



**Alberta
Emerald
Foundation**

Emerald Youth Grants

Study Guides

Jade Janzen - Lives with Less Plastic



30th Annual Emerald Award Recipient

Youth

Synocrude

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About the Alberta Emerald Foundation



We're Alberta's environmental good-news storytellers!

The Alberta Emerald Foundation (AEF) is nonprofit organization that showcases and inspires our province's environmental achievements through the annual Emerald Awards. Through our Sharing Stories Communications Strategy, the incredible work of Emerald recipients is highlighted and celebrated year-round. What began as the Emerald Awards in 1992 has evolved into an ongoing conversation.

The AEF empowers the next generation by providing grants to youth-led and youth-targeted environmental initiatives in our province. The Emerald Educational Engagement Grants Program funds up to 30 groups a year for their dream environmental project inspired by the Emerald Documentary Series, What On EARTH Can We Do? Podcast, and Emerald Speakers Series. After finding inspiration from this content featuring Emerald recipients, submit your pitch to us online. If it's accepted, you will receive \$750, thanks to our sponsor Syncrude Canada Ltd., to make your project a reality.

We encourage you to use this study guide as a resource to help you along in your project's journey. For more information, please visit

www.emerald.foundation.ca

Overview

What they're all about

In Grade seven, Jade completed a Social Studies project on plastic that helped her realize the amount of **single-use plastic** used by Canadians and prompted her to do something about it. She began talking to businesses, councillors and the mayor of Cochrane, and gave a presentation to **Town Council** asking them to ban single use plastic bags and straws. She then started getting others involved and started Lives With Less Plastic with hopes to educate people about their **environmental footprints** and help them reduce their environmental footprints for the betterment of the environment and to live a life with less plastic!

Lives With Less Plastic is a Youth lead **Environmental Non-Profit Organization** which aims to educate people about their environmental footprints and provide resources and help them reduce their **individual and collective** environmental footprints for a more **sustainable** future!

Mission:

- To inform our community of the impact their consumption has on the environment and **empower** them to take simple steps to reduce their consumption and environmental footprint for a sustainable future.



The Lives With Less Plastic Pledge!!

I (insert your name) promise to reduce my plastic intake and be conscious of the environment with every choice that I make.

I will try to eliminate single use plastics in my everyday life. Instead of single use plastics I will turn to reusable alternatives like metal straws and reusable bags.

I will reduce my environmental footprint by taking simple steps like walking instead of driving.

I will always think of the environment and I will remember, that I can do anything and make anything possible if I put my mind to it!!!!

Key Terms

Know your lingo



Empower: to give something power or authority. To empower someone, means to make someone stronger and more confident in actions and decision-making.

Environmental footprint: a way of measuring how much we use and consume from nature, in relation to the environment's capacity the provide and support our needs. Our environmental footprint is a measure of our impact on the environment. The more things you use, and more waste you create, the larger your environmental footprint is.

Environmental non-profit organization: also sometimes called a “charity”, these organizations do not exist to make a “profit”, or money, and work to help the public.



Individual and Collective: individual means just one person, your own actions, while collective means everyone, everyone's actions. You act both individually and collectively each day, as your individual actions contribute to the collective.

Single-use plastic: also sometimes called disposable plastics, are used only once before they are thrown away or recycled. These items are things like plastic bags, straws, coffee stirrers, soda and water bottles and most food packaging.



Sustainable: meeting our needs and using natural resources in a way that we could keep doing for a long time. This can be done through reducing the amount of resources that we use.

Town Council: the legislative body that is responsible for making decisions and governing a town. This council is made up of elected officials.



Conversation Questions

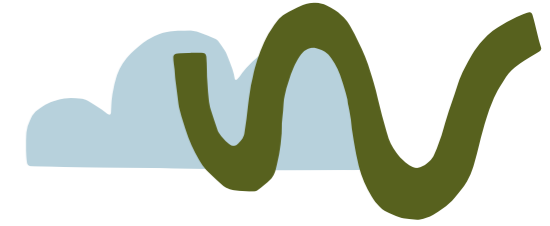
Let's talk about it

- What problem did Jade and Lives with Less Plastic address? How did they address that problem?
- What kinds of plastics can you see in the room around you?
- What steps can we take to reduce our consumption of single-use plastic?
- What types of skills and traits did Jade need to go speak to businesses and council members of her community? Do you think that you could also do this in your community?
- How does Jade act as an inspiration to young people?
- What are some other ways to reduce your environmental footprint?



Continuing Work

Inspiration for your Emerald Youth Grant



- Following in Jade's footsteps, consider talking to businesses and leaders in your community to see if there are ways to reduce plastic use and waste within your community.
- Try to do Plastic Free July, or even Less-Plastic July, where you try to go an entire month without using single-use plastic products.
- Speak with your family and friends about switching to reusable materials, such as reusable water bottles and bags.
- When you go to a store, make sure to bring a reusable grocery bag with you!
- Before purchasing something new, ask yourself if there is another way to purchase it. For example, could you use another item that you already have for that purpose, or could you borrow one from a friend or family member, or can you buy it from a second-hand store, like GoodWill, or a sustainable business? This helps to produce less waste overall by reusing or re-purposing other items.

