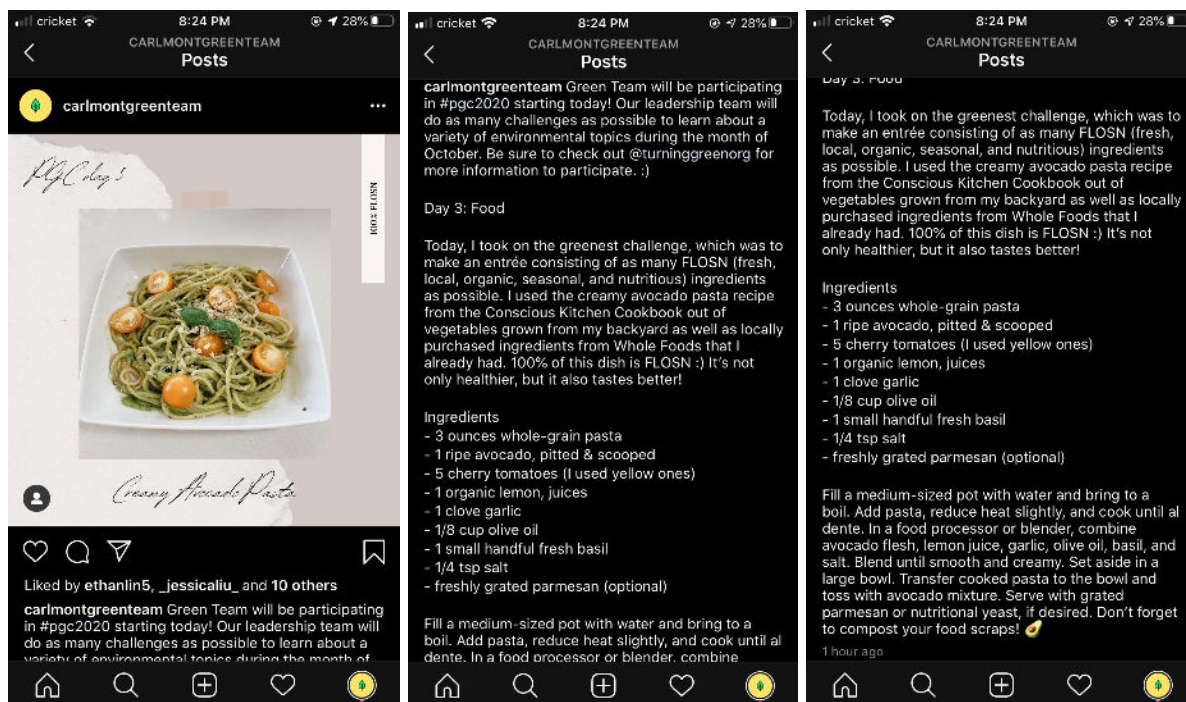
Combined the mixture with the pasta, and voila! Delicious creamy avocado pasta. I've never had anything like this, but making this dish was a lot of fun and the recipe was simple enough for a beginner chef like me to do.



I composted the food scraps when I was done!



There was some leftover avocado "sauce" in the food processor, so I stored it in a container and put it in the fridge to save for a quick snack (chips and "guac")!



Finally, I posted the entrée on the Carlmont Green Team Instagram. I included the recipe and cooking instructions too!

# DAY 6 - GREENER

## ZERO WASTE



Kat Nguyen  
User: katnguyen  
[kathryn2568@gmail.com](mailto:kathryn2568@gmail.com)  
Carlmont High School





# MY TRASH COLLECTION



## TRASH

Pocky wrapper

## RECYCLING

College mail

## COMPOST

Banana peel  
Egg shells  
Lime  
Zucchini Peel

My trash collection for today was quite small, but I think I can still work on downsizing my waste even more.

