

# ANÁHUAC MAYAB

Project Green Challenge

Day 3

@vibrando\_verde\_

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GREENEST CHALLENGE

8:14 📶 🔋



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**vibrando\_verde\_** @vibrando\_verde\_  
provides you of a plant based meal 🌱 !!! 🍽️  
in the day 3, we're providing you with a lovely  
meal: jamaica tacos with carrot and broccoli  
and jamaica water. 🌮 🌺 🥦 🥕 .  
with this amazing meal we're boosting a  
plant based meal 🌱 👨‍🍳 , just like we shared in  
asks of day 2 as well as buying in bulk stores  
📱 .

@turninggreenorg let's us know if you like  
our recipe !!!



8:14

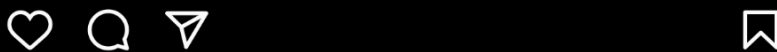


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**vibrando\_verde\_** there you have our recipe  **!!!**, the process of buying some ingredients    and the cooking part .

( If you want to see the full recipe and the exact amount of the ingredients check our last post )  

for this challenge, we searched a store that shares the same values as us, like sustainability  , and we found **@aygranel**  . **@aygranel** is a lovely place we're they'll treat you kindly  and help you find what you need  as well we bought some stuffs in **@bodegaaurrera**  and we had the rest of the ingredients at home .

**@turninggreenorg**  **#PGC2023**

1 hour ago



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vibrando\_verde\_ INSIGHT !! 📄

here we have a little insight of the process behind our recipe. Thanks to #PGC2023 we're being able to meditate 🧘 about the process behind every think we buy and also about the food waste 🗑️ we could be producing.

@turninggreenorg take a look on the insight about our jamaica tacos



## **RECIPE:**

### **Main dish:**

- 150 grams of jamaica (56 pesos) (2.73 dollars) **Bulk store**
- 50 grams of soy (15 pesos) (0.73 dollars) **Bulk store**
- 1 Avocado (7.7 pesos) (0.36 dollars) **Supermarket**
- 2 lemons (4 pesos) (0.2 dollars) **Supermarket**
- 10 tortillas (17 pesos) (0.83 dollars) **Supermarket**
- 2 liters of water (4 pesos) (0.2 dollars) **Supermarket**
- Spreadable beans (14 pesos) (0.68 dollars) **Supermarket**
- Chickpeas (24 pesos) (1.17 dollars) **Bulk store**

### **Side Dish:**

- 1 carrot (2.19 pesos) (0.11 dollars) **Organic store**
- Broccoli (12.57 pesos) (0.61 dollars) **Supermarket**
- ½ liter of water (1 peso) (0.49 dollars) **Supermarket**

### **Water:**

- 150 grams of jamaica (56 pesos) (2.73 dollars) **Bulk store**
- 2 liters of water (4 pesos) (0.2 dollars) **Supermarket**

### **Total:**

- (2) 160.64 pesos = (1) 80.32 pesos.                      - (2) 7.82 dollars = (1) 3.92 dollars.

It's 38.72% of the minimum wage of Merida, being budget friendly, where people that get paid that amount would be able to pay for the ingredients but maybe not for the cost of making it since it requires a stove. Let's also take into consideration that most of the ingredients weren't FLOSN, since this type of product is way more expensive since they take more time to produce since they're organic and they don't use fertilizers.

### **Food waste:**

This recipe doesn't produce a lot of waste since we use all of the ingredients in many ways, such as the jamaica being used in the water in the form of the extract and in the tacos in the form of the flower. And the leftover products are going to be eaten either by me or my sister, since we really love this recipe. The residues that are produced are organic, so we'll be taking it to the shared compost in our neighborhood, to give them a second life.

### **Trip to buy the ingredients:**

When I decided to go buy the rest of the ingredients in the bulk store I was at the university so I had to travel from there to the store, and it was 7 km. I decided to take an uber (100 pesos = 4.88 dollars) since my parents feel more calm when I take that type of transportation instead of the bus since I'm foreign but you're able to take the Mayabus (bus from the school) and the price of the ticket it's 35 pesos = 1.7 dollars. The bulk store and the supermarket are in the same mall so I just walked there. Then to get to my home I decided to take a walk and I was able to walk 1 ½ km and then I took an uber that costed me 50 pesos = 2.44 dollars but there's also the alternative of taking the Va y Ven (local bus) and the ride costs 12 pesos per person = 0.59 dollars.

### **Trip of the ingredients to arrive at the stores.**

- Bulk store: the bulk store invests in products produced locally, since they're more sustainable as well as helping the local economy.

- Supermarket: usually the supermarket receives products from a state called Chiapas (which ironically I'm from) that 's 746 km away from Merida.
- Organic ingredients: the organic ingredient I used was the carrot. I had the opportunity of going to a sale in my neighborhood where they had organic vegetables and fruits and I decided to buy some carrots, since they're my favorite side dish.