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10/20/2018
PGC - Day 20
Greener

I learned that the demand for coffee is expected to double, while the area suitable for growing coffee is going to be cut in half as a result of climate change. There is a movement to make coffee more sustainable through planting trees equivalent to coffee produced, an ethic that Starbucks follows - 99% of their coffee is sustainably sourced. I personally don't drink coffee, so I don't know much about K-Cups other than that they're another form of single-use plastics, but I did learn through the offered resources that empty, refillable K-Cups exist, where one just adds their own ground beans and reuses the container! Maybe I can get the coffee-drinkers I know to switch to this method.

Intentional and informed coffee purchases support sustainable development, restorative agriculture, and an all around healthier planet and people. Fair trade coffee supports local communities and workers, and environmentally sustainable coffee as well as the socially sustainable protects against habitat and biodiversity loss, and supports the forests coffee is grown in.



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While I don't drink coffee I do wear socks daily. Most of the socks I own are cotton, a crop often laden with chemical pesticides and fertilizers, even in the production of the socks themselves. Additionally, I tend to buy cheap socks, a dollar or less per pair kind of cheap socks. Since they're so cheap they aren't high quality and tend to fray or wear holes quickly, leading to waste going to a landfill. And, since they're so cheap, the workers mass producing my socks can't possibly be getting paid a living wage, or have safe and clean working conditions.

If I make the conscious decision to purchase more sustainable socks - organic cotton, fairtrade cotton, or even hemp or bamboo rayon fabric that's more sustainable to begin with - I can greatly reduce the footprint of my footwear. While a bit more expensive (a pair of Maggie's organic cotton socks are \$9, and Pact's fair trade factory organic cotton socks are \$10 a pair) I am certain these socks will last better, leading to less waste on my part. In addition, I feel more socially and environmentally responsible, knowing the working conditions of the people who made my socks, and that they won't degrade the environment in their production - if anything, the restorative agriculture practices involved may even better the land used.

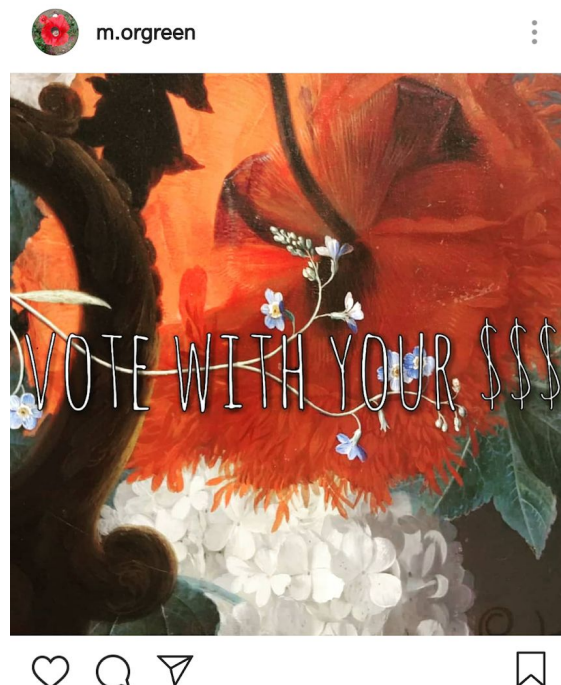
I also am a big fan of chapstick, that tiny glorious multipurpose product. However, the petroleum products involved in making most traditional chapstick products are atrocious in their production and use for both the environment and person. They destroy the environment in their extraction, and their production involves a whole slew of

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chemicals not really meant for personal care use. And, honestly, who wants to be putting processed dead dinosaurs on their mouth? Not me.

In changing my chapstick favorites to natural products, like EcoLips and Dr. Bronner's, I not only see a change in the health of my lips - no extraneous drying from petroleum products, but I support changes for the better in the environment. Natural chapsticks can be FairTrade and better the communities that produce the coconut oil that is often used as a primary ingredient. Plus, sustainable agriculture and good apiary practices restore environment health through bees! Bees are imperative to biodiversity and any human agriculture - supporting sustainable beeswax supports bee populations.

My social media post:



m.orgreen in this capitalist hell society we, as consumers, draw attention to the issues we want solved when we spend money! purchase fair trade! purchase sustainable! #pgc2018 @turninggreenorg

6 MINUTES AGO