

Title of CAP Project: Sustain and Sprout

CAP Summary Overview: Our CAP project, Sustain and Sprout, worked to close the loop on food waste through sustainability and community engagement. Our system transformed everyday food scraps into compost, which nourished plants in a community garden, creating a cycle: scraps to soil, soil to plants, plants to plate, and plate back to scraps. Our planted vegetables were either used in our school cafeteria or FACS classes to make nutritious meals. We hosted workshops on making "seed bombs" using leftover items like old paper, compost, and native plant seeds. By scattering them in neglected places, we helped pollinators, restored ecosystems, and gave new purpose to items that would otherwise have been wasted. Together, these efforts encouraged our school community to rethink waste, take actions for the planet, and embrace sustainable practices that contribute to a healthier, greener world.

Reflection on CAP Journey/Experience

Our CAP journey began as a mission to reduce food waste, but as we progressed, that mission evolved into something deeper: building a closed-loop system that not only composted food waste but also educated and empowered our community. We faced challenges like administrative barriers, but we were able to overcome them through collaboration and our passion for environmental activism. From December to April, developing a step-by-step process, we planted vegetables, composted, and hosted workshops where we made seed bombs and planted them, where we learned valuable lessons about environmental conservation, community engagement, and the importance of taking action to protect our planet. One of our greatest lessons was how little steps can create large environmental effects. We also learned that engaging other individuals with experiential experiences such as seed bomb workshops can create genuine interest in green action. Apart from reducing food waste and improving soil health, we also helped build awareness and enthusiasm among students at our school for protecting the environment. Overall, we are proud of how this project strengthened our collaboration and had a long-term impact. Our CAP project, Sustain and Sprout, has the potential to inspire future generations to take meaningful environmental action.

