

GREEN



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reduce



reuse



recycle

## 1. HOW TO BE SUSTAINABLE

With human population expansion we face more problems regarding the byproducts of on-the-go lifestyles, single use plastic.

Plastic is composed of major toxic pollutants and has the potential to cause significant harm to the environment in the form of air, water, and land pollution. It can also wreak havoc on natural environments upsetting the food chain, polluting the air and killing the animals.

Today we see millions of people implementing more eco friendly habits, trying to limit the use of plastic in their daily lives. While it seems like a positive impact towards the planet, it can leave people feeling lost and hopeless about where to start.

**Did you know? Every plastic toothbrush ever created still exists since their invention in the 1930's.**

Imagine this. You wake up in the morning and wash your face. You brush your teeth with a plastic toothbrush, squeezing toothpaste out of a plastic tube...plastic is everywhere. It can be difficult to know where to start removing plastic from your life. The easiest way is to look at the products around your home and make simple swaps. Here are some tried and tested alternatives to plastics:

### Beeswax wrapping (alternative to plastic food wrap)

Square cotton cloths

Beeswax

Paper baking sheets

On a table protect the working area with large pieces of cardboard. On top of it put one paper baking sheet, then one square cotton cloth, then spread the solid beeswax. Add one paper baking sheet on top of everything and start ironing. Keep ironing until the beeswax is completely melted and spread on the cotton cloth. Remove the cloth and let it dry.



### Tooth paste (alternative to one in plastic packaging)

3 tbsp raw extra virgin coconut oil, gently melted

2 tbsp bicarbonate of soda

1 tbsp xylitol, or to taste

1 tbsp neem powder

15 drops of peppermint essential oil

Mix all ingredients in a bowl until you reach a tooth paste consistency.



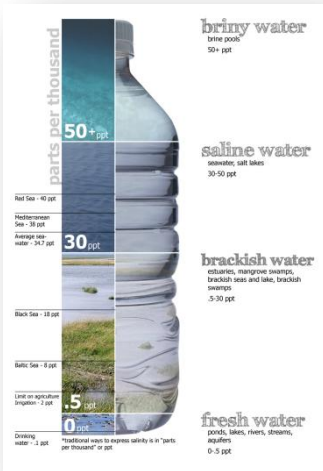
## 2. FIVE SIMPLE STEPS TO REDUCE WATER CONSUMPTION

Water is essential in everyday life. We drink water, we use it to cooking, washed, cleaning, and maintenance of green spaces. Water is also used in industry. In one day a European man consumes an average of 189 liters of water, and an American man of 379 liters of water. In the arid and poor areas of the globe such as Africa under Saharani, are used in a day between 7 and 19 liters of water. In the US are used in a day a total of 3 trillion liters of water. Unfortunately, much of the water used on the globe is scattered.

A defective toilet consumes 767 liters in one day. A bath in the tub can consume up to 265 liters of water and a simple shower can consume up to 37/94 liters of water in one day.

A scattered drop from a tap can cumulate in a 113,000 liter of water.

97% of planetary water is salty. Only 3% is sweet water and only 0.3% is on the surface. 68.7% of the world's freshwater quantity is in glaciers and cannot be used. In the atmosphere there is more water than in all the planetary rivers at one place. And if we need water indirectly to prepare the various things that we use daily and the objects that populate our environment immediately.



- ❖ You could reduce water consumption, stopping to buy bottled water and other products using water in the technological process.
- ❖ We can reduce water consumption by stopping water while brushing our teeth, washing our hands or taking a shower.
- ❖ We can reduce water consumption by collecting rainwater and using it afterwards (either for watering flowers, washing floors, etc.).
- ❖ We can reduce water consumption by installing different water meters to manage how we consume water every day.
- ❖ We can choose to make a quick shower instead of a bath in the bathtub.



go green

### 3. REUSE AND RECONDITIONING OF OLD OR WASTEWEAR CLOTHING

Recycling old clothes by reusing and restyling - we change the perspective from garbage to the resource, from single user to multiple consumers, from moral wear to aesthetic challenge, from pollution to environmental care, from consumption to saving, from running after new to a second chance, from me to us.

**1. Restylate.** Sometimes, you simply get bored of it, of your old cotton knit dress, but, utopically, at one point you will only have it and that. I am sure that your imagination will put its wheels in motion and put a belt on it, knot it, wear it next to a jacket, under a sweater, maybe on its back or cut its sleeves or legs, everything is permitted. If you like the fabric of a dress or can admire how it fits you, but the length you do not like, act like:

- *wide jeans become skinny jeans*
- *long sleeves turn into shorts, and long pants into short ones*
- *cut fringe and degrade through repeated cuts and wash jeans*
- *apply targets, zippers, buttons, badges, colored patches*
- *weekly inventes a new way to wear an old coat*
- *t-shirts with deep neckline in front, can be worn on the reverse, with the neckline at the back, or skirts long on elastic can become dresses without straps, ties as belts etc.*

**2. Paint.** T-shirts made of cotton, linen or even silk dresses can be painted with gallus or with natural dye as here: Dyeing - summer dress maneuver. With a little patience, a broken pot and some Internet documentaries the results can be phenomenal, and the old garment can reenter the behavioral circuit.



**3. Grow again.** At this point you need a tailor or sewing machine, if you have some skills and patience. Not too long dresses can be transformed into long skirts, t-shirts can become sweaters or rich scarves, from knit, the jeans of the cut jeans can become a skirt of jeans and give you the ladies in the movie.



