



# Sustainable Living

## Leaders Guide

The Sustainable Living Project will guide members through the language and concepts that are useful to understanding “green” solutions to everyday life. This project includes activities and learning techniques that will allow members to get hands on experience making sustainable choices that will benefit the environment and themselves.

### Project Completion Requirements

#### Project Items & Record Pages

- Complete at least five (5) project topics or activities
- Create at least two tangible items that will be on display at Achievement Day
- All activities/project meeting topics must be documented on the record page provided.
- Member Booklet (*with completed member reflection pages*)
- NOTE:** *Although the group may do activities together, project members are expected to document & display their own project/activity items at Achievement Day.*

### Exhibition Requirements

#### Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions

- Members may choose **ONE** tangible project item to send on the Exhibition Circuit.
- Group members **do not** have to send the same items.
- Chosen item must be approved by the 4-H Specialist at the Club Achievement Day

### 4-H Year Completion

#### In order to complete the 4-H year members are required to:

- Complete the **PCR's (Project Completion Requirements)** as outlined above
- Complete a **Communication Project**
- Complete a **Community Service Activity**
- Complete an **Agriculture Awareness Activity**

# The Project Leader's Job

To begin, thank you for volunteering your time to be a 4-H project leader! We appreciate your time and willingness to teach today's youth a new skill and share your knowledge.

Becoming a project leader can feel overwhelming at first, but we hope that this page will make your "job" clear and offer some tips to help you be successful.

## Responsibilities

### 1. Become a screened leader

You may have already completed this step, but it is a very important one. The best place to go is to the 4-H PEI website and visit this page: <https://www.pei4h.ca/4-h-leaders>, to see if you have completed all the necessary requirements. Project meetings cannot begin until you have received a "conditional letter" from the Provincial 4-H Office.

**NOTE:** As of July 2019 a new policy has been implemented by 4-H Canada that each project group be accompanied by two screened leaders. *Insert more information about what National has to say about this policy and why they think it is important for this policy to be in place.*

### 2. Set Project Meeting Dates

The amount and length of project meetings is determined by you, the project leader. That being said, you are responsible for covering **five** activities or topics (see project activity ideas pages) with the group. You may decide that you'd like to have five meetings - covering one topic per meeting, or you may decide to spend two 5 hour sessions with your group and cover multiple topics or activities in one meeting. This will also depend on the project you are leading. For instance, if you are leading a quilting project, then the member will be focused on one large item with multiple steps and skills involved. However, a rabbit project may require multiple meetings (and even locations) to cover different activities and topics. Meetings can begin anytime after November 15th.

Whatever the case, we highly recommend that Project Leaders **set dates in advance of members signing up for the project**. This method will ensure the members know what they are signing up for, or enable them to make a decision to not sign up if they cannot commit to the dates listed. We also hope that this will avoid a lot frustration for you, because working around multiple schedules is almost impossible!

### 3. Choose Topics and Activities

You may choose to work on this step before setting dates for project meetings. Some topics and activities may be able to be covered in one project meeting, while others may need their own meeting. Regardless, we ask that you document your project meetings and topics covered on the next page so that the 4-H Specialist can refer to this information at Achievement Day if necessary.

### 4. Materials & Supplies

While you are responsible for determining what materials and supplies are needed, you **are not** responsible for covering these costs. Options to consider:

- A. 4-H Canada has a FCC 4-H Club Fund that all leaders are welcome to apply to. These grants are valued at \$500 each. Applications are accepted August through to the end of October.
- B. Asking for supplies. Depending on what project you are leading, just putting a call out for the supplies you need to friends, family, etc. may be successful
- C. Determine an estimate total for the materials and supplies needed and set a "project fee" that all members will pay to help cover the additional costs

### 5. 4-H Year Completion and Project Completion Requirements

The project leader **is not** responsible for 4-H Year Completion (these components will be completed at the Club level) though each member **must** complete these components. Project leaders should focus on the Project Completion Requirements, found on the front cover of this guide. These are the items that the 4-H Specialist will expect to see on display at the Club's Achievement Day (typically scheduled for June-July).

### 6. Club Meetings & Events

Project leaders are not expected to attend monthly club meetings, but are more than welcome to attend if they'd like to know what is going on at the Club, Provincial or National level of 4-H. Similarly, Club events and activities are open to project leaders, but it is not necessary to attend. Project leaders are encouraged to attend Achievement Day. This is an event that wraps up the Club's 4-H year and a celebration of member success.

# The Project Leader's Plan

After reviewing the Project Completion Requirements list on the front of this guide, review the Project Activity Ideas page/s. You can also pull ideas from past experiences, books, social media, online or you can plan to join a took, attend an event or book a guest speaker. The sky is the limit! Regardless of what activities or topics you decide upon, you should choose five in total. It might be a good idea to ask the 4-H members in your project group what they envision before making a concrete plan. In some cases, the project group members may depict what activities or topics based on what project item they have in mind.

