



SUSTAINABLE

focus

Thank you for supporting our Conservation Commitment

Tips to be more sustainable at home!

- Set a meal plan for the week and create a shopping list to match it. Planning your meals not only avoids food waste, but saves you money and time stressing on what to have for dinner.
- Shop at a farmers markets to support local small businesses and for healthier eating.
- Composting waste such as veggie scraps means it won't end up in the landfill and compost makes for great fertilizer for your garden.

Fuel efficient cars to consider

- 2019 Toyota Prius Prime
 - 133 MPGe Combined.
- 2019 Toyota Mirai
 - 67 MPGe Combined.
- 2019 Honda Clarity Electric
 - 114 MPGe Combined.
- 2019 Chevy Bolt EV
 - 119 MPGe Combined.

Energy Star appliances to think about

- Dishwasher: Save gallons of water! On average an Energy Star dishwasher will save 3,870 gallons of water over its life time
- Refrigerators: With an Energy Star certified refrigerator, you can save more than \$300 over the next 5 years.

Local farmers markets to consider

- Santee Certified Farmers Market
 - Open Wednesday from 3-7pm
- La Mesa Farmers Market
 - Open Friday from 3-7pm
- SDSU Farmers Market
 - Open Thursday 3-7pm
- Allied Gardens Sunday Market
 - Open Sunday 10am to 2pm

Labor Day weekend is coming soon!

As we honor the American labor movement and the contributions that workers have made, here are some helpful tips before you leave for the long weekend (Aug 31-Sep 2):

- Unplug all energy-using items (coffee pots, pencil sharpeners, microwaves etc..).
- Power down computers and turn off monitors.
- Turn off surge protectors



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