

# DAY 7 - GREENEST

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**BODY**

**Q'UMIR  
LLAQTA**



User name: shirleycr

Email address: shirley.cantaro.r@uni.pe

College: Universidad Nacional de Ingenieria



**October 7th, 2021**

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## **WHAT RECIPE DID YOU CHOOSE?**

I chose the recipe with the name "Dry Shampoo", because I had most of the ingredients that were needed.

## **HOW DID YOU SELECT INGREDIENTS? COULD YOU SOURCE ANY ORGANICALLY?**

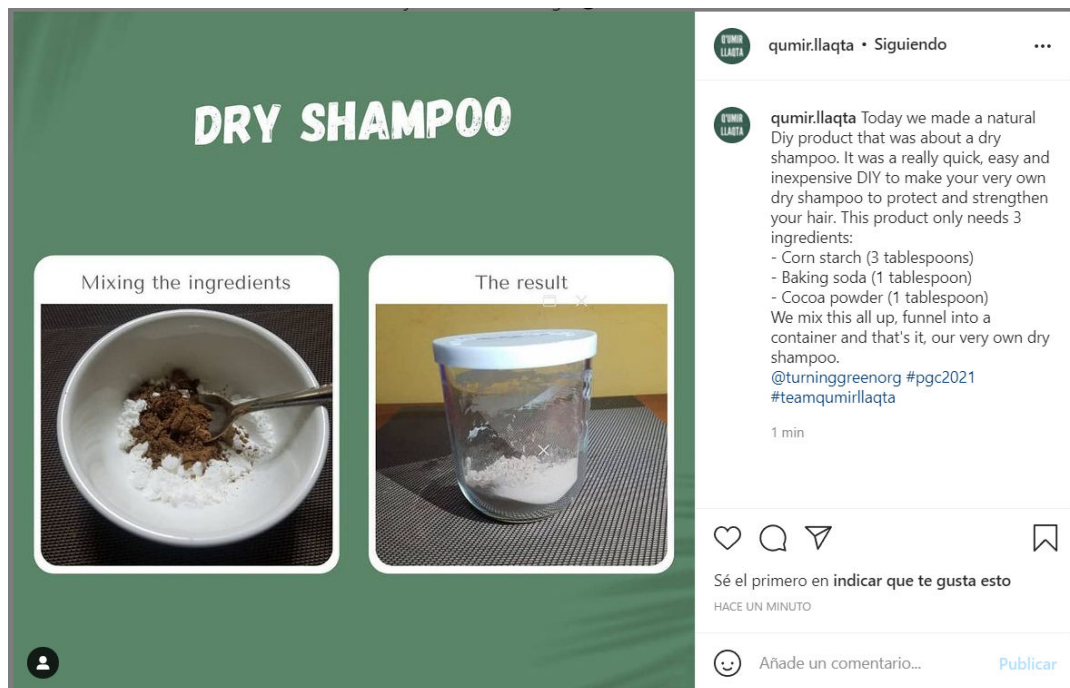
I selected them according to the instructions, trying to have most of the ingredients in my house to avoid making single-use purchases. I couldn't source any organically because these 3 ingredients are used in cooking and as a medicine.

## **WHAT DID YOU PUT YOUR PRODUCT IN? A REPURPOSED CONTAINER? PLASTIC-FREE?**

I put it in an old nutella bottle because it had the perfect shape to store the shampoo. In my house we usually keep these types of containers to keep other things inside them.



# Instagram Post



[WWW.INSTAGRAM.COM/P/CUTMVM\\_M4A4/](https://www.instagram.com/p/CUTMVM_M4A4/)

## **TIME TO SHARE YOUR DIY PRODUCT WITH A FRIEND, HOUSEMATE, OR FAMILY MEMBER**

### **DID THEY ENJOY USING YOUR DIY PRODUCT?**

They enjoyed it since it is a very inexpensive recipe that fulfills its function which is to protect the hair, strengthen it and avoid the use of chemical products found in market shampoo.

