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CHALLENGEDAY:_Day_2

CHALLENGELEVEL:_Green

From today's challenge, I've learned that the carbon footprint refers to the total amount of Greenhouse gases (GHGs) released into the Earth's atmosphere as a result of human activities. When we talk about human activities, we refer to the daily activities of each individual on earth: the greenhouse gases emitted by us through the different things we do and use. In our atmosphere, two main GHGs are mostly in large quantities, namely: carbon dioxide (CO₂) and Methane (CH₄).

I've also learned that there are five basic sources of this GHGs namely:

- Electricity from burned fossil fuels
- Heat from household
- Transportation vehicles
- Used commodities which generate wastes and
- Consumption of livestock products which eventually leads to production of livestock wastes which emits methane.

Low carbon lifestyle is the best way to reduce our carbon footprint by 80 percent. And also, electricity production from use of synthetic fuel or hydrogen, rather than fossil fuel is also an efficient global move to reduce ecological carbon footprint. We can monitor our carbon footprint by calculating our footprint using "Global Footprint Network's calculator."

1. My personal results after the use of the Global Footprint Network's calculator shows as follows:

- My ecological footprint (global hectares or gha): 4.6
- My carbon footprint (CO₂ emissions in tonnes per year): 7.4
- My carbon footprint (% of my total Ecological Footprint): 55

If everyone lived like me, we would need 2.7 planets

2. My daily activity I think is most resource intensive is "the use of a generator plant that uses petrol to supply power to my house."

3. A big change I can make to reduce my foot print, is to use a renewable source of energy like a solar panel rather than a petrol plant. I plan to reduce my footprint by telling my parents of the innovative idea of the use of a solar panel which is reliable and more efficient than a petrol plant. I'm sure they'll yield my plea because it would help save the ecosystem.

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CHALLENGEDAY:_Day_3

CHALLENGELEVEL:_Greener

From the first article, I've seen the great obstacles people face on trying to get food with the FLOSN (Fresh, Local, Organic, Seasonal and Nutritious) features. Basically in the United States, race and gender inequality has become a great tragedy to the socioeconomic standard and the human health of these effected citizens. This is simply because of their sexual status such as being lesbian, bisexual or transgender. Women are the effected gender, mostly black women. These classes of women are referred to as the Sexual Minority Women (SMW) whom are being effected. The National Health Interview Survey (NHIS) and the National Health and Nutrition Examination (NHANES) has taken the heroic step to go into the society and save this less classified people from health disasters like obesity, cancer, lack of immunity and other health issues. These health agencies have been able to offer Emergency food assistance to these minority women. Limitations also occur in the roles these agencies play as to the fact that only age 18-59 are asked NHANES and NHIS questions. Other government agencies like the National Center for Health Statistics (NCHS), Center for Disease Control (CDC), Federal Supplementary Nutrition Assistance Program (SNAP) and the National Department of Agriculture have measures to curb the spread of this disastrous tragedy spreading in the socioeconomic status of it's citizens and the low health status of these less privileged citizens too.

In my own local and campus community, food deserts and food insecurity are as a result of the long distance to the local farmers, low currency value, tribalism and market price hike as a result of no general price control which sometimes causes monopoly in the market. I think if the value of my country's currency should increase, farmers are encouraged to plant more organic foods, and government should place and implement policies to control price in the market and maintain a balanced socioeconomic status in the country, all citizens would be able to easily access this good food products with the FLOSN features.

An eligible action I would take to curb the obstacles for people trying to achieve a wholesome diet, is to try to access a capital from the bank to start up a food sale to the common consumers when I buy them from the local farmers. By this bold step, I would make FLOSN foods accessible to the public and promote the good health status of the general public and build a sustainable ecosystem.

A big concrete step I can take to address these issues where I live and go to school, is to enlighten the public and be a FLOSN foods activist through the social media in other to create

awareness to the general public and the government on the need and necessity of consuming FLOSN foods. And also making this foods available to all citizens despite his or her race or ethnicity.



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CHALLENGEDAY: Day12

CHALLENGELEVEL: Green

OCEAN

Talking about the OCEAN today, @OnlyOne has made me aware of a lot of pollution that goes on in our aquatic ecosystems. There are three interesting facts I have learned from Only One's article namely:

- ★ Plastics, "the material of a thousand uses," has caused more harm than good to human health; that micro-plastics are now being detected in utero and that petrochemicals are diminishing the ability of current and future generations to reproduce.
- ★ That by 2050 there could be more plastic in the ocean than fish. This is due to the fact that Fossil Fuel and Petrochemical corporations has not only been spilling oils and releasing Greenhouse gases, but have also invested in the massive production of single-use plastics.
- ★ The most interesting fact I learned is that plastics have contaminated ecosystems across the globe. They've been detected from the top of Mount Everest to the bottom of Mariana Trench in the deepest ocean.

Three solutions to the massive global challenge of plastic in the ocean may include:

- Breaking habits around single use plastics.
- We, the global population must raise our voices and campaign to bring global accountability to the goliath interests that have gone unchecked for far too long.
- Fossil Fuel and Petrochemical corporations must be stopped from building their factories near human habitated neighborhoods and communities.