- 1. College Mail:** I've been getting a lot of college mail from schools I'm not interested in. I'm going to try and find the source of where they're coming from and see if I can somehow unsubscribe from these places. Even though I can recycle this mail, I think it's better to save as much paper as possible and so this type of mail can go to people who are genuinely interested in receiving it. The amount of unwanted college mail people receive accumulates over time which is definitely a huge waste of paper.
- 2. Pocky wrapper:** This was the only real trash I had, which also represents all the other snacks I eat that come in single use plastic (chips, candy, etc.). It's generally hard to find snacks in more sustainable wrapping, so I will try to avoid snacking frequently or replace these snacks with fruit! This will be better not only to reduce the amount of waste I generate, but to improve my overall health as well.

# MY CONVERSATIONS



**Tim Nguy**

Tim and I talked about the trash we produced today. I shared my bag of trash, and then I had him share the trash he accumulated today. It consisted of egg shells, yogurt, and a crumpled piece of paper from printing the wrong thing. I had him tell me which bin each of the items should go, and he got them all correct! I also talked about what I learned from the Story of Stuff and we discussed ways we can both live more sustainably, which included making sure to sort correctly, following the 5 Rs, and having more conversations about what we can do to reduce our waste.



**Ally Chu**

Ally and I also went over the trash we produced today, which happened to be pretty similar to my bag. I asked her to tell me where each of the pieces of trash she mentioned should go, and she also got everything correct! Here in the bay area, people are fairly knowledgeable about how to sort waste. I proceeded the conversation by asking her to tell me the 5 Rs, three of which she knew (she didn't know refuse and rethink). A few things she does to accumulate less waste is by using a metal straw, using a reusable water bottle, and sorting her waste.

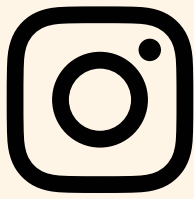
# ADOPTING REUSABLE PRODUCTS



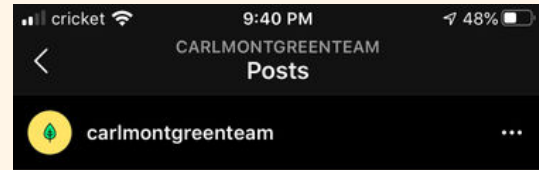
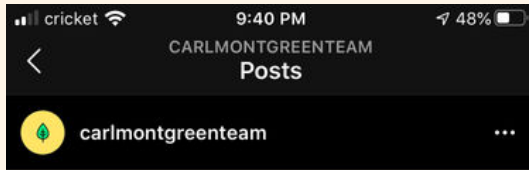
I plan to adopt reusable products by:

1. Using up what I already have first, and then looking at my local thrift stores or other second-hand shops to see if they have what I'm looking for. If they don't have my item, I will buy what I need from a sustainable/zero waste store, like Lauren Singer's Package Free Shop.
2. Making sure what I buy is actually something I need. If I'm buying something only because it's on sale, I will need to **rethink** that decision. I do not want to feed into consumerist habits!
3. Noticing the items that go into my trash the most and replacing them with more sustainable options. For instance, my family uses paper napkins and towels a lot, but they can easily be replaced with cloth napkins.

By making these simple changes to my life, I hope to reduce my waste footprint and inspire people around me to do the same. Maybe I'll start giving more sustainable birthday gifts to friends!

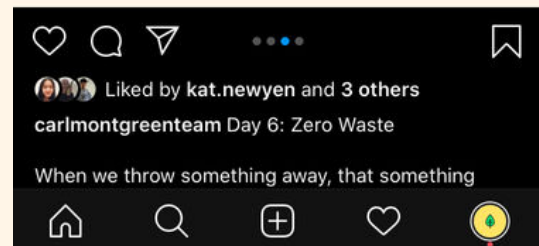
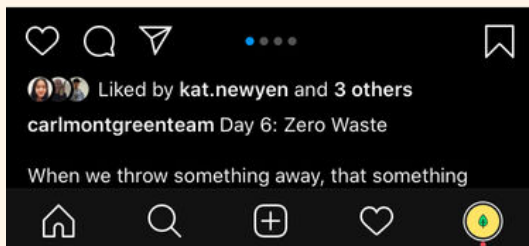


# SOCIAL MEDIA POST



1. **College Mail:** I've been getting a lot of college mail from schools I'm not interested in. I'm going to try and find the source of where they're coming from and see if I can somehow unsubscribe from these places. Even though I can recycle this mail, I think it's better to save as much paper as possible and so this type of mail can go to people who are genuinely interested in receiving it. The amount of unwanted college mail people receive accumulates over time which is definitely a huge waste of paper.