### **WERE THEY SURPRISED BY ANY OF THE FACTS?**

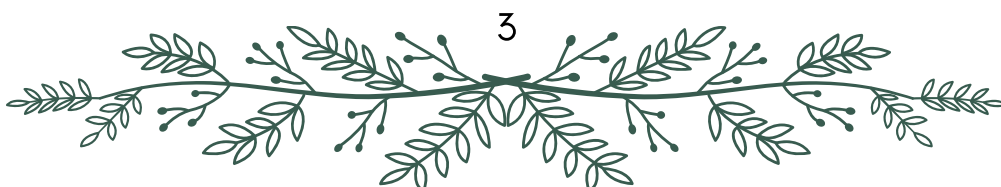
They were surprised by the fact that they did not know this type of shampoo since in my locality it is common to use a shampoo such as Head & Shoulders, Savital, Pantene or others that cost over 20 soles and have a great variety of chemicals.

### **WILL THEY FOLLOW YOUR LEAD AND TAKE A LOOK AT INGREDIENTS IN THEIR CURRENT PRODUCTS?**

Probably yes, because these recipes that are easy to make and are inexpensive are the ones that attract attention and encourage people to investigate the differences between a homemade product and a market one to use the healthiest one.

### **ARE THEY OPEN TO SWITCHING TO CONSCIOUS PERSONAL CARE PRODUCTS?**

They would be open if they have a real example of a person who uses these homemade products for their personal care because not all people trust a new product without first seeing the effects on another person.



# DAY 20 - GREENER

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## ECONOMICS

**Q'UMIR  
LLAQTA**



User name: shirleycr

Email address: shirley.cantaro.r@uni.pe

College: Universidad Nacional de Ingenieria



**October 20th, 2021**

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## **CLIMATE ACTION PLAN IN PERU**

Here we have a climate and gender action plan, it's about to include both genders, without discrimination, to the activities of mitigation and adaptation to climate change, in order to maximize the effectiveness of interventions, programs and resources. Personally, I think they should add the issue of races because not only is there discrimination against women, there is also discrimination based on races, religions and sometimes age. Also I think that the problem of climate degradation and climate change should be addressed firsts because at the end it will be beneficial for every person in the world.

### **LETTER**

Good Afternoon,

Q'umir Llaqta greets you, hoping you are in good health.

We are 4 students that just read about the climate action plan of Peru and we want to show you our concern about climate change and climate degradation, because we are not doing enough for our planet and we need to establish new measures in order to mitigate and reduce the impact of climate problems.

Also we can't ignore the consequences of climate problems in Arequipa, Moquegua, Tacna or Ayacucho, their farmers are being affected because of climate change and it keeps increasing, in a future maybe there won't be land to cultivate our food, so we have to enact a detailed climate action plan in order to help the environment and our quality of life.

I await your prompt reply.



