



# Sustainable Living

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# Platform Topic Victoria

Our platform topic is about sustainable living. Hygienic products such as; deodorants, shampoo, menstrual products and over consumption of clothing, can be very harmful to our earth. Brands such as Dove, Colgate, L'Oreal etc, use damaging ingredients like palm oil, sodium chloride and parabens. These ingredients are not only bad for your body, but also for the earth.







# Our Mission

Sydney

We started this project to help make being sustainable and eco-friendly more convenient and accessible! We know that many people care about the environment and what they put on their bodies but some struggle to find brands that align with their morals and values.

That is why we created our website!

# Quick Facts...

Sydney, Elle, Victoria

- Menstrual products such as pads and tampons are often extremely wasteful because they are single use and often have plastic applicators. Products like the **Diva cup** are reducing single use menstrual products, therefore reducing plastic waste :)
- **Donating** to clothing drives and shopping at second hand stores are eco-friendly alternatives to shopping and fast fashion.
- Palm Oil is found in MANY of our everyday use products. Forest are cut down in order to create palm tree farms affecting the wildlife that lives there. Buy from brands that don't use palm oil, always check for the “**no palm oil**” label on the back of the product before purchasing.
- Plastic creates waste, not only on land, but in our waterways and the ocean. Try to **avoid using single use plastic** such as water bottles, containers and bags.
- Many makeup companies test on animals. Always check your packaging for the **cruelty free** bunny!



crueltyfree

# What problems are we trying to help solve?


Sydney

- Reduce single-use plastic by promoting biodegradable/ reusable packaging or package-free products.
- Promote the use of organic and sustainable clothing items. Give resources and alternatives to fast-fashion by encouraging thrifting and supporting companies that are fair trade certified.
- Reduce single-use products...
- Promote eco-friendly Products and companies that don't contain harmful ingredients for people, don't test on animals and are sustainable.



# How can we take action?

Victoria

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- Purchase reusable items (utensils, bags, cups, plates).
  - ALWAYS check for ingredients that contain clean ingredients (no palm oil).
  - Recycle clothing items to second hand stores (housing works, 2nd time around)
  - Reduce the amount of paper usage. Go digital!
  - Labeling - look for labels

- There are already so many ingredients that we have already - don't need more for animal testing
- inform other people about the problem
- Friendly websites that have environmentally friendly products and info
- Find brands that you like that are not harmful to the environment problem

# Our Solution...Go Sustainable! SARA



Our website is designed to help one create a sustainable lifestyle by reducing plastic consumption and using safe reusable products. This website will directly link you to safe, sustainable, products to use in your everyday life. We focus on safe sustainable General Hygiene, Menstrual Hygiene, and Cosmetics, along with recycled sustainable fashion. Visit our website to see how you can live sustainably! **COMING SOON!**

## Our Pledge.. Maria

We need to realize that by buying sustainable products for your everyday life, you could really make a change. Our pledge is to always think about the way products were made before buying them!



The image is a collage of four nature photographs. The top-left photo shows a sunset over a beach with waves crashing against a cliff. The top-right photo is a low-angle shot of a bamboo forest, looking up at the tall, slender stalks reaching towards a green canopy. The bottom-left photo shows a close-up of dark, wet sand with white foam from waves. The bottom-right photo is another low-angle shot of a bamboo forest, similar to the top-right one, showing the vertical lines of the bamboo stalks.

THANK YOU