

Gengreen project

Andrei

**Project 1:
Shifting from
dairy to soy
milk**

Before

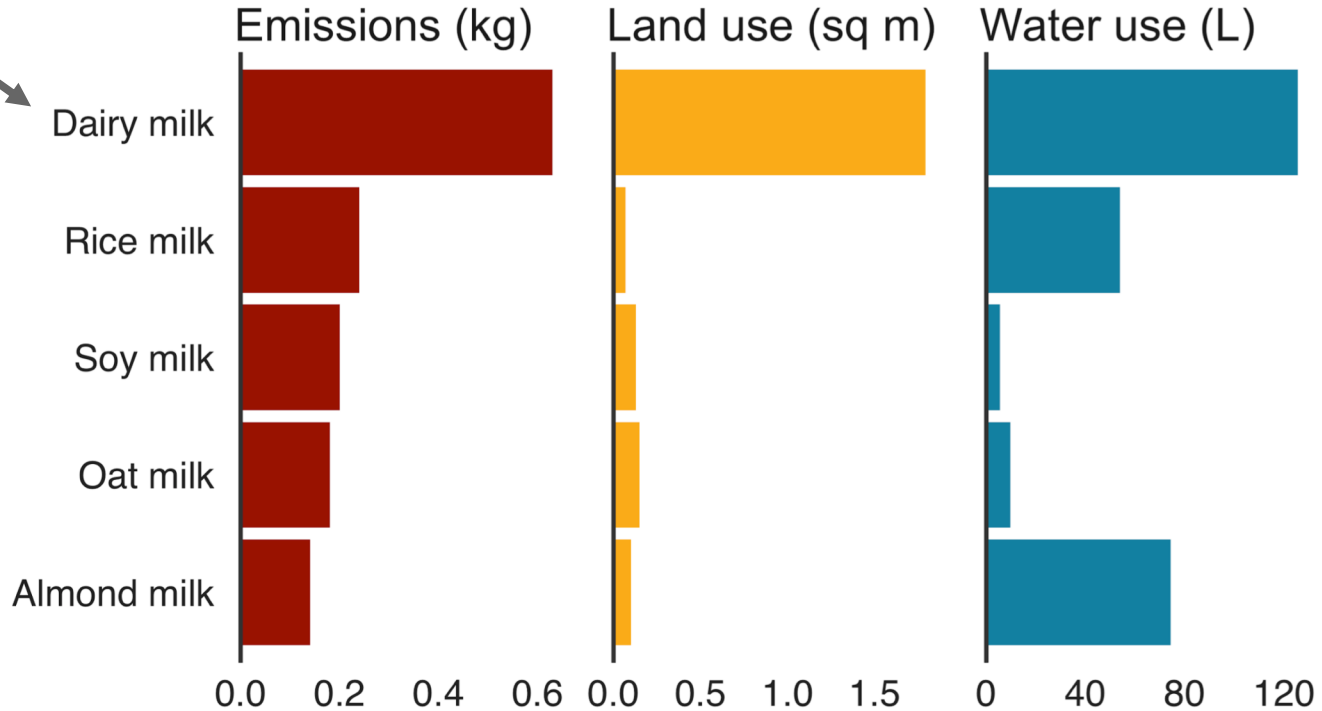
- I LOVE milk
- I drink 2x/cups day:
 - One in the morning w/cereal
 - One at night, before bed
- I was only drinking DAIRY milk
- I know I won't give up milk, but dairy milk is awful for the env't...



Which milk should I choose?

Environmental impact of one glass (200ml) of different milks

Dairy milk = bad



Source: Poore & Nemecek (2018), Science. Additional calculations, J. Poore



The switch

- I knew I needed to switch from dairy to an alternative
- I decided to try out soy milk
- I stopped buying dairy and I instead chose silk soy dairy milk (right)
- It tasted SOOO good: I immediately made the switch and only bought Silk soy



The Benefits

- Environmental:
 - Soy produces less CO2 than dairy milk
 - Soy takes less land + water to produce!
- Health:
 - Soy milk is vegan; it has more protein, less sugar and your body digests it easier!
- Price (the savings add up!):
 - 2L of Soy milk = \$3.50
 - 2L of organic Dairy milk = \$4.50



Calculations

I drank 4 kg dairy milk/week * 1.9 kg/CO₂ = 7600 g/CO₂/week

I now drink 4 kg soy milk/week * 0.88 kg/CO₂ = 3520 g/CO₂/week

Therefore, by making the simple switch to soy milk, I am helping to eliminate **385 kg** of CO₂/year, or offsetting about 2 000 km driven in my parents' car.

**Project 2:
Carpooling
to school**

Before...

- My parents would drive me 9km to school
- Two of my friends close by would also get their parents to drive them to school

Realization...

- My friends and I all live close by, can't we carpool together to school?
- I reached out to my friends, then we got our parents on board on the idea.
- A three-week carpool rotation was created: one family drives one week, another drives the next and another the third week.



Advantages

Time: Two parents don't need drive their kid to school

Env't: $\frac{2}{3}$ less cars driving to school

Social: I get 15 minutes every morning to catch up with my friends, instead of being in the car alone!



Calculations

Before, our three families drove 120 km/week to get to school *
9.6L/100km fuel efficiency * 2317 gCO₂/L = 26 691.84 g/CO₂/week

Now, our three families drive around 60 km/week to get to school
(not all three of us carpool everyday) * 9.6L/100km fuel efficiency
* 2317 gCO₂/L = 13 345.92 g/CO₂/week

Therefore, in a 36 week school year, this initiative helps save about
480 kg/CO₂.

Reflection

- The changes I made we were not only good for the environment, they had other benefits!
- I see myself sticking to my two projects, there is no reason to revert back to my old ways!
- In a regular year, my two projects will help eliminate **865 kg / CO2**