## Topics and Activities

1. \_\_\_\_\_

Supplies needed:

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2. \_\_\_\_\_

Supplies needed:

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3. \_\_\_\_\_

Supplies needed:

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4. \_\_\_\_\_

Supplies needed:

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5. \_\_\_\_\_

Supplies needed:

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# Sustainable Living

## Planning Your Project

- **Review & Select** the activities which you want to learn more about based on your division level - *possible topic choices are included on the next page!* Leaders and/or members are also invited to research and create their own project activity.
- **Discuss** with your project leader the project activity outlines as explained in the guide. The Leader Resource (*available at the 4-H PEI Office*) does include more detailed instructions for some project activities.
- **Identify** your goals & time-line for completing chosen project activities

Retrieved From, and for Leader Reference:

[https://www.4-h-learns.org/sites/default/files/media/documents/mfound/2017-06/Lets%20Go%20Green\\_Activity%20Guide\\_2012\\_CAN\\_SK.pdf](https://www.4-h-learns.org/sites/default/files/media/documents/mfound/2017-06/Lets%20Go%20Green_Activity%20Guide_2012_CAN_SK.pdf)

If you are looking for help with one of your project activities, let your 4-H Specialist know,  
maybe we can help you out!

Call 368-4833 or drop by the PEI 4-H Office at 40 Enman Crescent, Charlottetown.

## Supplies & Materials

Supplies and materials will be needed for this project. Project leaders are not expected to cover the cost of these items. The leader can decide if they would like to set a fee for the project or if they would like to divide up the total cost of materials and divide amongst the project members. 4-H Canada also offers annual FCC Club Grants. Applications typically go live in August and are due at the end of October. These grants are an excellent way for project leaders to get some extra funding for materials.

## Remember...

The multiple intelligence theory teaches us that people learn in at least 8 different ways. All individuals will be stronger in some ways of “intelligence” and weaker in others. It follows that the more ways we teach, the more members we will reach. Teaching projects using a broad blend of writing, reading, hands on work, artwork, self evaluation, discussion, and so on, will help increase the learning potential of all members.

Projects are designed to teach many skills. However, the 4-H member is always more important than the subject matter. Stress cooperation in the activities where possible to develop teamwork and cooperation skills. These are valuable skills that will assist them in a number of settings. Ensure the work is completed in a manner that members feel good about themselves and their efforts. This can be done by assigning appropriate tasks or roles based on member’s individual abilities. Modeling and expecting supportive behaviour (i.e. no “put-downs”) amongst members, or by other adults, also contributes to a positive

# Project Activity Ideas

## **Buying Green:**

- There are many ways in which our habits effect the environment. Buying local can reduce your carbon footprint.

## **Farm to Table Food Connection:**

- This subject also deals with “local foods”. Here we can see our local options that will help boost our economy but also teach how to be intentional with your purchases.

## **Recycling on PEI:**

- PEI has its own method of waste removal, learning the details can help household be responsible in their recycling!

## **Green House & Saving Energy:**

- Green habits can start at home! Learn how your house solar energy is just as effective as other environmentally damaging power sources.

## **House Hold Cleaners & Supplies:**

- Learn how cleaners are damaging to the environment, their contents and their packaging! These easy homemade cleaners are a simple step to reducing your waste!

## **Language of the “Green” Life:**

- Learn about the terms that we use in the context of sustainable living. By understanding these terms we are better able to make sustainable choices!

## **Fast- Fashion:**

- The fast-fashion industry is an area where our purchases can make a difference. By being intentional about our choices we can have a better effect on the environment!

## **Minimalism:**

- This perspective on materiality can help shift anybody into a more environmentally friendly outlook!

## **Zero Waste Starter Kit:**

- This challenge is a starting point to highlight how much waste we accumulate during a day! It challenged us to be intentional about what we use throughout the day!

## **Planting Power:**

- Nature’s own method of waste removal is integral to our ecosystems. Composting in your own home instead of a landfill can help reduce the excess CO<sub>2</sub> in the atmosphere!

## **New Format. New activities. New ideas.**

- In its first year of the new project format, the 4-H staff welcome any feedback, questions or concerns about the Sustainable Living Project. Please do not hesitate to get in touch. Further instructions are provided in the Leader Guide.
- If you have an idea or topic in mind for a project activity that relates to blacksmithing, be sure to talk to your project leader! The new project format allows you to review, discuss and select activities that interest you and your fellow 4-H project members. If you don't see something that you are interested in, suggest a new idea! Have fun with it!