2. **Pocky wrapper:** This was the only real trash I had, which also represents all the other snacks I eat that come in single use plastic (chips, candy, etc.). It's generally hard to find snacks in more sustainable wrapping, so I will try to avoid snacking frequently. This will be better not only to reduce the amount of waste I generate, but to improve my overall health as well.



## Caption:

### Day 6: Zero Waste

When we throw something away, that something never really goes away. It must go somewhere, whether it be the landfill, a recycling center, or a compost facility. The Story of Stuff discusses that a linear system on a finite system cannot continue indefinitely. The only way to move forward sustainably is by moving towards a circular economy, which is a system involving the continual use of resources designed to eliminate waste.

As individuals, we can work on adopting a zero waste lifestyle. This doesn't mean eliminating our waste completely, but changing our habits to live more sustainably and generate less waste. We can reduce our waste by following the 5 Rs in this order: refuse, reduce, reuse, recycle, and rethink. Although it may seem expensive to purchase reusable items instead of buying cheap, disposable items, a low waste lifestyle is actually more cost effective in the long run!



## Day 7: Biomimicry - *greener*

Kat Nguyen

User: katnguyen

kathryn2568@gmail.com

Carlmont High School



# *My trip outdoors*



I settled down on this mossy log, which looked beautiful under the evening sun. I sat here for about 30 minutes until it began to get dark. I listened to the birds chirp, the bugs buzz, and the trees sway gently.



I went to my favorite trails near my home today after not "having enough time" to go on a hike for months. After finishing everything I had to do today, I left the house at around 5:30pm and I brought my camera to take pictures. I didn't see anyone else on the trail, which I thought was nice. Being alone with nature allowed me to explore my curiosity without the thought of being judged.



I was more fascinated by a squirrel now than I've ever been. Coming to nature for the purpose of reconnecting with the natural world allowed me to pay close attention to detail, which happened to be paying attention to the squirrel's jittery movements.

# Notes



I felt connected to the natural world by setting everything from my life aside, sitting down, relaxing, and settling down in an area I discovered after choosing a path I was unfamiliar with. Stepping outside allowed me to remember that nature was real. I'd forgotten the sensation of walking along the dirt path and closing my eyes to breathe in the fresh air underneath the canopy as a result of quarantine and unhealthy air quality getting in the way of spending time outside of my home. Being alone in a deeper, hidden part of the trails was especially calming. I'd never gone to the trails while the sun was setting, so it was a nice change of scenery along with never coming to the trails by myself.

This connection to nature allows me to think about how I envision the future. Having a nearby trail with tree canopies, squirrels, deer, banana slugs, and frogs is a privilege. Several acres of forests and land have burned down as a result of the fierce wildfires this season with climate change being a large contributor. As I continue working on these challenges and future environmental projects, I will remember my moments in nature as an incentive to never stop fighting for our planet. As the climate strike posters say, "there is no Planet B."

In a society where change is happening everyday and everywhere, I find myself at peace when I visit the trees that have been standing since I was born. Being in this natural environment makes me feel like I've been missing out. My senses get excited to finally be in the presence of a physical world of plants, animals, and everything that is a product of Earth. Listening to sounds other than the ones that come out of my headphones allowed me to hear nature's calling. My sense of smell cherished this moment of good air quality and my lungs appreciated the fresh, deep breaths of air. My eyes were blessed by the peaceful life around me; a place that exists independently of human activities, and a place that has not been destroyed by mankind. I loved every moment of my time outdoors, and I plan on setting more time aside to visit nature more often.

