



DAY 26 - GREENER

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# MOBILIZE

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# PROJECT #1

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Name: Circular Cafeteria (pending catchier name idea)

Themes involved: Food, Food Waste, Social/Food Justice, Soil, Biodiversity

Costs:

- New cafeteria food: FLOSN food is not always more expensive than the alternative. Even if the cost ends up to be more expensive, my school can afford it. There is no reason why students at my school should have to rely on the poor quality food that is being served at our cafeteria.
- Reusable trays: If my school were to decide to buy enough reusable trays to support all the students who eat food from the cafeteria, I may estimate the cost to be at least \$1000, although I'm not sure.
- If reusable trays aren't a good option, an alternative is having 100% biodegradable wrapping, trays, and utensils for everything. I don't expect this to cost more than what our system involves currently, but a slight increase in price shouldn't break the deal.
- Compost soil bin: To create soil, my school will need a soil bin, which may cost around \$80-\$200 depending on the size.

Summary: After witnessing the poor quality cafeteria food on student's plates, the amounts of food wasted, and the people affected by this issue the most, I want to integrate the FLOSN principles into my high school's cafeteria menu. I've read up on the Conscious Kitchen's work, where they have transformed school lunches by introducing school cafeterias to FLOSN meals. Not only will this help reduce greenhouse gases, but it will also help address the problem we see in that mostly low-income and BIPOC students have been relying on this poor quality food from the school, especially during the pandemic.

In addition to changing the food served at my school's cafeteria, I want everything in the cafeteria to be waste-free. Whether that mean having soiled wrapping and trays that can be composted or reusable plates and utensils available, I don't want anything from the cafeteria to go to landfill. I also plan to have a bin that collects the food scraps from students' leftovers. Although we send our compost to Recology, I'd like to use it to make soil. We have a very small, caged garden where I used to grow coleus. I think this is a great starting place to grow pollinator-friendly plants, which would help save endangered bee populations by creating a safe habitat for them.

I've called this project the "Circular Cafeteria" because nothing here is going to waste. This project designs out waste and pollution, keeps everything in use, and regenerates natural systems through composting and growing pollinator-friendly plants.



# Action steps

- Get support/advice from teacher
- Get help from students - As always, I'll ask Carlmont Green Team members first—they're my first priority. :) As for other students who may be interested, I'll send a school-wide announcement that includes a google form where any student can sign up to help.
- Research!! Get inspiration from other schools, be prepared to answer questions, and have AS MANY REASONS why my plan is worth doing as possible.
- Propose a potential FLOSN menu to the school.
- Have meetings with the district's food services, the principal, and anyone else I may need to discuss logistics and planning with.
- Implement the project, starting with creating teams. There will most likely be a team involved in helping with the cafeteria, a composting team, and a gardening team.
- Plan out what each team will be in charge of and pick a leader for each team.
- Replace old menus, set up food scraps bin, compost soil bin, preferably all in one day before we begin.
- Begin the circular cafeteria cycle!!

# Pros & Cons

- Mirrors the idea of a circular economy, which keeps everything in use!
- No waste
- Low-income & all students in general will have better menu options, and might even draw more people to eating from the cafeteria
- Helps mitigate climate change by putting food scraps to good use and introducing climate-friendly meal options
- Helps biodiversity, specifically bee populations through compost system
- Improve garden soil health to sequester carbon :)

- May be more expensive than our current system
- Might be too ambitious of a plan
- Project will require lots of people to be involved, especially with the garden and composting, which may become problematic as people graduate
- May have difficulty finding a good food provider

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## PROJECT #2

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Name: Green Roofs

Themes involved: Biodiversity

Cost:

- At least \$2000+ to transform roofs into a place that can allow things to grow
- ~\$100 for plants?
- Total: \$3000

Summary:

In my eyes, the roof of my school is the perfect place to protect biodiversity. We won't have to find a separate place on campus for it since it can just be right on top of the roof. A rooftop garden would be a great way for students to grow native or pollinator-friendly plants to preserve ecosystems. The roof is away from all the people who are destroying nature. I've witnessed people stepping on plants all the time, which is not the best type of feeling. Through this project, I want to put our roofs to good use to protect biodiversity and also get students involved outside!