One thing I can do individually to be part of the solution is to stop the use of single-use plastics. And inform the nearest public about the harm to the ecosystem caused by plastics.

Two things corporations can do to be part of the combat against ocean pollution includes:

- ★ Develop the need to supply products that are zero waste and part of a circular economy.

As well as being transparent to the public about the contents of their products.

- ★ Also, corporations must stop the production of single-use plastics.

With all these measures put in place, our ocean will again be clean and more productive than now.



ebubechukwu004 Project Green Challenge
Day12: OCEANS

I have come to discover today that PLASTICS,

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CHALLENGEDAY: Day11

CHALLENGELEVEL: Greener

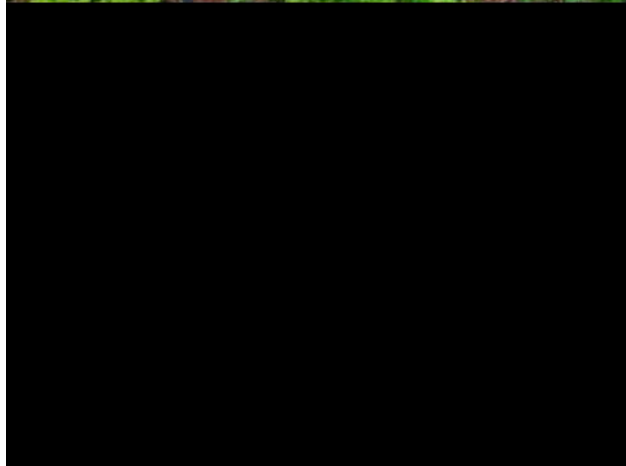
SOIL

I have really Learned a lot from the SOIL QUEST process. It taught more about Soil, and gave me reasons why I should advocate for it's safety. I have come to understand that the Soil is the center of creation.



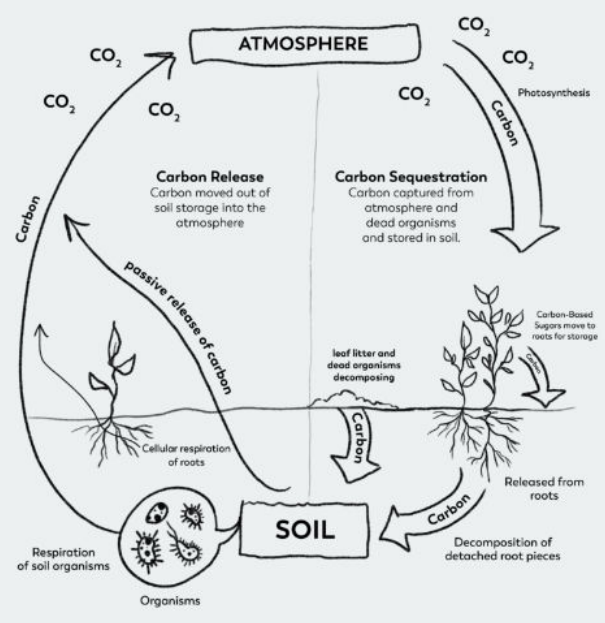
Instagram logo and navigation icons.

Profile information for user **ebubechukwu004**, Nigerian Maritime University.



How does carbon move between the soil and atmosphere?

WHAT CAN YOU FIGURE OUT BY LOOKING AT THIS CARBON CYCLE?



Carbon is above us, below us,

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CHALLENGEDAY: Day14

CHALLENGELEVEL: Greenest

A CAMPAIGN ON THE NEED TO PURCHASE FAIR TRADE CHOCOLATE

What is Fair Trade?

Fair Trade is a system of certification that aims to ensure a set of standards are met in the production and supply of a product or ingredient. For farmers and workers, Fairtrade means workers' rights, safer working conditions and fairer pay. For shoppers like us, it means high quality, ethically produced products.

Fairtrade is a global movement with a strong and active presence in the UK, represented by the Fairtrade Foundation.

How Does Buying Fair Trade Products Help?

Fairtrade can improve food security which is closely linked to economic growth, stable incomes and reduced risk and vulnerability. If a farmer has a better income, it means he or she has more money to buy food and more money to invest in growing more crops.

Fair Trade Chocolate:

Chocolate being a major Fair Trade Product, consumed in billions of pounds yearly in the UK and the US, is meant to be bought under Fair Trade rather than conventional. Conventional chocolate has only caused enormous problems in our society like: poverty, gender inequality, exploited labour, and deforestation.

Our choices as consumers can hold corporations accountable for their practices, while also uplifting the Fair Trade movement.

SIX REASONS WHY CHOOSING FAIRTRADE CHOCOLATE MAKES A DIFFERENCE:

- Fair Trade certified farmers are empowered to organize democratically and become more sustainable.
- Fair Trade guarantees farmers a financial safety net, even when global cocoa prices decrease.

- Fair Trade cooperatives earn a premium and control it 100 percent.
- Women cocoa farmers are growing as business owners and leaders.
- Farmers can make progress toward living incomes.
- There's a lot of deliciousness to choose from!