# Journal Entry



Dear Diary,

Today was the most relaxing day I've had in months. Why? Because I took time out of my day to spend it with nature--all by myself. All my senses tingled as I settled my position on the mossy log and felt the bark under my thighs, but not in a way that made sitting down uncomfortable. My gaze settled on different parts of the landscape until I slowly closed my eyes and listened to the sounds the Earth creates by itself.

Taking this pause from my life was meaningful to me as it reconnected me back to a place that is always there for me, but I'm not always there for it. The natural world is a place many of us seem to love, yet simultaneously neglect. We visit nature when it's convenient, we care for nature when it's convenient, and we hurt nature when it's convenient.

Now, we should gain our inspiration from nature, and not just when it's convenient. We must reshape our lives through the process of learning from our natural world. Not only can nature help us become inspired to preserve our lands that give us shade and a sense of composure, but it also has the tools we need to create solutions to our challenges. Using biomimicry to use innovations that are found in nature and applying them to advance technology can help us create a sustainable world while not drifting apart from our connection with nature.

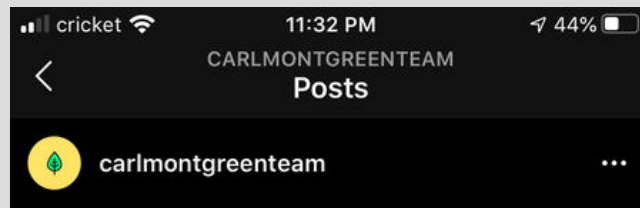
Observing these clumps of cobwebs beside me reminded me places I've seen mimic the look of cobwebs. Without spiders and cobwebs, I wouldn't have my spider chair. Yet every time people see a spider, they want to kill it. Instead of destroying nature, let's learn from it. Nature presents opportunities for us to enhance our environment by being open to us all, so we should not take nature's blessings for granted.

"Nature doesn't hurry, yet everything is accomplished." - Lao Tzu





# Social Media



## Journal Entry



Dear Diary,

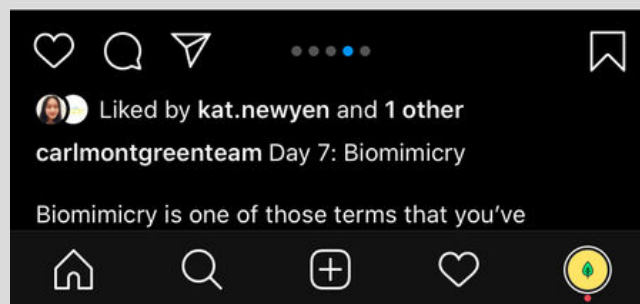
Today was the most relaxing day I've had in months. Why? Because I took time out of my day to spend it with nature--all by myself. All my senses tingled as I settled my position on the mossy log and felt the bark under my thighs, but not in a way that made sitting down uncomfortable. My gaze settled on different parts of the landscape until I slowly closed my eyes and listened to the sounds the Earth creates by itself.

Taking this pause from my life was meaningful to me as it reconnected me back to a place that is always there for me, but I'm not always there for it. The natural world is a place many of us seem to love, yet simultaneously neglect. We visit nature when it's convenient, we care for nature when it's convenient, and we hurt nature when it's convenient.

Now, we should gain our inspiration from nature, and not just when it's convenient. We must reshape our lives through the process of learning from our natural world. Not only can nature help us become inspired to preserve our lands that give us shade and a sense of composure, but it also has the tools we need to create solutions to our challenges. Using biomimicry to use innovations that are found in nature and applying them to advance technology can help us create a sustainable world while not drifting apart from our connection with nature.

Observing these clumps of cobwebs beside me reminded me places I've seen mimic the look of cobwebs. Without spiders and cobwebs, I wouldn't have my spider chair. Yet every time people see a spider, they want to kill it. Instead of destroying nature, let's learn from it. Nature presents opportunities for us to enhance our environment by being open to us all, so we should not take nature's blessings for granted.