Resources

Click to discover

[Lives with Less Plastic](#)

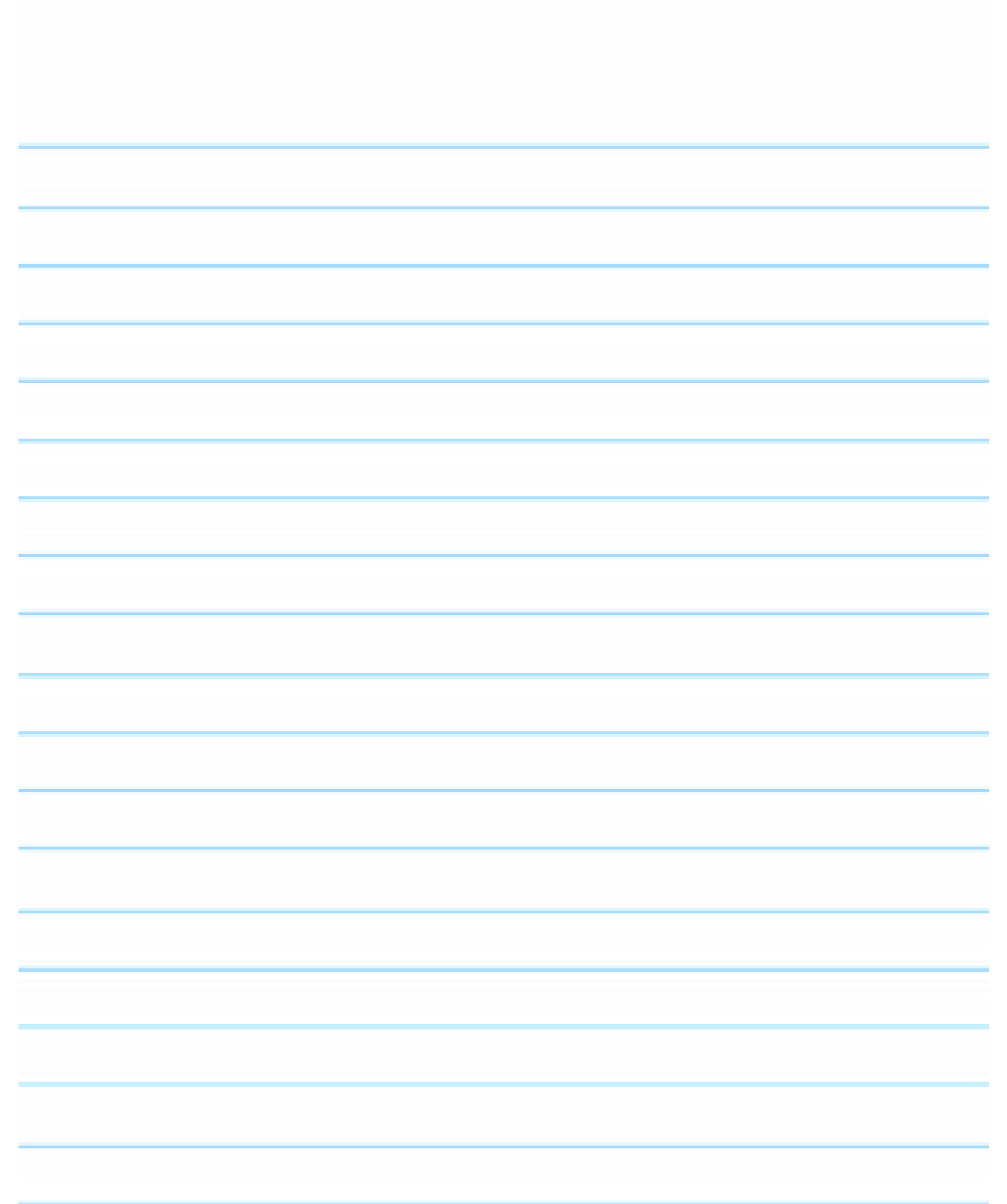
[Teacher Resources](#)

[Plastic Less July Challenges](#)

[Britannica Kids](#) (used for Key Terms)

[36 environmental project ideas that you could get funding for!](#)

Notes

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Emerald Youth Grants

The AEF would like to thank Syncrude Canada Ltd. for their sponsorship of the Emerald Youth Grants Program. As well, we'd like to thank Hoopla Media for their work on the Emerald Documentary Series.

This study guide was created and written by AEF Summer Student, Katherine Rogers.

[Click to apply for an Emerald Youth Grant!](#)