# Buying Green

- When you hear people talking about local food, what exactly does that mean? How close to home does food have to be grown or processed to be considered local? Are there a specific number of kilometers or hours travelled to use as a gauge of local-ness?
  - “food produced in the province or territory in which it is sold, or food sold across provincial borders within 50 km of the originating province or territory” (*Food Inspection Agency - 2019-01-15*)
- While traditional food systems can stretch across the globe — the tomato could be grown in Mexico, processed in the United States and sold in Canada — local food systems strive to shrink the distance between the grower or producer and the consumer. Many local food policies work to foster connections between regional producers, consumers, companies and governments in an effort to increase the amount of locally produced food.
- They also aim to broaden these connections to provide social, environmental and economic benefits to communities . So what are the benefits or local food or local food systems?-
  1. **Supports the local economy:** Money spent purchasing food from local growers and processors, or from grocery stores and restaurants that buy from local growers and processors, circulates within the community, creating jobs and encouraging continued investment.
  2. **Benefits the environment:** Buying local food helps to preserve farmland and green space in urban areas and avoids the environmental impacts of transporting food over long distances.
  3. **Creates a stable, safe food supply:** A strong local food system can protect consumers against fluctuations in the global food market and increase the availability of fresh food for populations with limited access to healthy food.
  4. **Connects people to their food:** Locally produced food is often fresher than food that has travelled long distances to reach the table and understanding which foods are produced locally helps consumers choose foods that are in season and most economical.

## Activity #1:

- For further research into “food miles” follow this link to get an estimate of how far your food package has traveled:
  - Play around with different items of food!
  - Choose something from your own cupboard and see how many miles it took to reach your house!

<http://www.foodmiles.com/results.cfm>

# Farm to Table Food Connections

- The good news is we live on an Island with an abundance of fresh local food sources throughout the year! We are known as “Canada’s Food Island”, for that very reason. Our culture of local food can actually be used to help individual families maintain a more sustainable diet, and support our local economy:
- Some of these local food sources include:
  - Farmers Market– Open Year Round in various locations across PEI
  - Local Meat Shop and Butchers
  - Local Farms and Food Producers
  - Etc.



## Activity #2:

- You Will Need:**
  - A wide variety of grocery store flyers
  - markers or scissors
  - poster board
  - Glue
- Directions:**
  1. Either individually or in small groups, give members a few grocery store flyers and ask them to either circle with marker or cut out all the local food products they are able to identify.
  2. Optional: members could make a poster collage of the local food product images.
  3. Have members report to the group the local food products they were able to identify and clarify any assumptions they made with respect to local-ness.
- Possible Questions to Ask:**
  - How did you identify what was local? Did you apply a specific definition of local food?
  - Were there more or less local food products than you expected to find?
  - Were there food products you were surprised to identify as local? Or food products that you were surprised were not locally grown or produced?
  - Do you think your findings would be different at a different time of the year?
  - Examine the impact climate change may have on local food systems in your region. Is the climate currently impacting local food systems in any other areas of the world? Are there any businesses or organizations researching or producing products or services to address changing conditions?

# Recycling on PEI

## Recycling in Canada:

- Every country, Province, City and Town have different method and rules regarding their waste management.
- One of the main methods of reducing waste is Recycling! The process of changing waste materials (plastics, clothes, etc.) into new materials! This exercise will help explain PEI's method to recycling as well as highlighting which recycling numbers that are the best for reducing waste!
- On PEI, the waste management company requires our recycle be very well organized– this way they maximize amount of items that can be re-used!

**Lets take a look at the different kinds of plastic– and which ones are the easiest to recycle!**



### PETE - Poly(ethylene terephthalate):

- Soda bottles, water bottles, cooking oil bottles, and medicine containers.
- Does not recycle well! If you have the option-choose a re-usable container for your beverages!



### HDPE - High-density Polyethylene:

- Used for Laundry detergents, shampoo and conditioner bottles, toys etc.
- High recycling ability!



### V - Poly(vinyl chloride):

- PVC Pipes, cooking bottles, siding windows,
- Contains toxins like chlorine , which when broken down into smaller pieces can be harmful for the environment. For this reason it is rarely accepted as recycle.



### LDPE - Low-density Polyethylene:

- Found in wrapping paper/films, sandwich bags and grocery bags.
- Accepted through our recycling process; re-made into floor tile, bins and more dense polyethylene products.



### PP - Polypropylene:

- Has a high melting point and so it a very hardy plastic. Used in Tupperware, yogurt containers and medicine containers.
- The Last number than is accepted in out recycling system!



### PS - Polystyrene:

- Most disposable cutlery and plastic cups are made of this. As well as Styrofoam.
- This is not accepted by our recycling process and where possible should be replaced by re-usable materials.



### OTHER/ Miscellaneous:

- Things that do not fit into the above category go here. DVD and computer cases, signs and displays, some electronics cases.
- These items are not accepted by our recycling process on PEI and should be avoided.