# Via Email



**Ciudad Verde** <q.umir.llaqta123@gmail.com>  
para pcastillo, rramirez m ▼

23:04 (hace 0 minutos) ☆ ↩ ⋮

Good Night,

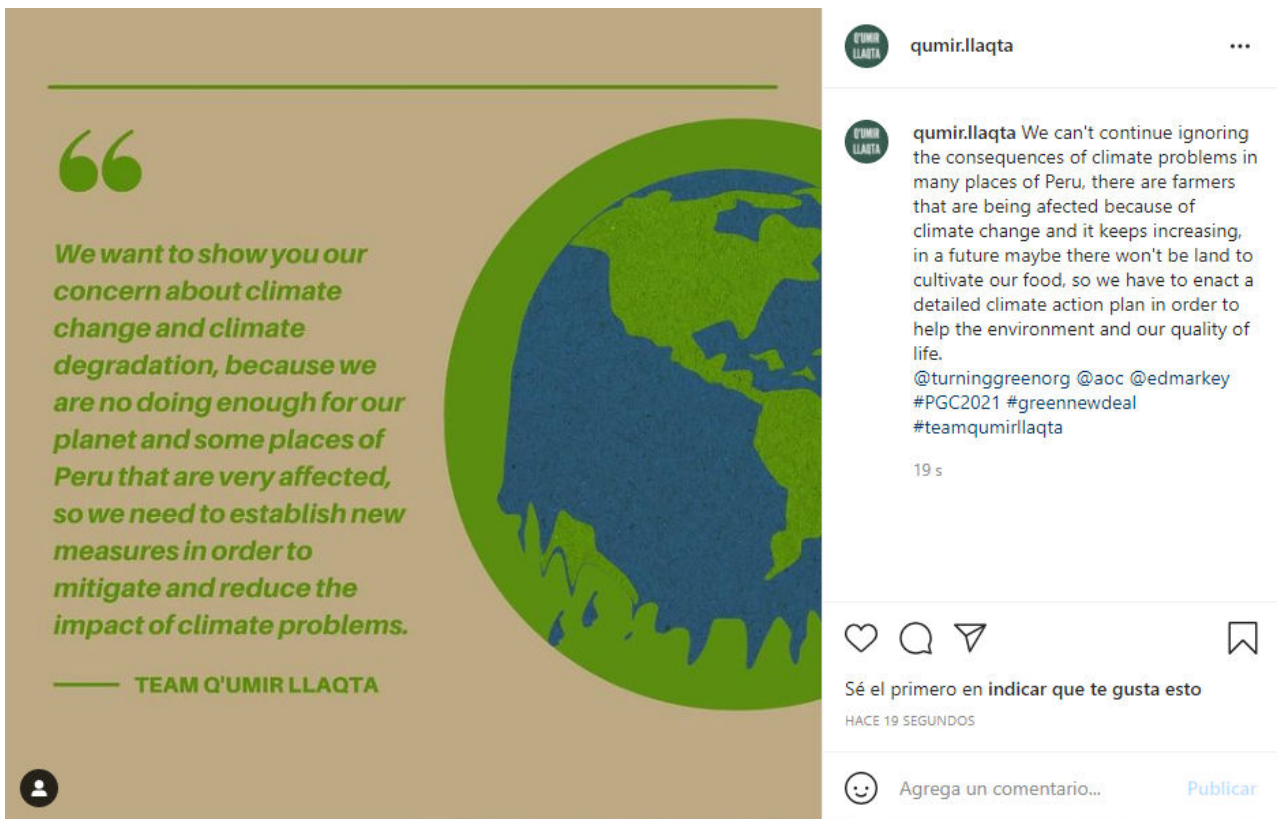
Q'umir Llaqta greets you, hoping you are in good health.

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I await your prompt reply.

# Instagram Post



[HTTPS://WWW.INSTAGRAM.COM/P/CVRtytes-0B/](https://www.instagram.com/p/CVRtytes-0B/)



# DAY 19 - GREENER

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## FOOD WASTE

**Q'UMIR  
LLAQTA**



User name: shirleycr

Email address: shirley.cantaro.r@uni.pe

College: Universidad Nacional de Ingenieria



**October 19th, 2021**

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## RESTAURANTS

Here in Peru, very few restaurants participate in these food donation programs, which is carried out in my country, they are donations from large supermarket companies that every day have some losses due to an error in packaging the product or a close date Upon expiration, these types of products are donated to small establishments such as Local Canteens of some human settlement, or to common pots made by neighbors due to the need to reduce expenses. Thus these companies directly provide products such as pasta, cereals, so that they can complete their plate of food for several people in the place.

