

## Week 7 November 16

### Topic: Reducing Toxics and Recycling Beyond the Curb

#### Facilitators/Speakers:

- Heather Teegarden, Sustainable Community Stewards Program Coordinator, SnoCo
- Sarah Bergquist, Waste Wise Program Coordinator – Island County
- Jerilyn Ritzman, Waste Wise Program Coordinator – Camano Island
- Christina Chi, Ph.D., Washington State University – Pullman
- Ting Chi, Ph.D., Washington State University – Pullman
- Siobhan McComb, Owner of One Glass Jar

#### Agenda

600-605	Welcome/Introduction of Speakers
605-625	Explore Beauty in the World with a Lighter Footprint
625-645	Apparel Rental Service: A solution to wasteful consumption?
645-700	Q&A Session with Dr. Christina Chi and Dr. Ting Chi
700-710	<i>10-minute Break</i>
710-715	Reflection on Sustainable Travel and Fashion Learning
715-815	Zero Waste Life Hacks – Siobhan McComb, One Glass Jar
815-825	Measuring Our Carbon Footprint
825-830	Positive Community Actions

#### Learning Goals

- I can define sustainable tourism.
- I can plan an environmentally responsible travel experience.
- I can identify sustainable travel companies.
- I can describe the impact of fast fashion on environmental sustainability.
- I can share game-changing solutions for sustainable fashion.
- I can identify several ways to reduce my waste.
- I can define a “carbon footprint.”
- I can summarize my learning.

#### Notes:

How can I apply what I learned tonight to adapt my travel to be more sustainable?

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When shopping for clothes I will work to focus on \_\_\_\_\_ to make more sustainable choices.

Four single-use plastic to longer-use item swaps I can make moving forward are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_.

**My biggest takeaway is:**

**Action items/Deliverables:**

**Complete Carbon Footprint activity**

Before our final class on November 30<sup>th</sup>, please complete this [carbon footprint calculation](#). It will ask you questions about your food consumption, housing, transportation, and purchasing habits. Make your best estimates and click on “Add details to improve accuracy” where possible. The summary at the end will tell you your personal [Earth Overshoot Day](#).

If you would like to do a more in-depth analysis using data from your electricity or gas bills, you can also complete a calculation through the [EPA’s Carbon Footprint Calculator](#). One cool thing about this calculator is that it allows you to input actions that you are taking or pledge to take (washing clothes in cold water, turning the heat down a degree at night, etc.) that offset some of your emissions.

Remember, the goal of the exercise is not to shame, but merely to see where we’re at!

**Waste Free Holidays/Eco-Fashion/Zero-Waste Tips Resources:**

**Planning for Your (Greener) Holidays** – Presented by Tom Watson, King County Solid Waste [Recording on YouTube](#)

**Eco and Economical Style: Tips from Former Fashion Designer** presented by Patricia Townsend, Ph.D. [Recording on YouTube](#)

Ragfinery: [Home - Ragfinery Textile Transformation](#)

**Creating a Zero Waste Life** presented by [Siobhan McComb](#) with [One Glass Jar](#) - [Recording on YouTube](#)

**Earth Over-shoot Webinars/Reducing Your Carbon Footprint:**

**Learning to Live on One Earth** presented by [Patricia Townsend](#) and [Ed Stafford](#)

- [Recording on YouTube](#)
- [Living on One Earth – Patricia Townsend](#)

**#Move the Date: Learning about [Earth Overshoot Day](#)**

- [Recording on YouTube](#)

**Understanding Carbon Offsets** Presented by Stan Gent, with support from Puget Sound Energy and Snohomish County PUD

- [Recording on YouTube](#)

**Reducing Your Foodprint:** Tips on how you can fight climate change with your fork! Featuring [Nancy Vandenberg](#), Registered Dietician, Everett Community College Instructor and [WSU Snohomish County Sustainable Community Steward since 2013](#)

- [Recording on YouTube](#)
- [PDF of Presentation](#)
- [Reducing Your Foodprint links and information](#)
- [Meatless Meals Recipes](#)

**WSU Island County Extension:**

- Main page: [WSU Extension, Island County | Washington State University](#)
- Waste Wise Program: [Waste Wise | WSU Extension, Island County | Washington State University](#)
- Waste Wise Program Training page: [Training Page – Fall 2021 | WSU Extension, Island County | Washington State University](#)

**WSU Snohomish County Extension sites:**

- Main page: [Snohomish County | Washington State University \(wsu.edu\)](#)
- Sustainable Community Stewards Program: [Sustainable Community Stewards Outreach Program | Snohomish County | Washington State University \(wsu.edu\)](#)
- Training Files/References: [2021 Snohomish County Sustainable Community Stewards & Waste Warrior Training Resources | Snohomish County | Washington State University \(wsu.edu\)](#)