4. **Turn them into accessories.** T-shirts can become necklaces, if you cut circular pieces that you stretch until they become very thin and run, and in the end you tie them to one end. You can wear them simple or in combination with superimposed chains or beads. It is so simple and funky that you will cut all your old shirts just to have the desired combinations for your summer necklaces. Old skirts or ties can be made into hair accessories, very creative textile belts. Here are some examples: 15 Easy Ways to Turn T-Shirts into Jewelry 5. Sweaters become caps and gloves. I know, it's hard to think of these, but my gloves with a finger like me now, than I did when I was a kid.



## 4. RECIPE OF NATURAL BEAUTY

A lot of girls are using makeup everyday (even if they are all beautiful naturally !). But, makeup products are using a lot of toxic ingredients and are making a lot of tests on animals.

But did you know that you can make your own makeup with natural ingredients ?

This way, you can protect your skin and the planet at the same time !

Here are some recipes to learn how to make eye shadow, face powder, mascara and eye liner on your own.

### Eye shadow :

#### *Ingredients :*

- Arrowroot powder
- To choose the color you want :
  - cocoa powder for brown eye shadow
  - beet powder for pink eye shadow
  - spirula for green eye shadow
  - activated charcoal for black/grey eye shadow.

Use the arrowroot powder as a base so put it in a small container first. Then, add the powder corresponding to the color you want. Mix it all and you have your natural eye shadow. For a creamier eye shadow you can also add shea butter to your mixture.



### Face powder :

#### *Ingredients :*

- Arrowroots
- Cocoa powder
- Nutmeg powder



In a small container, use arrowroot as a base. Then, add cocoa and nutmeg until you get the color of your skin tone.

### Eye liner/Mascara :

#### *Ingredients :*

- Beeswax
- Coconut oil
- Shea butter
- Charcoal

Add beeswax, coconut oil and shea butter into a double boiler. When the ingredients are all well melted and mixed, add charcoal. Then, put the mixture into your empty mascara tube or into a container for eye liner.



# LET'S PLAY!

 Find in the box below the following words: recycling, reduction, reuse, ecology, climate, water, Earth.

*After finding the words take a picture and send it to us at the e-mail address: [gogreen@rrr.com](mailto:gogreen@rrr.com) and you can win a set of 10 bags made of biodegradable material.*

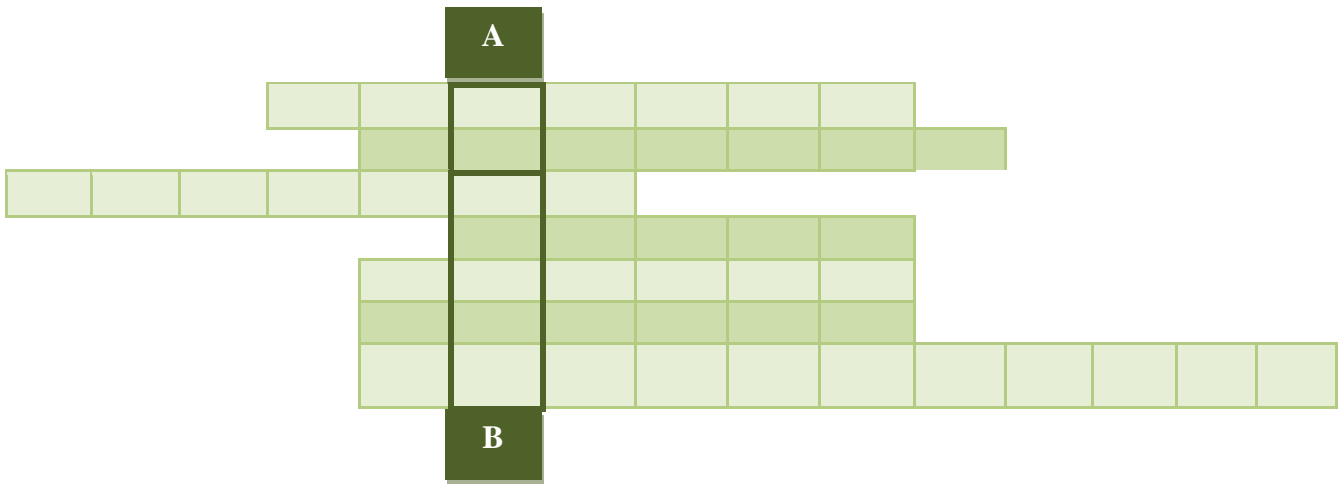
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Complete the rebus above and find the words on the vertical. Write the words found in a note on your mobile phone and take a screenshot of it. Send us the screenshot or e-mail address and you can win by drawing a basket full of goodies from the village of grandparents.

**A-B:** *The name of a magazine that promotes the protection of the environment and through which the readers learn to be more friendly with the environment, offering useful tips.*



1. There is.... chemistry .... and an\_\_\_\_\_ chemistry. Guess what part of the chemistry it is.
2. Activity by which something is exhausted for personal use or for the purpose of obtaining other things.
3. Science that deals with the study of interaction between organisms and their living environment.
4. Activity by which the quantity, intensity, etc. are diminished.
5. Activity by which various products are used again.
6. The activity by which the wastes are processed in order to reuse them.
7. Everyone should take care of him and protect him because without him we couldn't exist.



## TEAM NUMBER 5



Given that this is the 1<sup>st</sup> appearance of the magazine „go gREen”, we, the editorial staff have prepared for you a video material where we have tried to highlight the importance of friendly behaviour towards the environment. We wish you a pleasant viewing and we thank you for choosing to read our magazine !

ALEXANDRU  
MATHILDE  
ADELINA  
IVONA

go green



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