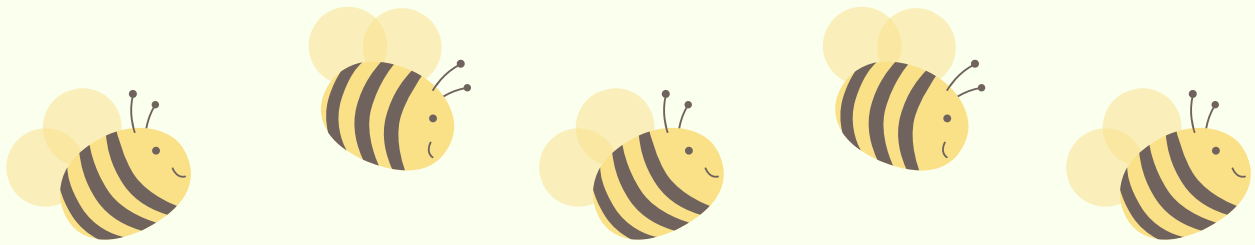
"Nature doesn't hurry, yet everything is accomplished." - Lao Tzu



## Day 7: Biomimicry

Biomimicry is one of those terms that you've probably never heard of, but it encapsulates much of what we see today throughout our lives. We take lots of our inspiration from nature to create materials and systems that help make our communities more sustainable. By following nature's footsteps, we can learn how it optimizes energy use at every turn. Biomimicry sees nature as a model and studies ways we can use nature's processes in our own lives. This quote from Lao Zhu resonated with me today: "Nature doesn't hurry, yet everything is accomplished."

Swipe to see examples of biomimicry, a journal entry from today's hike, and a biomimicry design I found interesting!



# *Biodiversity*

Day 20: **greener**

Kat Nguyen  
User | katnguyen  
kathryn2568@gmail.com  
Carlmont High School

# Concept map

Promotes soil formation,  
protection of water resources,  
pollution breakdown, climate  
stability, etc



forms the backbone of viable  
ecosystems that we depend  
on for basic necessities,  
security, and health

Sustainable, healthy ecosystem

Value nature, not stuff

Environmental protection

Connect with nature

Sustainability goals

Advocate for justice

Protect coral reefs

Reforestation

Save the bees

The path we **should** take

The variety of life,  
encompassing the  
smallest genes to  
entire ecosystems

← *Biodiversity* →

Includes diversity  
within species,  
between species,  
and ecosystems

The path we **shouldn't** take

Pollution

Disease

Urbanization

Overfishing

Deforestation

Climate change

Invasive species

Hunting & Poaching

Threats to biodiversity

erodes the foundations of our  
economies, livelihoods, food  
security, health, quality of life



more unpredictable weather,  
lost sight of nature -> there is  
no future without nature

# Where I fit in



I'm happy to say that I'm on the path that follows creating a sustainable, healthy ecosystem by protecting biodiversity. However, there is still more that I can do preserve biodiversity. Some of the things I and others can do are as follows:

1. **Support your local organic farms.** Organic farms have higher diversity of plants, insects and animals. These farms create suitable habitats for wild species due to the absence of pesticides and other chemicals, helping species grow in number and variety!
2. **Plant pollinator-friendly plants** to provide bees forage and combat pollinator loss. Pesticides are contributing to the decline in bee populations.
3. **Live a low waste lifestyle.** The development of landfills results in the loss of approximately 60-600 species per acre, and also contributes to air and groundwater pollution.
4. **Advocate for justice.** Biodiversity is a fundamental to our wellbeing, so we need to fight for the things that will lead us to a sustainable and healthy ecosystem (see top half of concept map). Raise awareness, send emails to politicians, create or sign petitions, and ignite change!

I currently support my local organic farms and live a low waste lifestyle. I'll work on expanding my garden with pollinator-friendly plants listed on the [Center for Food Safety website](#) to help the loss of pollinators. In addition, I'll advocate for justice by signing petitions and educating people, like members of Green Team about the issue!

