

A WORLD OF SECOND CHANCES

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A volunteer plants a tree at one of the events organized by Healing Trees

PLANT LIFE THROUGH A FOREST OF HOPE

Healing Trees is a global collaborative movement, whose goal is to plant trees around the world in memory of people who have died from COVID-19. In this newsletter, we want to invite our entire network to unite and plant trees in commemoration of the victims of the virus, but also urge you to promote reforestation within your institutions due the benefits it has on climate change.

This movement is led by the [San Ramón Carbono Neutral Foundation](#), a Costa Rican non-profit organization.

How can you be part of the movement?

1. Go to www.healingtrees.org and fill out the form with your planting commitment.
2. Organize a planting with your employees, students, community and/or allies, in which you send a message of hope and together we honor the loved ones we lost to COVID 19.
3. You can also spread the word to get more people to join Healing Trees.
4. All participants must agree to care for and preserve the trees for a certain period, which guarantees their survival and the fulfillment of their role in the ecosystem.
5. The initiative is open for individuals, institutions, groups of friends and families.

Here's the [official video](#) of the initiative and their profiles on [Facebook](#) and [Instagram](#) for more information.



"The COVID 19 pandemic came without warning and affected us all in different ways, challenging our health systems, generating unemployment, and challenging business models around the world, but more importantly, it hit our hearts, the way we live together and our health, it showed us the importance of staying united"

José Zaglul, president of the [San Ramón Carbono Neutral Foundation](#) and president of the [Global Confederation of Higher Education Associations for Agricultural and Life Sciences \(GCHERA\)](#).

GIVING PLASTIC A SECOND CHANCE



Nel-Ange ST CYR, the student who created the project

Regarding World Recycling Day, celebrated last May 17, we want to share the story of Nel-Ange ST CYR, an agronomy student from one of our pilot universities, Quisqueya University in Haiti. She, at 24 years old, is positively impacting the environment with her VALPLAST initiative. The project consists of collecting plastic waste on the street and transforming it into building blocks for streets, sidewalks, boulevards, parking lots, among others.

"The initiative is installed in one of the most disadvantaged areas of the country, Cité Soleil. Cité Soleil is a normal Haitian community, albeit a poor one, if you walk through its immaculate streets and promenades during the day, you will see many friendly people and smiling children playing. But you will also see the clogging of the drainage channels of Port-au-Prince with waste from the highest parts of the city", the creator mentions in one of her promotional materials.

Valplast has recycled more than 1,000 kg of plastic waste in two different cities in Haiti, as well as creating jobs and educating young people about the importance of recycling and waste management.

From the Transforming Higher Education project, we congratulate Nel-Ange and all the people involved in this initiative for valuing waste in a way that generates benefits for the community, both social and environmental.

To learn more about the initiative you can watch the following video or contact them at info@valplastayiti.com, you can also support them through their [GoFundme](#).



Example of the brick made by VALPAST from plastic waste in Haiti

ELIMINATION OF SINGLE USE PLASTIC IN OUR PILOT UNIVERSITIES IN MEXICO

Happy recycling day! What actions do our universities take to bolster recycling? In 2019, the Tecnológico Nacional in México decreed the 100% plastic-free initiative, in which each of the affiliated institutions would formalize a Declaration of Commitment, which would include the following:

- **Outreach activities.**
- **Elimination of the purchase of products with single-use plastic content.**
- **Commitment to evidence the initiative's compliance.**

The **Higher Technological Institute of Hopelchén** has been part of an external monitoring commission which oversees and provides recommendations to the Institutes recycling efforts since 2019. Additionally, they have communication campaigns to raise awareness about the initiative and have also managed to obtain material only from suppliers that offer alternatives to single-use plastics.

In the case of **the Technological Institute of Conkal**, the Environmental Management program was implemented internally, under the leadership of the Systems Engineer, Eric Jesús Gamboa Varguez. The main objective of the program is to promote and consolidate a culture of care and respect for the environment, where the student community, faculty and staff are active agents and promoters of the university's commitment to the environment. The Comprehensive Environmental Management Program of the Technological Institute of Conkal includes the rational and effective use of water, rational and effective use of electricity, comprehensive management of urban solid waste and comprehensive management of hazardous waste.

The **Higher Technological Institute of Calkiní** installed water dispensers in all buildings, and did a campaign for all teaching staff, administrative staff, services and students to avoid use single-use plastics. As well, they shared reusable water bottles to the entire body of the university to replace disposable bottles.

To date, the three institutions have fulfilled their commitment to be 100% free of single-use plastic.

Thank you for being an example for everyone!



LET'S CELEBRATE SUSTAINABLE GASTRONOMY TOGETHER!

Sustainable gastronomy is that cuisine that considers the origin of the ingredients, how they're grown, how they reach the markets and, finally, the dish itself. In other words, it supports the protection of biodiversity and the preservation of culture and customs¹.

So, to celebrate Sustainable Gastronomy Day (June 18), we wanted to use this opportunity to include a recipe for *creole coriander cream*, made by Inés del Rosario Haas Naal, from the Nunkiní community and an eighth semester student at the Higher Technological Institute of Calkiní in the State of Campeche, Mexico; a perfect example of how our pilot universities and their students include the five elements of success in their projects while contributing to the planet and their communities socially and economically.

Ingredients

- 2 Cups of coriander from family gardens
- 190g cream cheese
- 1 clove garlic
- 3 tablespoons of mayonnaise
- 2 tablespoons of creole lemon juice
- 1 tablespoon of butter
- Chicken broth
- 1 half cream of 180g
- 1 jalapeno pepper from the garden
- Salt to taste
- Salted crackers

Materials

- Blender
- Containers

Procedure

1. Harvest coriander leaves approximately 15-20 days after germination.
2. Wash and disinfect the Creole coriander very well.
3. Cut the cilantro into small parts.
4. Roast a garlic over a slow fire over the wood.
5. Pour into the blender the cream, the coriander, jalapeño pepper, the butter, and the previously cooked chicken broth. Blend for approximately 10 minutes.
6. While blending, mix the mayonnaise with the cream cheese until we have a homogeneous mixture.
7. Once finished blending, add the homogeneous mixture with 2 tablespoons of lemon, salt to taste and blend again for another 5 minutes.
8. Once done, empty the cream into containers and refrigerate it for 1 hour so for consistency.
9. It's ready! Serve with cookies or vegetables!

