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Day 27: Greener



I'm a huge bubble tea addict. I get a cup of bubble tea at least once a week because bubble tea is honestly the best thing in the world. However, bubble tea is not a sustainable industry for the environment. Thousands of plastic cups and plastic straws are used and thrown away each year, and all of this stuff will end up in landfills and oceans. In order to take a step to reduce my negative impact on the world, I decided to purchase metal straws for my bubble tea addiction. It's a small step, but I believe that it's a step in the right direction.

-Mandy

Ever since college started, my eating habits have gone out of control. I often drink a cup of coffee for breakfast, grab a ham and cheese sandwich for lunch, and load up on carbs for dinner.

This hasn't been great for my health, as I often feel sluggish and tired at midday, and I am constantly paranoid that Freshman 15 is happening. In order to combat this vicious cycle, I decided to make a homemade meal where I used lots of non-GMO vegetables and organic chicken and vegan tofu. This salad bowl was super filling and delicious and I honestly can't wait to do more cooking later on in the year.

-Winnie





Meatless Monday doesn't have to always be on Monday. This Saturday, I decided to go meatless, or if I was up to the challenge, go vegan. I thought this challenge would be really hard as I am so accustomed to eating meat, but surprising, this challenge was a lot easier than I thought. For dinner tonight, I had the vegan ravioli, which was super tasty! I can't wait to do this challenge again when Monday comes.

-Diana