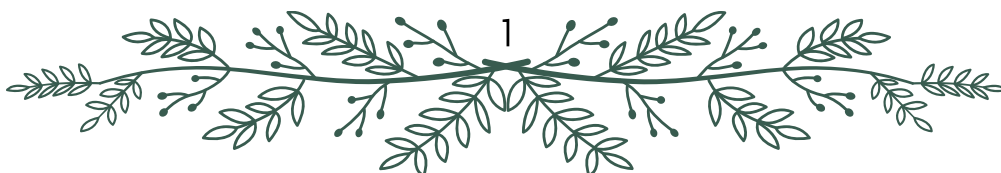
## LETTER

Good Afternoon,

Q'umir Llaqta greets you, hoping you are in good health.

As a representative of the Qatuna market, I wanted to ask you that knowing the division of the market, you know if the merchants have losses or waste of product, either because they are close to the expiration date or have a defect to be able to be sold, considering these facts, this You are aware that many of these arrive at the garbage dump with everything and food that can be used for people who need it. That said, it is known that there are several ways to be able to offer these products to people who really need them, such as being an ally of the Food Bank of Peru, which is in charge of gathering several products from different companies and then distributing them. I would be glad if you can take what I say into account, because there are several large and well-known companies that are involved in this. Without further ado, thanks for the time.

I await your prompt reply.



# Via Email



**Ciudad Verde** <q.umir.llaqta123@gmail.com>  
para jcruzado ▾

23:51 (hace 0 minutos)



Buenas tardes,

Le saluda Q'umir Llaqta, deseando que se encuentre bien de salud.

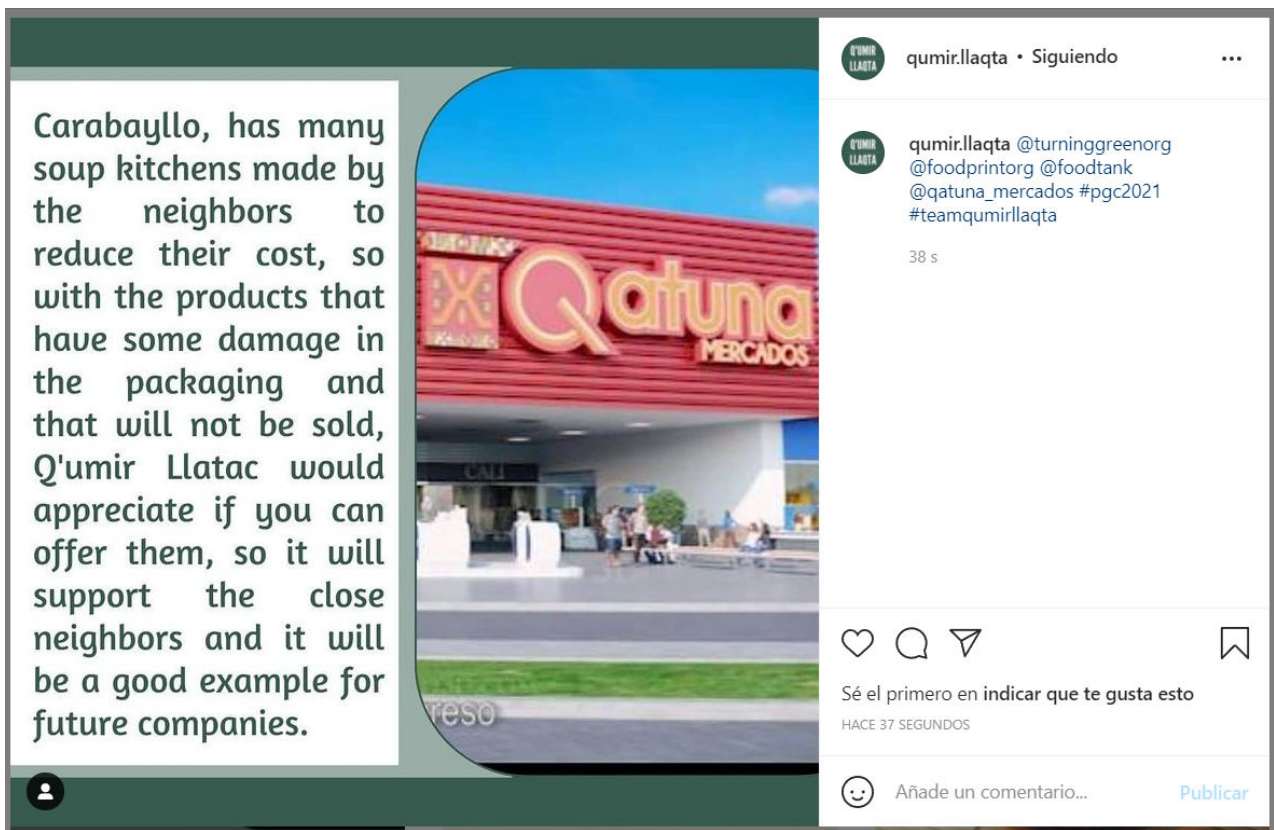
Como representante del mercado Qatuna, queria preguntarle que conociendo la division del mercado, sabe si los comerciantes tienen perdidas o desperdicios de producto, ya sea porque estan cerca a la fecha de vencimiento o tienen un desperfecto para poder ser vendido, considerando estos hechos, esta usted consciente que muchas de estas llegan al basural con todo y alimento que puede ser aprovechado para personas que les hace falta. Dicho esto, se conoce que hay varias maneras de poder brindar estos productos a personas que realmente lo necesiten, como por ejemplo ser aliado del Banco de Alimentos del Peru, que se encarga de reunir varios productos de diferentes enpresas para luego repartirlos. Agradaceria que pueda tomar en cuenta lo que le digo, porque san varias empresas grandes y muy reconocidas las que son partícipes de esto. Sin mas que agregar, gracias por el tiempo.