# Recycling on PEI

## SORTING GUIDE

**Customer Service: 1-888-280-8111**  
Interactive Sorting Guide: [www.iwmc.pe.ca](http://www.iwmc.pe.ca)

### RECYCLABLES

- USE BLUE TRANSPARENT BAGS ONLY!
- Recyclables must be clean and dry
- Ensure bags are tied securely

**PLACE THE ITEMS LISTED BELOW BESIDE YOUR BLUE BAGS**

**CORRUGATED CARDBOARD**  
(Collapsed & bundled)

**LARGE METAL ITEMS**

- DISMANTLE LARGE ITEMS (where possible)
- Bundle multiple items (tent poles, curtain rods, etc.)
- Less than 4 feet & 50 lbs.
- No propane cylinders, tanks or items containing Freon

- Blue Bag #1:**
- All recycled material then get sorted into blue bags!
  - Items for Blue Bag #1:
    - Newspaper
    - Flyers
    - Egg cartons
    - Coupons
    - Shredded paper
    - Old Mail
  - Items to be placed beside the Bag:
    - Broken down cardboard
    - Pizza boxes
    - Old toys
    - Large metal items

**Blue Bag #2:**

- Ensure all recyclables are clean and dry !
- Items for Blue Bag #2:
  - Plastics with symbols 1,2,3,4,5!  
(refer to previous page for more information)
  - Glass Jars
  - Tin cans
  - Plastic Bottles
  - Milk Cartons

For More Information of PEI's Waste Management System follow the link:  
<https://www.iwmc.pe.ca/index.php>

## SORTING GUIDE

**Customer Service: 1-888-280-8111**  
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### RECYCLABLES

- USE BLUE TRANSPARENT BAGS ONLY!
- Recyclables must be clean and dry
- Ensure bags are tied securely

**BLUE BAG #2**

**NOTE:**  
Deposit/ Refund containers may also be taken to a Beverage Container Depot

**Plastics with symbols:**

**PLACE THE ITEMS LISTED BELOW BESIDE YOUR BLUE BAGS**

**CORRUGATED CARDBOARD**  
(Collapsed & bundled)

**LARGE METAL ITEMS**

- DISMANTLE LARGE ITEMS (where possible)
- Bundle multiple items (tent poles, curtain rods, etc.)
- Less than 4 feet & 50 lbs.
- No propane cylinders, tanks or items containing Freon

# Recycling on PEI

## Single Use Plastic:

- If all of these items can be recycled, than what is a single use plastic? And why are plastic items so bad?
- Single Use Plastic could count for any of the plastic items we just learned about! These items are not always recycled. And even if they are, their life span is far past their use meaning they will eventually be thrown away into landfills or find their way into eco-systems where they will degrade or biodegrade;
  - Degradate:** will break apart into smaller pieces but will exist forever
  - Bio-degrade:** will eventually break down through organisms, heat, water and oxygen but may take decades. If plastics, it will break apart into smaller harmful piece before it fully degrades (if it ever does) and can cause harmful effects to the environment.

## Activity #3:

### What you Need:

- Your Recyclables (options):
  - Milk Containers
  - Various plastic containers
  - Newspapers
  - Glass jars
  - Tin cans
  - Aluminum cans
  - Phone book
  - Magazines
  - Plastic bottles
  - Pizza carton
  - Office paper
  - Cereal/macaroni boxes
  - Plastic wrapping
  - Egg cartons
  - Coffee containers
- Bags or boxes to sort into!



### Instructions:

1. Have set out bags or boxes for the members to recycle into
2. Sort!

### Source:

<http://rainorshinemamma.com/recycling-for-kids-fun-and-simple-earth-day-activity/>

# Green House & Saving Energy

## Where does our energy come from?

- Many houses rely on different types of energy to run!
  - Electric
  - Solar
  - Oil
  - Natural Gas
  - Wood/ Furnace
- We require this energy to do important things like shower, cook, clean and more! But it is important to understand how our use of energy can impact the environment.
- Answer these quick questions to see how well you are conserving energy:

Questions	Answer (circle your answer)
How many gadgets (such as game players, iPods, cell phones, etc.) that you use require frequent recharging?	a. None b. 1 c. 2-3 d. 4 or more
How often do you walk or bike somewhere instead of riding in a car?	a. Never b. Once a month c. Once a week d. Daily
How many items at home are always plugged in and operating (such as your cable box/PVR, computer, refrigerator, washing machine)?	a. None b. 1 c. 2-3 d. 4 or more
How many items at home have standby lights that are always on (such as coffee maker, TV, DVD, game console)?	a. None b. 1 c. 2-3 d. 4 or more
When you look in your refrigerator, how long do you have it open?	a. Not long, b. some time. c.. A few minutes. d. I leave it open
How good would you say you are about turning off lights when you are the last person to leave a room?	a. rarely . b. Sometimes c. most of the time. d. always
On average, how long are the showers you take?	a. 3 minutes or less b. 4-6 minutes c. 7-10 minutes d. longer than 10 minutes
When the air conditioner is on at home, at what temperature is the thermostat set?	a. 18°C (66°F) or lower b. 19-21°C (67-70°F) c. 22-24°C (71-75°F) d. 25°C (76°F) or higher e. We don't have an air conditioner
When the heat is on at home, at what temperature is the thermostat set?	a. 23°C (74°F) or higher b. 21-22°C (70-73°F) c. 19-20°C (66-69°F) d. 18°C (65°F) or lower
How many energy efficient products or appliances do you or your parents have at home?	a. None b. 1 c. 2-3 d. 4 or more
How many times a day do you think to yourself, "I'm using energy by doing this"?	a. Never b. Once or twice a day c. 3-4 times a day d. 5 times or more
How many vehicles (cars and trucks) do your family own?	a. 1 b. 2 c. 3 d. 4

# Green House & Saving Energy

**Scoring For Questions 1, 3, 4, 5, 7 and 12: a=1, b=2, c=3, d=4**

**For Questions 2, 6, 8, 9, 10 and 11: a=4, b=3, c=2, d=1**

**What was your score? \_\_\_\_\_**

- If you scored 12-18, you are power smart! Congratulations!
- If you scored 19-29, you are power savvy but need some work.
- If you scored 30-39, you have lots of opportunity to improve.
- If you scored 40-48, you need a lot of work!

To find out what your household's "Ecological Footprint" is  
fill out the quiz through this link:

<http://myfootprint.org/en/>

## Activity #4:

### Solar Pizza Box Oven:

#### What you need:

- Large pizza box
- Aluminium foil – several feet
- Black construction paper – 2 sheets
- Plastic wrap – 3 feet
- Stick or piece of dowel
- Marker
- Scissors
- Ruler
- Tape
- Glue



#### What to do:

1. Assemble the pizza box.
2. Close the box. On the lid, draw a square that takes up most of the lid. Cut along three edges of the square, leaving the fourth side nearest the hinge of the box UNCUT. This will create a 'door' when folded back.
3. Place foil shiny side up over all the INSIDE surfaces of the box. You can glue the foil down, or fold over the edge of the box.
4. Place black construction paper on the bottom of the box, over top the aluminium foil. Black attracts the heat.
5. Glue foil to the inside of this 'door' with the shiny side out. This will become a reflector that reflects the sunshine into your oven.
6. Seal the opening created by your door with plastic wrap and secure it with tape. This plastic will keep the heat inside your oven. Your oven is ready to use. Solar ovens can reach about 200°C, but it will take longer to cook items than a conventional oven. Keep an eye on the sun and make sure your oven is always in direct sunlight

# House Hold Cleaners & Supplies

## **Creating Green Cleaners:**

Almost every time we use a commercial cleaner, we are introducing volatile organic compounds into the air. To be greener, and potentially healthier, we could purchase certified green cleaners, or we could make our own!

### **Activity #5:**

#### **1. Glass Cleaner:**

##### **What you need:**

- 125 mL (1/2 cup) vinegar
- 15 mL (1 tablespoon) cornstarch
- 500 mL (2 cups) water

##### **What to do:**

1. Carefully pour all ingredients into a spray bottle.
2. Shake bottle gently to mix ingredients.
3. Your glass cleaner is ready to use.
4. For extra shine, wipe dry with a sheet of crumpled newspaper or a coffee filter.

#### **2. All Purpose Cleaner:**

##### **What you need :**

- 15 mL (1 tablespoon) baking soda
- 25 mL (2 tablespoon) vinegar
- 500 mL (2 cups) water

##### **What to do:**

1. Combine all ingredients in a spray bottle.
2. Shake until all the baking soda has dissolved.



#### **3. Bathtub Scrub Cleaner**

##### **What you need:**

- 125 mL (1/2 cup) baking soda
- Approx 50 mL (1/4 cup) liquid detergent

##### **What to do:**

1. With a spoon, mix enough liquid detergent into the baking soda to make a texture like frosting.
2. Once mixed, it is ready to use.
3. Keep covered in a plastic or glass container with a tight fitting lid.

# Language of the “Green” Life

## Terms to Know:

Some of these terms have already been covered in this project. But it is always a good idea to understand what they mean in the larger context of sustainable living.

The following terms are frequently used when companies and organizations are talking about sustainability. When we understand these, we are more likely to choose the products that are the best for us and the environment!