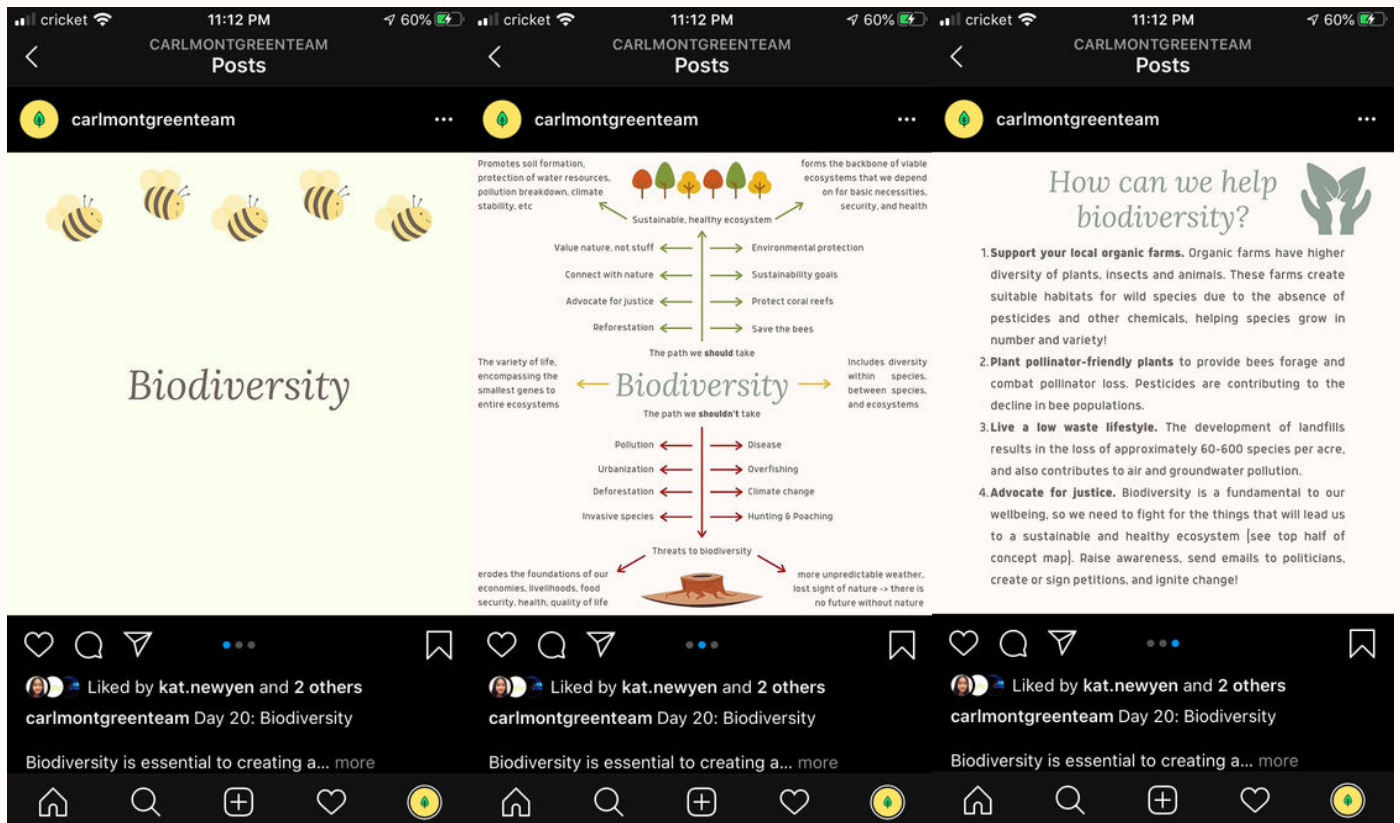
# Sources

One million species at risk of extinction, UN report warns

6 Problems Caused by Shrinking Biodiversity  
The Environmental Literacy Council- Value of Biodiversity

POLLINATOR-FRIENDLY PLANTS TO CHOOSE  
In Crisis. Learning from Ecologies of Care

## Social Media



### Day 20: Biodiversity

Biodiversity is essential to creating a sustainable and healthy ecosystem. We rely on it to provide foundation for everything we do on Earth, like ensuring clean air and water, fertile soils, food, and so much more. Despite how much we depend on biodiversity, humans have been threatening it through destroying nature. Some primary drivers of biodiversity loss include overexploitation, deforestation, pollution, and climate change. As a result, mass extinction is occurring in the blink of an eye.