## Action steps

- See if the project is possible—how much weight can the roof support? Are students even allowed to go up there?
- Get support/advice from teacher or advisor
- Get help from students
- Create a team to help create a blueprint for the green roof, and someone to help with construction work.
- Research!! Get inspiration from other schools, be prepared to answer questions, and have AS MANY REASONS why my plan is worth doing as possible.
- Propose a blueprint of a green roof to the school.
- Have meetings with the district, the principal, and anyone else I may need to discuss logistics and planning with.
- Wait for any construction to be completed, and then begin growing native and pollinator-friendly plants!
- Protect biodiversity!!

## Pros & Cons

- Opportunity for students to get involved in growing nature and protecting biodiversity on the rooftop
- Informs the student body about how biodiversity is being threatened
- Puts unused roof space to good use
- Protects biodiversity through growing specific plants
- A place for students to destress with a natural view
- Filters pollutants & CO<sub>2</sub> out of the air
- Reduces heating and cooling loads on buildings
- High performance green schools saves lots of money

- Might not even be possible
- Construction could be expensive
- Lack of student involvement
- Theme may not appeal to all students, but education would be integrated into the project

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## PROJECT #3

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Name: Wellness Restrooms

Theme involved: Wellness, Waste, Organic

Cost:

- Swapping everything in the restrooms from conventional to conscious shouldn't be a huge increase in cost.
- Soap, paper towels, and possibly new toilet paper
- Organic cleaning supplies to clean the restrooms
- Total: \$1,000?

Summary: I think everyone at my school can agree that my school's restrooms are absolutely disgusting. The mere thought of entering a restroom brings grimaces to people's faces because of how dirty they are. Students are bound to use the restroom, considering there are 8 hour school days. So, students shouldn't have to face these unpleasant odors and unsanitary grime on the floors, walls, and toilets. By focusing on the wellness of students, my plan is to remodel the bathrooms. I'd like to replace the conventional soap (that is often not even refilled frequently enough) with something like Dr. Bronner's, the toilet paper with Who Gives A Crap, and add Natracare period products to women's restrooms. I also want the janitors to clean the bathrooms with organic cleaning supplies. Whatever they've been using for the past few years has not been doing its job. The bathrooms still feel like a breeding ground for germs and disease, and using cleaning products with possibly toxic chemicals and ingredients doesn't appeal to me.

Here is a report someone from my school wrote about the unsanitary bathrooms:

<https://scotscoop.com/school-bathrooms-struggle-to-remain-sanitary/>

“It is always dirty and disgusting, and I would rather be anywhere else at the school than in one of the bathrooms.”

“I don't use the school bathrooms because they are disgusting, and I don't feel safe in them.”

“The garbage cans overflow with paper towels and whatever else students put in them, and pretty soon, the whole room is covered with them.”



## Action steps

- Get support/advice from teacher or advisor, see if they like the idea (I'm sure they will be pleased by the idea!)
- Outreach to students for help
- Create a team to conduct research on the best conventional to conscious replacements
- Research!! Get inspiration from other schools, be prepared to answer questions, and have AS MANY REASONS why my plan is worth doing as possible.
- Propose a plan to the school.
- Have meetings with the school's Head Custodian, the principal, and anyone else I may need to discuss logistics and planning with.
- Replace restroom items and cleaning supplies
- Increase the wellness of students through organic and waste-free/low-waste products in the restrooms!

## Pros & Cons

- Improve students' health by using products that aren't filled with harmful chemicals
  - Reduce waste by choosing eco-friendly alternatives
  - Supports healthier/organic/fair trade brands by routinely purchasing from them as a whole school
  - Increase hygiene
  - Students will feel less disgusted by the restrooms in general
- Too expensive to replace conventional items (can definitely argue with admin)
  - Difficult to find better brands who can sell in bulk

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## SOURCES

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Transforming School Lunches

Green Roof

Carlmont Bathrooms