Espero su pronta respuesta.

↩ Responder

➡ Reenviar

# Instagram Post



WWW.INSTAGRAM.COM/P/CVPRUKPGLDD/

# DAY 21- GREENEST

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## BIOMIMICRY

**Q'UMIR  
LLAQTA**



User name: shirleycr

Email address: shirley.cantaro.r@uni.pe

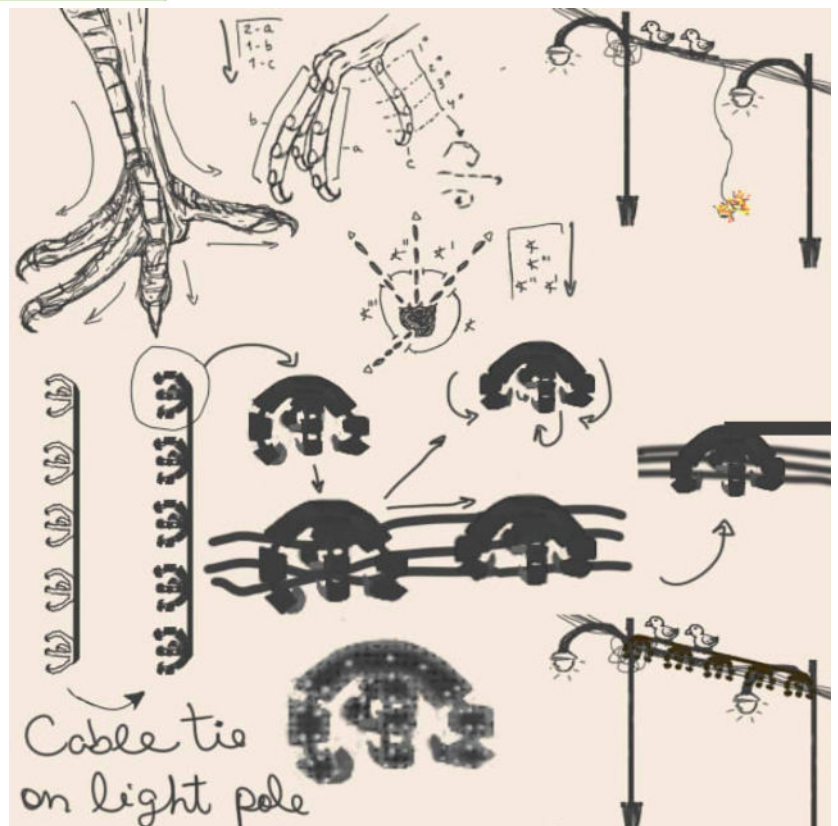
College: Universidad Nacional de Ingenieria