- **Locally made:** this term is referring to material or food stuffs that is made “locally”. This is within the same province or area as you. “Locally Made” means that you are supporting a business or organization that is within your community, meaning you are benefiting your local economy. As well, many “locally-made” products are more natural and therefore are better for the environment as well. These products are often highlighted at Farmers markets!
- **Fair-trade:** this term is referring to trade between two or more organizations/countries in which the producers are paid a fair price for their produce. Many times when companies are looking for resources they look to poorer countries as they will have to pay less for the product. “Fair-Trade” is a sign that the organization is being responsible in their economic practices. Same as before, this is usually coupled with higher environmental and sustainable practices as well.
- **Single Use Plastics :** Even though many plastics are taken into recycling plants, we know that they will eventually reach landfills or ecosystems where they will take decades if not longer to break down, and they will continue to harm the environment long after their single use is over. (Many of these plastics can be replaced by re-usable items like coffee mugs, metal straws, metal cutler, bamboo toothbrushes, etc.)
- **Green-Washing:** The good news is that sustainable options are becoming more and more accessible and available across the globe. However, the bad news is that some of these “green” products are only marketed that way to sell to consumers who are trying to be thoughtful about what they buy, but when we take a closer look are not actually that eco-friendly at all. This is called “green-washing”.
- **Organic:** This term is often used in “green-washing” techniques. The word **organic** can be applied in marketing of many things to make it seem like it is environmentally friendly, thought it is not always the case. A shampoo can be labeled “organic” when referring to the scents it is using like Shea butter or coconut, however it could equally be filled with many harmful chemicals in a single-use plastic bottle. However, many **organic** products in a grocery store have labels that let us know it is very naturally made/grown.



# “Green” Language:

## Activity #6:

### Beeswax Wrap:

Something that you might find in your local farmers market is a beeswax wrap. This activity will highlight not only sustainable practices, but also how to successfully produce something made with “local products”, organic materials, avoiding single-use plastics etc.

Cosmetic-grade beeswax pellets

- 100% cotton fabric
- Scissors or pinking shears
- Brush
- Parchment paper
- Baking sheet
- Hanger (optional)
- Binder clips or clothespins (optional)
- Ruler (optional)

1. Preheat the oven to 200°F or the lowest setting.
2. Cut the fabric into sizes that will fit on your baking sheet. For a snack bag, use a 7" by 14" piece of fabric. A 14" by 14" square will cover most sandwiches. Pinking shears will help prevent your swatches from fraying, but scissors will also get the job done
3. Place on a baking tray: Line a baking sheet with parchment paper and place the fabric on top. If your fabric is one-sided, place the patterned side facedown. Use a fresh piece of parchment paper each time you make another wrap.
4. Sprinkle the pellets: Evenly distribute a liberal amount of beeswax pellets all over the fabric. Make sure you get pellets near the edges too.
5. Melt and Spread the Beeswax: Place the sheet in the oven for about 4-8 minutes. When the pellets melt completely, take the tray out and use a paintbrush to spread the wax evenly over the entire fabric.

NOTE: The beeswax will stick to the brush, so use one you're okay discarding or saving to make future beeswax wraps

5. Let Dry: Using tongs, remove the fabric from the baking sheet. It should feel cool to the touch after waving it for a few seconds in the air. Hang the fabric up to dry or set it on the back of a chair with the beeswax side facing up.
6. Customize: Once the beeswax has set and is not very tacky, you can add buttons or hand-sew them into small pouches.

### Source:

<https://www.goodhousekeeping.com/home/craft-ideas/g25642328/diy-beeswax-reusable-wraps/>

# Fast-Fashion

## What is fast-fashion?

Fast Fashion refers to how the fashion industry is set up today! Available to us is a lot of cheaply made, similar pieces from various stores. The process of making these items at a low cost to supply the demand of the “fast-fashion” industry make a very un-sustainable process.

## How do these materials effect our environment?

- Much of our clothing is made out of synthetic materials, meaning they are made of materials that cannot breakdown back into the natural environment.
- Because they are not compostable, they degrade. Meaning they break down into smaller and smaller pieces but never actually go away. These smaller pieces are called *microplastics*.
- A 2017 study by the ICUN (International Union for Conservation of Nature) stated that between 0.6 – 1.7 million tons of these *microplastics* end up in the ocean every year.

## How do we make fashion sustainable?

- Buy used, instead of new! Thrift in your hometown or use online platforms like [ThredUp.com](https://ThredUp.com) that have lots of great options for less, and are tackling the fast-fashion industry.
- Ask a lot of questions about where the items are being made and what they are made out of
- Buy clothes that you love! Choose items that reflect your own personality and style, not just what is in the advertisements or you see around you in every store. New fashion trends are being pushed out everyday through social media in online platforms (like BooHoo, Showpo or Fashion Nova). If you choose pieces that you love you are more likely to keep them longer and take better care of them!
- Wash your clothes properly; turn the dial to cold water and only wash things that need washing! Items like jeans or heavy sweaters can skip a cycle, and they will last longer.
- Hang things to dry! Dryers take up a larger amount of energy to run and heat dry your clothes. If you do not need it immediately, they hang them to dry.

