Simple Changes For a Sustainable Life

By: Mentor Ruth

Bring Your Own Reusable Grocery and Produce Bag
- Amazon:
  - Ecoware Set of 15 Reusable Mesh Produce Bags
  - BeeGreen Reusable Grocery Bags Set of 6

Air Dry your Clothes Instead of Using a Powdered Dryer
- Amazon:
  - Honey-Can-Do Tripod Clothes Drying Rack

Use Reusable Beeswax Wrap Instead of Saran Wraps
- www.beeswrap.com
- Amazon: Navega Beeswax Food Wrap

Try To Buy Products With Less Packaging
- Example
  - Buy in bulk and try to bring your own container such as a mason jar.

Turn Off/Unplug Your Electronics When You Are Not Using It
Small Businesses to Support

By Mentor Kim

CLEAN CIRCLE
- Clean Circle specializes in making reusable makeup remover pads and wipes that are certified organic, ethically made, and come in eco-friendly packaging.
- https://clean-circle.com/

HUPPY
- David Phan and Cathy Tran founded Huppy as a sustainable, zero-waste oral care company. All their ingredients are responsibly and ethically sourced; their toothpaste tabs are packaged in refillable containers, and the refill pouches are made of biodegradable wood cellflose.
- https://behuppy.com/

TOKYN CANDLES
- Rino Minami was inspired to start her hand-poured candle business by the fact that a scent could bring back so many memories. She bottles both the sights and smells of her native country of Japan, completing it with the Japanese art of musubi - tying a knot around the candle which represents unity and togetherness.
- https://www.etsy.com/shop/tokyncandles?ref=shop_redirect

W.B. THAMM
- “Playful, classic and yet contemporary” haberdashery based in NYC. All items are handcrafted and individually cut with high quality fabric. Mostly from local sources and come from a wide range of vintage and new fabrics.
- https://www.etsy.com/shop/ WBTHAMM?ref=shop_redirect

NUUNCHI MASKS
- Nuunchi is a small family-owned business based out of Michigan that specializes in making face masks and accessories. They aim to make beautiful masks that people enjoy wearing and also protects them throughout the pandemic. Their masks are made from traditional satin found locally in South Korea.
- https://www.etsy.com/shop/NuunchiMasks

JOCELYN CHUNG
- Jocelyn Chung is a lettering artist and graphic designer. She is the daughter of Taiwanese immigrants. Chung believes in the importance of storytelling, cultivating empathy, and living in the intersection of faith, art, and pursuing justice and liberation.
- https://www.jocelynychung.co/shop

CLAY WALLS BY KIM RONYOUNG
- “Clay walls is a story about immigration and colonial trauma, and it also a story about marriage, class, and patriarchy.” - Min Jin Lee, Author of Pachinko
ASIAN & ASIAN AMERICAN REPRESENTATION ON SCREEN

By Mentor Ashley
How To Make **Turon**
By Mentor Donavyn

Turon, also known as banana lumpia, is a Filipino dessert or snack that I absolutely love! It is extremely easy to make and takes about 20 minutes to prepare and cook. All it takes is one trip to your local Asian market to enjoy this amazing treat!

**Ingredients:**

- 6 pieces banana or plantains
- 1 cup jackfruit ripe, sliced (optional)
- 1 1/2 cup brown sugar
- 12 pieces lumpia/spring roll wrapper
- 2 cups cooking oil

**Directions:**

1. Cut bananas in half lengthwise
2. Place half the banana with sugar coating in the lumpia/spring roll wrapper and add
   some ripe jackfruit,
3. Sprinkle a generous amount of brown sugar on top of the banana and jackfruit.
4. Fold and lock the spring roll wrapper, use water to seal the edge.
5. In a pan, heat the oil and put in some sugar. Wait until brown sugar floats.
6. Put in the wrapped banana and fry until the wrapper turns golden brown and the extra
   sugar sticks on the wrapper.
7. Serve hot as a dessert or snack. Share and Enjoy!