The loss of biodiversity is equivalent to the downfall of mankind. If we continue to threaten biodiversity, this puts our ecosystems and our lives at risk. But it's not too late to take action. To follow the route to a habitable ecosystem, we must fight against the practices that are threatening biodiversity and advocate for the practices that protect and maintain it.

"Nature doesn't need people. People need nature." - Nature Is Speaking



Kat Nguyen

User | katnguyen

kathryn2568@gmail.com

Carlmont High School

# Eco-Hero

Day 25 - **greenest**





ECO-HERO

**Harmonie  
Ramsden**



# Harmonie Ramsden

## about

Harmonie is a junior at Princeton High School, New Jersey. Within her community, Harmonie has been involved in youth climate strikes and in-person political action. She joined Project Green Challenge to focus on herself internally by evaluating various environmental issues and learning about ways she can make a difference on an individual scale. Her strong commitment to the challenge has also earned her several daily challenge wins!

## eco-hero moment

Harmonie felt most like an eco-hero during the climate justice challenge. Growing up in a predominately white upper middle-class neighborhood, she understands her privilege very well. Through focusing on the indigenous people in America, she gained a new perspective of racial injustices within the environment. While she noticed injustices towards indigenous people at school and through the BLM movement, this challenge allowed her to connect the inequities she sees at school with climate change. As an eco-hero, she says, "Even though I am not someone who is hugely affected by climate justice because I'm not a part of many marginalized communities, I can still make an impact and spread word about these issues."

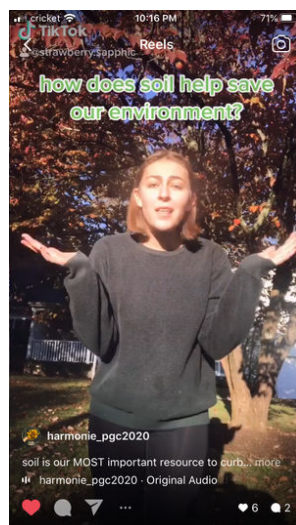
## most resonating themes

The Fashion and Soil challenges were most resonating to Harmonie because they were the most influential internally and externally. She realized that both of these challenges require dramatic shifts in the systems we have now, such that the fashion industry is mostly dominated by fast fashion retailers who don't care about ethical practices. She recognized that the issues she learned about in the Soil Challenge were very similar to the fashion industry because of the farmers who are exploiting land for economic growth. Noticing these destructive cycles had a big impact on how she viewed climate change and climate justice. She mentions that carrying these learnings forward requires consumers to demand better from the companies, which will ultimately help bring about the change we wish to see.

# moving forward

PGC has inspired Harmonie to connect climate change more into her everyday life. Although a lot of the things we do may seem unrelated to climate change, she notes that "The environment runs through everything. No matter what you're doing, there's some kind of environmental aspect to it." Similar to noticing parallels between fashion and soil, she has started thinking about what she can do to help resolve the climate crisis even while doing things that seem unrelated at first glance. For instance, the cookie store she works at uses lots of plastic to wrap all the cookies, which made her think about whether they could integrate more eco-friendly practices at work. Although she doesn't plan to major in anything related to the environment, PGC has showed her that everything somehow connects to the environment and she can move forward in that sense.

