

EXTRA CREDIT

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Extra Credit due on October 18 @ 6am PT.

Up to 100 bonus points awarded for outstanding work.

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Think

Part of daily wellness, as you have learned over the past couple of weeks is understanding the choices that you make and their impact on health and wellness in each aspect of life. Today's partners [Natracare](#) (organic & natural personal care), [Women's Voices for the Earth](#) (works to eliminate toxins that harm women's health) and Made Safe (first non-toxic seal for products we use daily), are on the front lines of looking after people and planet through their business practices and missions. One aspect of life that we don't know to think about is feminine hygiene. Even if you think this doesn't apply to you directly, think about the women in your life who might also want to be informed.

This challenge gives you the chance to become informed and then creatively pass the information forward. Take a look [Here](#), [here](#) and [here](#) at three resources from our partners to get you started.

Come up with a creative way to incorporate facts that you learned that you can share with others underscoring the importance of healthy feminine hygiene.

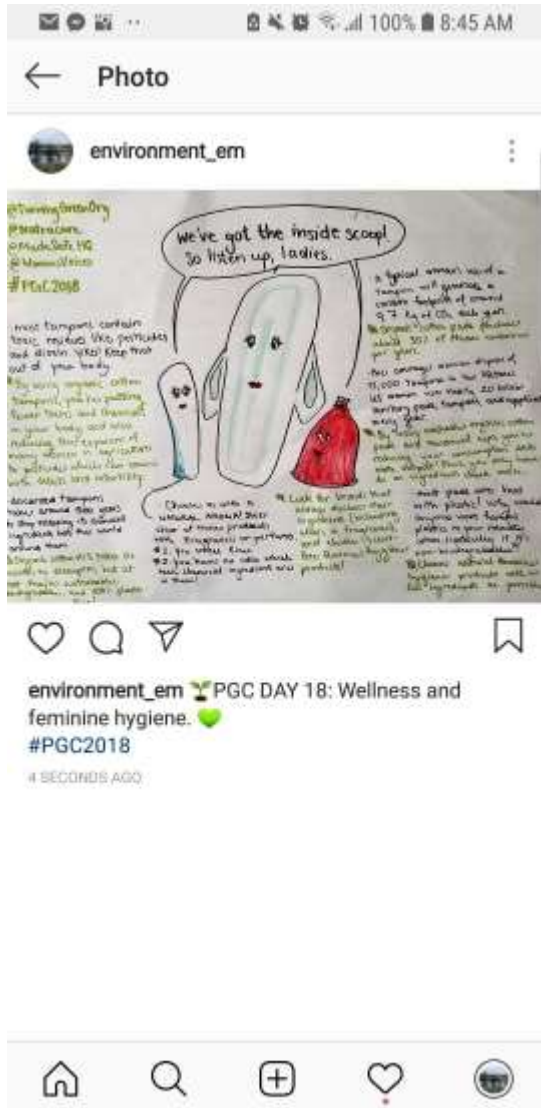
@TurningGreenOrg
@Natracare
@MadeSafeHQ
@WomensVoices
#PGC2018

We've got the inside scoop!
So listen up, ladies.

- most tampons contain toxic residues like pesticides and dioxin. Yikes! Keep that out of your body.
- By using organic cotton tampons, you're putting fewer toxins and chemicals in your body, and also reducing the exposure of many women in agriculture to pesticides which can cause birth defects and infertility.
- discarded tampons take around 500 years to stop releasing its chemical ingredients into the world around them.
- Organic cotton still takes six months to decompose, but at least they're sustainable, biodegradable, and 100% plastic-free!
- Choose us with a NATURAL AROMA! Steer clear of those products with fragrance or perfume.
#1. You smell fine.
#2. You have no idea which toxic chemical ingredients are in them!
- Look for brands that always disclose their ingredients (including what's in fragrance), and choose scent-free feminine hygiene products!
- a typical woman's use of a tampon will generate a carbon footprint of around 9.7 kg of CO₂ each year.
- Organic cotton pads produce about 35% of those emissions per year.
- the average woman disposes of 11,000 tampons in her lifetime. US women use nearly 20 billion sanitary pads, tampons, and applicators every year.
- By using washable organic cotton pads and menstrual cups, you're reducing your consumption AND waste output! Plus, you only have to do an ingredients check once.
- most pads are lined with plastic! Why would anyone want harmful plastics in your intimate areas, especially if it's non-biodegradable?!
- Choose natural feminine hygiene products with as few ingredients as possible.

Share your creative presentation on social media and tag @Natracare, @MadeSafeHQ, and @WomensVoices.

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Deliverables

Upload a PDF Document with your responses and a screenshot of your social media post. Please include your name (or team name), username, email, and school.

SUBMITTED AT: 8:46 am ET 18 October 2018 (5:45 am PT)