**October 21th, 2021**

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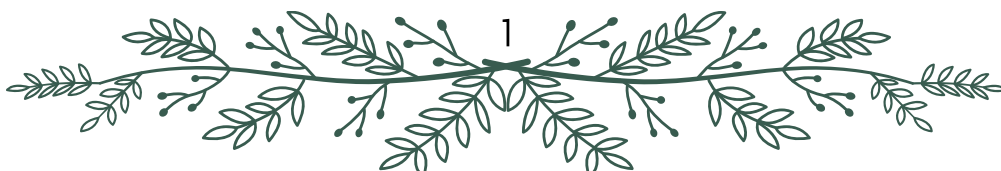
	It is a solution to the amount of loose cables in the city with that it seeks to encourage order and good practices
	This idea tries to imitate the clamping mechanism to keep the light cables and avoid accidents
	These contractile "fingers" give them stability and support
	The fingers have several points of union to contract the foot of the bird
	Nature shows us how birds hold freely on the branches with so few "fingers"
	To help urban order and avoid accidents due to loose cables



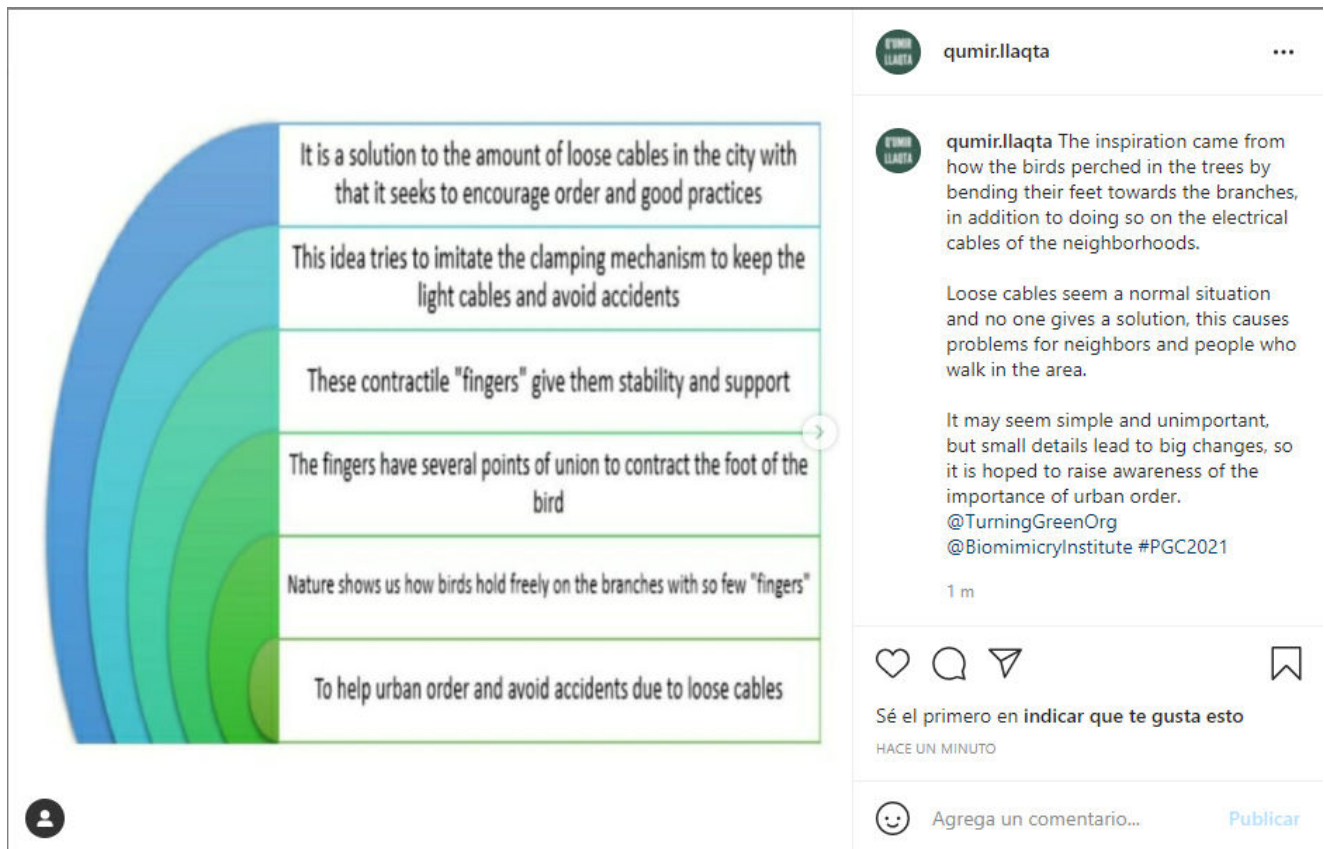
**THE INSPIRATION CAME FROM HOW THE BIRDS PERCHED IN THE TREES BY BENDING THEIR FEET TOWARDS THE BRANCHES, IN ADDITION TO DOING SO ON THE ELECTRICAL CABLES OF THE NEIGHBORHOODS.**