## Favorite submissions



I loved the creativity in these two submissions! Coincidentally, these were also the themes that most resonated with her throughout PGC. Upcycling and TikTok queen :)

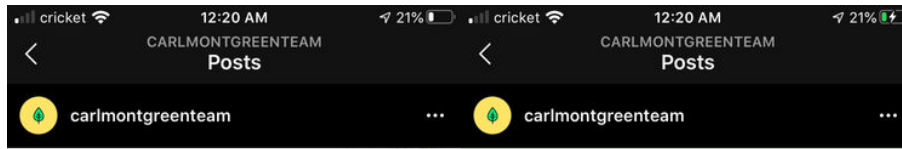
Harmonie has done incredible things. This is a picture of her and a climate group speaking at the UN for the Day of Peace!







# Social Media



## Harmonie Ramsden



ECO-HERO

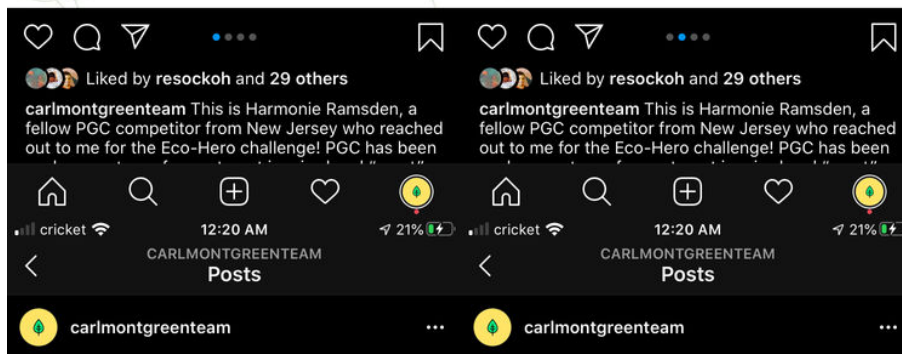
### Harmonie Ramsden

#### about

Harmonie is a junior at Princeton High School, New Jersey. Within her community, Harmonie has been involved in youth climate strikes and in-person political action. She joined Project Green Challenge to focus on herself internally by evaluating various environmental issues and learning about ways she can make a difference on an individual scale. Her strong commitment to the challenge has also earned her several daily challenge wins!

#### eco-hero moment

Harmonie felt most like an eco-hero during the climate justice challenge. Growing up in a predominately white upper middle-class neighborhood, she understands her privilege very well. Through focusing on the indigenous people in America, she gained a new perspective of racial injustices within the environment. While she noticed injustices towards indigenous people at school and through the BLM movement, this challenge allowed her to connect the inequities she sees at school with climate change. As an eco-hero, she says, "Even though I am not someone who is hugely affected by climate justice because I'm not a part of many marginalized communities, I can still make an impact and spread word about these issues."



## most resonating themes

The Fashion and Soil challenges were most resonating to Harmonie because they were the most influential internally and externally. She realized that both of these challenges require dramatic shifts in the systems we have now, such that the fashion industry is mostly dominated by fast fashion retailers who don't care about ethical practices. She recognized that the issues she learned about in the Soil Challenge were very similar to the fashion industry because of the farmers who are exploiting land for economic growth. Noticing these destructive cycles had a big impact on how she viewed climate change and climate justice. She mentions that carrying these learnings forward requires consumers to demand better from the companies, which will ultimately help bring about the change we wish to see.

## moving forward

PGC has inspired Harmonie to connect climate change more into her everyday life. Although a lot of the things we do may seem unrelated to climate change, she notes that "The environment runs through everything. No matter what you're doing, there's some kind of environmental aspect to it." Similar to noticing parallels between fashion and soil, she has started thinking about what she can do to help resolve the climate crisis even while doing things that seem unrelated at first glance. For instance, the cookie store she works at uses lots of plastic to wrap all the cookies, which made her think about whether they could integrate more eco-friendly practices at work. Although she doesn't plan to major in anything related to the environment, PGC has showed her that everything somehow connects to the environment and she can move forward in that sense.

## Favorite submissions



I loved the creativity in these two submissions! Coincidentally, these were also the themes that most resonated with her throughout PGC. Upcycling and TikTok queen }

Harmonie has done incredible things. This is a picture of her and a climate group speaking at the UN for the Day of Peace!

