

## **Feeding the World with Hydroponics Project – F#101**

This project focuses on helping setting up solutions for feeding our world's communities and surrounding areas. I am looking to help build multiple Hydroponics and a Dutch Bucket Greenhouse Systems throughout the nation and possibly throughout the world. I am wanting to help build these Greenhouse systems in communities and provide training to run them. These greenhouses will provide these communities with fresh fruits and vegetables. This process can help feed more people year around, using less land, in local and surrounding areas. Please see the attached information for more on this project.

On my Humanitarian Project and with the wise guidance of teams of experts, working with specialists in every field; we will establish a humanitarian plan to build multiple Hydroponics and a Dutch Bucket Greenhouse Systems. This system will be able to grow Organic fruits and vegetables for communities throughout the nation and the world.

I have quotes and have been working with two separate companies that work Hydroponics Farming/Greenhouses. They both offer something different in designs. I was thinking about combining a little of something from both companies. The first company is Eden Green Technology. This company is located here locally, and will be able to help us step by step.

They have an office about 20 miles from where I presently live. This will be a real good advantage for this project. This company mainly focuses on Vertical Farming. You can grow more food in a smaller area. But unfortunately, this system will limit us on what we can grow. This is where the other company falls in. This company is Gothic Arch Greenhouses and is out of Alabama. They have a growing method called the Dutch Bucket Growing system.

With this system, we will be able to grow the items that would not grow under the vertical farming. With these two companies, we will be able to grow more of a variety of food in a smaller area, with less space, and year around.

## **FRESH FOOD FUNDAMENTALS F#102**

### **PROBLEM:**

Jamie Oliver is an award-winning chef and nutritionist who has created the “Food Revolution Movement.” He claimed that thirty years ago, foods were fresh and wholesome. It wasn’t processed and had no preservatives or additives. The system has failed, fast food is commonplace, and the food labeling is deceptive. \$150 billion in

healthcare costs per year connected to the food we eat. It is the number one killer. Large food manufacturers have misled us with confusing labels touting “new low-fat” but fail to mention the added sugar. The school system teaches nothing about food, and this must change.

#### SOLUTION(S):

1. Build a culinary arts school and reach out to great chefs with a vision to make a difference. The school will partner with local farmers\*, not only to serve farm freshness and boost the farming community.
2. Enrollment requires a minimum of mentorship hours post-graduation. Students must do rotations (similar to internships) in cafeterias in the local school system, hospitals, and nursing homes. Additionally, the student will hold in-house people under a graduate, as defined in the next point.
3. Imagine learning good nutritional essential habits among friends over five days. Near graduation, a supervised student will go to a host home where four or five couples gather. On nights one and two, there is an overview of how nutrition connects to health and how proper nutrition can eliminate many medications. On night three, there is a field trip to the grocery store with instructions about the critical components of shopping. On the fourth night, the students will teach some quick tips and essential factors in the process of cooking. The couples prepare a dish to share on the final night, and the week is closed out, enjoying a potluck and question and answer session.
4. The student’s final is to write a proposal for a healthy food concept to replace the fast food restaurants we know today. Content may qualify the student for a fully paid location and small business loan for operating expenses. The Culinary Arts graduate is encouraged to spread this newfound knowledge whenever possible.

#### RESULTS:

The local farms will begin to thrive from community support. There will be widespread support to eat properly. Health will improve and reduce the need for medications. Friends and family will shift eating habits together.

\*One additional idea for farmers is a mobile fresh fruit and vegetable cart. Decades ago in New Jersey, fresh fruit and vegetables were commonplace but forced out by large grocers. It would be similar to a fresh market on wheels.

## **Dimensional Food Preservation - Timeless Ingredients and Food Storage F#103**

### **Objectives and Strategies**

- To preserve raw ingredients and cooked food without refrigeration

- To research and develop a storage method using another dimension
- Retrieved ingredients and food in exact pre-storage state no matter the transpired time in present dimension

### **Project Plan**

- Support studies into the interfacing of dimensional access at a micro level.
- Put the theory to laboratory testing to produce a dimensional storage box
- To manufacture multi-sized dimensional storage boxes for practical application
- Can act as dimensional security vault as alternate use

## **Healthy food in schools F#104**

My plan is to provide a variety of fresh fruits and vegetables in schools

With establishing a CAC center I am planning to arrange distribution of fresh fruits , vegetables, vegan and vegetarian food.

My project is to arrange thru engaging with some restaurants but as well having established a kitchen where the food could be distributed at cafeterias at schools.

My vision is every school to have cafeteria with variety of fruits,veggies and Healthy food provided.

I am planning in those cafeterias to have a corner in an entertaining way to present to the kids information about the advantages of consuming fruits and vegetables in a base of proper diet.