**LOOSE CABLES SEEM A NORMAL SITUATION AND NO ONE GIVES A SOLUTION, THIS CAUSES PROBLEMS FOR NEIGHBORS AND PEOPLE WHO WALK IN THE AREA.**

**IT MAY SEEM SIMPLE AND UNIMPORTANT, BUT SMALL DETAILS LEAD TO BIG CHANGES, SO IT IS HOPED TO RAISE AWARENESS OF THE IMPORTANCE OF URBAN ORDER.**



# Instagram Post



[HTTPS://WWW.INSTAGRAM.COM/P/CVSDZUC08B\\_/](https://www.instagram.com/p/CVSDZUC08B_/)

# DAY 15 - GREENEST

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## FASHION

**Q'UMIR  
LLAQTA**



User name: shirleycr

Email address: shirley.cantaro.r@uni.pe

College: Universidad Nacional de Ingenieria



**October 15th, 2021**

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- **Can you give them to a friend or family member? Organize a clothing swap, even with just a few people? Figure out a new way to wear your old items? Upcycle it into a piece you can continue to use?**

I exchange clothes with my little sister and my parents sometimes also give me some clothes to wear inside the house.

- **Which level of the Buyerarchy of Needs seems the easiest for you? Which is the most difficult?**

I think the "make level" is the most difficult in the Hierarchy of Needs because you need time, creativity and materials, on the other hand the "borrow level" is the easiest for me because you still use the clothes that you need but you don't buy a new one.

- **How will you implement these ideas in your life going forward?**

In Peru there is already a culture of inheritance of clothing among relatives or in parish organizations, many ideas are also transmitted on how to reuse old clothes so I think I will continue to expand reuse ideas to other people.



# Plans to reuse clothes



## PLAN 1

The shirts can be reused as towels for pets, depending on the type of fabric and the size of the animal, more shirts will be needed.



## PLAN 2

Clothes that are not going to be used in any way can be reused for the home of some pets



## PLAN 3

The clothes that you no longer want to wear because they no longer fit your style or because they no longer fit can be donated to family or friends who want them



You can also accept the clothing of others that fits you or is your style and even if you don't use it to go out you can use it inside the house



## PLAN 4

Clothing can be cut into long pieces and then attached to a short stick to create a fabric duster.



# Instagram Post



[WWW.INSTAGRAM.COM/P/CUJLLJSAYBR/](https://www.instagram.com/p/CUJLLJSAYBR/)