

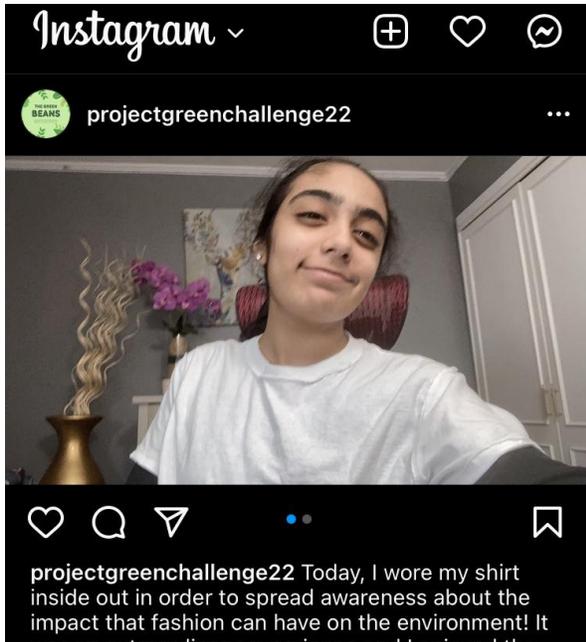
The Green Beans
TheGreenBeans
Jericho Senior High School

The shirt I wore today is from Gildan, was made in Honduras, and contains 100% ultra cotton. I was curious about the impacts cotton has on the environment and therefore decided to do some research on how cotton fields and production can harm our planet. I found that “runoff of pesticides, fertilizers, and minerals from cotton fields contaminates rivers, lakes, wetlands, and underground aquifers. These pollutants affect biodiversity directly by immediate toxicity or indirectly through long-term accumulation.” Additionally, “contrary to what many think, conventional cotton production is not great for the health of our environment. If you compare cotton to polyester, you may find it the eco-friendlier choice because of its biodegradability. However, because cotton fibers will eventually decompose into soil nutrients, it does not make it environmentally inconsequential.” Many people seem to think that cotton is better for the environment but they are wrong. Cotton can harm the environment as much as any other material, causing pollution, not only from the chemicals within the material but also from the production process. Over 205 BILLION tons of water have already been wasted in cotton production this year. This number continues to rise by 100 tons EACH SECOND. It takes 10,000 liters of water to produce one kilogram of cotton!!! We need to start being more conscious about the materials we are wearing and purchasing!

Sources:

- <https://www.trvst.world/sustainable-living/fashion/environmental-impact-of-cotton/>
- <https://www.worldwildlife.org/industries/cotton#:~:text=Runoff%20of%20pesticides%2C%20fertilizers%2C%20and,indirectly%20through%20long%2Dterm%20accumulation.>
- <https://www.theworldcounts.com/challenges/consumption/clothing/cotton-farming-water-consumption>

Reactions: Yes! People were astonished that I was wearing my shirt inside out and even more baffled by why I was doing it. They asked me why I would do such a thing as wear my shirt inside out just for a challenge. I explained to them that PGC was not just a challenge, but a call for action for others, a way to spread the word about environmental issues while educating ourselves about it at the same time. I explained to them how harmful the materials in my t-shirt were to the environment and what would happen if we mindlessly used them. I even showed them the water counter (third source listed) in order to demonstrate how big of a problem the mindless usage of products can be. Many of them agreed to start being more mindful of how often they purchase food and others even pledged to share the information I told them with their friends, encouraging them to make a change as well. They were excited to be part of the change and wanted to participate in PGC in the future so that they could educate themselves as well! All in all, I would say that this challenge was pretty successful!



Caption: Today, I wore my shirt inside out in order to spread awareness about the impact that fashion can have on the environment! It was an extraordinary experience and I enjoyed the boldness of the challenge! The shirt I wore today is from Gildan, was made in Honduras, and contains 100% ultra cotton. I was curious about the impacts cotton has on the environment and therefore decided to do some research on how cotton fields and production can harm our planet. I found that “runoff of pesticides, fertilizers, and minerals from cotton fields contaminates rivers, lakes, wetlands, and underground aquifers. These pollutants affect biodiversity directly by immediate toxicity or indirectly through long-term accumulation.” Additionally, “contrary to what many think, conventional cotton production is not great for the health of our environment. If you compare cotton to polyester, you may find it the eco-friendlier choice because of its biodegradability. However, because cotton fibers will eventually decompose into soil nutrients, it does not make it environmentally inconsequential.” Many people seem to think that cotton is better for the environment but they are wrong. Cotton can harm the environment as much as any other material, causing pollution, not only from the chemicals within the material but also from the production process. Over 205 BILLION tons of water have already been wasted in cotton production this year. This number continues to rise by 100 tons EACH SECOND. It takes 10,000 liters of water to produce one kilogram of cotton!!! We need to start being more conscious about the materials we are wearing and purchasing!