### Activity #7:

#### Material:

- An Old Shirt
- Scissors

#### Instructions:

1. Cut the neck into a V shape, flip inside out, cut the sides and flip upwards.
2. Cut the bottom into strips.
3. Tie the strips together!

#### Source:

- <https://7billionfor7seas.com/fast-fashion-facts/>
- <http://storyofstuff.org/wp-content/uploads/2017/02/IUCN-report-Primary-microplastics-in-the-oceans.pdf>



# Minimalism

## What is Minimalism:

- There are many versions of “Minimalism” that are in popular culture today! It has become a big topic of discussion around the excess amount of possessions many of us have that we do not really need, and more importantly it deals with the importance and meaning we put into our possessions.
- The simple meaning is focusing on the things you really need, and being intentional about what possessions you do have or keep. According to this tool, having less means you will value the item more, keep it in better condition for longer and...you guessed it.. Simultaneously reduce your impact on environment by managing your waste!
- “20% of the world’s population account for around 80% of consumption of global resources, and the world is consuming 50% more than is environmentally sustainable.” (<http://climatetracker.org/minimalism-trend-will-it-save-the-planet/>)
- This doesn’t mean you cannot own possessions, or buy in bulk! In fact, buying in bulk is actually very environmentally friendly! It is just a way to find out what things you actually do need and value, versus items that are excess and take up unnecessary space in your life.

## Marie Kondo Method:

- Does it spark Joy? The popular Netflix special of Marie Kondo brought the methods of Minimalism to the forefront of public discourse in 2019.
- The principle is to choose a cluttered area of your life (drawer, closet, room, storage) and go through every item to see if it sparks joy in you. If you do feel joy, then you keep the item! If not, then it can be recycled, donated or re-gifted!

## Activity #8: KonMari Method:

1. Choose one place in your life that you could minimal-ize or de-clutter!
  - Your backpack
  - Your Room
  - Your Closet
  - Your Car
  - Any area!
2. Ask yourself these questions when going through your items:
  - Does this item bring you joy?
  - Does it serve a purpose?
  - Can you imagine another person getting joy out of this?
  - If it does not serve a purpose , is it sentimental?

See how Islanders are practicing Minimalism!

<https://www.cbc.ca/news/canada/prince-edward-island/pei-marie-kondo-netflix-inspired-tidy-1.4971414>

# Zero-Waste Starter Kit

**“We don’t need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly.”**

-Anna-Marie Bonneau

## What is zero waste?

- Zero Waste is exactly what it sounds like! Living you day to day life with only materials that can be re-used, recycled and are sustainable. BUT this quote is a good outlook to have!
- A zero waste plan is really just a step to reduce the amount of waste you make in your day to day life. Completely zero waste is not applicable for many people or families, but doing little things can make a big difference!
- A big part of this method is “re-using” or “re-purposing” items that you would normally throw away, but in a way that will not create clutter.
- What is in a Zero Waste Kit:
  - Re-usable water bottles
  - Metal Straws and cutlery
  - Cloths
  - Produce bags/ totes
  - Glass jars
  - Paper Bags

## Activity #9:

Choose an item you can “re-purpose”! This craft will show you how older items can be turned into something new, and regain value in your household as well as how important it is to take care of the items you own!

Here are some links for idea on “re-purposing” items!

- <https://reusegrowenjoy.com/>
- <https://www.onecrazyhouse.com/recycle-old-sweaters/>
- <https://www.diyncrafts.com/repurpose>



# Plant Power:

## Compostable and biodegradable:

- Developing countries like Canada have a lot of a different kind of waste than plastic as well, we call this food waste.
- Our kitchen scraps and thrown out compostable food is still a type of waste that ends up in landfills.
- Even though it is biodegradable or compostable, and doesn't stick around for decades like plastics, it will release methane gases into the atmosphere as it degrades which does contribute to Global Warming.
- One way people have begun to combat this is through composting in their own home!

## Activity #10:

### What you need:

- Empty 2 litre soda bottle (make sure it is transparent)
- Scissors
- Raw food scraps (vegetable/fruit peel, tea bags, coffee grounds, raw leftovers)
- Soil
- Water spray bottle

### Instructions

1. Remove the label and rinse your soda bottle.
2. Cut the top off the bottle (the end with the lid).
3. Throw a handful of soil into the bottom of the bottle. Follow this with a handful of food scraps. Repeat this process until the bottle is full, finishing with a layer of soil.
4. Once your bottle is full, spray the bottle with water (it shouldn't be too wet, but should be damp).
5. Place your composter in a sunny spot. When the soil on top dries out, spray with water to maintain a constant level of moisture.
6. Watch and wait as your food scraps decompose and turn to soil. You will need some patience -- the whole process will take about eight weeks. Take photos of the bottle once a week so that you can compare changes that take place from week to week.
7. A more advanced version of this experiment could include adding 'green' and 'brown' materials to your bottle, exploring the impact of nitrogen and carbon on the decomposition process.

### Source:

[https://www.huffingtonpost.com.au/hannah-churton/fun-composting-activities-for-kids\\_a\\_21702758/](https://www.huffingtonpost.com.au/hannah-churton/fun-composting-activities-for-kids_a_21702758/)

# 4-H Judging

Judging is an important skill that you will use in 4-H and beyond. As a 4-H member, judging will help you develop important assessment skills, and with practice, you will learn to carefully **observe, evaluate, make decisions, communicate with confidence**.

## Is Judging a requirement for THIS project?

Judging is not a requirement for **ALL** 4-H PEI projects, but you are encouraged participate in the practice whenever possible.

- When Judging is a requirement, it will be listed in the PCR's (Project Completion Requirements) on the front page of this member booklet. Members will need to fill out the score card below showing that the activity has been completed. The judging activity will be arranged by your project leader!
- When Judging is not a requirement, members and leaders may use the information and scorecard below for practice and learning. The skills learned from 4-H judging are used in everyday life situations, so it is always a useful skill to build!

## Score Card for Judging

I place this class of: \_\_\_\_\_ in the order of \_\_\_\_\_  
(Description - specify type of animals or items)

(1st)      (2nd)      (3rd)      (4th)

I place \_\_\_\_\_ over \_\_\_\_\_ because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

I place \_\_\_\_\_ over \_\_\_\_\_ because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

I place \_\_\_\_\_ over \_\_\_\_\_ because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

I place \_\_\_\_\_ at the bottom of this class because:

Reasons: \_\_\_\_\_  
\_\_\_\_\_

For these reasons, I place this class of: \_\_\_\_\_ in the order of \_\_\_\_\_  
(1st)      (2nd)      (3rd)      (4th)

## 4-H MEMBER OPPORTUNITY - Provincial 4-H Judging Competition (Annual Event)

This event is open to all members, ages 9-21, and offers a great opportunity to learn more about judging in a competitive atmosphere (Three age categories & cash prizes awarded to top members for their judging abilities). Senior members (17-21) also compete for the chance to join the **Maritime 4-H Judging Team** to compete at **Agribition** (Regina, SK) in November.



- 4-H Canada Learns** is a resource tool providing information on 4-H projects from different provinces. Check out [www.4-h-learns.org/resources](http://www.4-h-learns.org/resources) - keyword "judging" for resource documents that will help with developing and building your judging skills!
- 4-H PEI** is able to provide information to members and leaders on both livestock and non-livestock judging practices. Check with your 4-H Specialist for more information **AND** be sure to check out the 4-H PEI Judging Resource page at [www.pei4h.ca/4-h-judging-resources](http://www.pei4h.ca/4-h-judging-resources)

## Member Reflection

As a 4-H member, you are encouraged to “Learn to Do by Doing” through hands-on activities. Keeping a record of your 4-H activities with this **Member Reflection** will provide helpful insight for you, your leader and the 4-H Specialist as to skills you have learned and projects you have completed throughout the 4-H year!



**Skill Based Project:** You are encouraged to work on skill development and completion of project requirements (with guidance from the project leader) throughout the 4-H year. Not every activity will have a tangible item (for display), but you are asked to share the activities and learnings in which you participate below...

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

**Project Activity:** \_\_\_\_\_

What I did: \_\_\_\_\_

What I learned: \_\_\_\_\_

What I liked: \_\_\_\_\_

*(feel free to use more space if necessary!)*

**LEADER COMMENTS (optional):** Leader observations can be helpful to you in future years with this and other 4-H projects. Be sure to ask your project leader if they would like to reflect on your 4-H year.

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

## **4-H Year Completion Checklist**

In addition to completing a Skill Based 4-H project, members are also required to participate in Communications, at least **ONE** Ag. Awareness Activity and **ONE** Community Service Activity in order to complete the 4-H year.

Use the space provided to reflect on what you have learned through participation in these activities.

If this information has already been completed in another booklet, please indicate where it can be found:

## **My Communications Activity**

- Speech
  - Demonstration (Single)
  - Demonstration (Team)
  - Alternate Communications:

## What I learned:

## What I can work on:

## **Agriculture Awareness Activity**

What did you do to complete this activity this year? (Either on your own or with your 4-H Club)

What area of Agriculture would you like to explore in the future?

## **Community Service Activity**

**What did you do to complete this activity this year? (Either on your own or with your 4-H Club)**

What will you do in the future to give back to your community?

#### **4-H PEI - Staff Comments (Optional)**

Completion Requirements	Completion Notes
Skill Based Project	
Communications	
Ag. Awareness Activity	
Community Service Activity	