



- Presentation will begin shortly
- Session will be recorded
- All attendees are muted
- Please be aware of Q&A at bottom of screen – ask your questions there
- We will address questions at various points in the session

www.chulavistaca.gov/clean

Sustainability Webinars



Summer Sustainability Series and Sustainable Buildings recorded webinars are available at the City of Chula Vista CLEAN website

www.chulavistaca.gov/clean



**All attendees are muted
Please type your questions in the question box**



SUSTAINABLE HOLIDAYS

City of Chula Vista: Summer Sustainability Series
12/17/20

Sarah Feteih

Program Coordinator, Wasted Food
Prevention
San Diego Food System Alliance

Martie Solomon

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City of Chula Vista

Cory Downs

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Waste less, enjoy more:

Easy tips for reducing food waste during the holidays



Chula Vista Sustainable Holidays Webinar | December 17, 2020

LET'S TALK TRASH

IN THE UNITED STATES, THIS IS OUR PIE CHART



LET'S TALK TRASH



PRODUCTION

15%



MANUFACTURING

2%



STORAGE &
DISTRIBUTION

13%



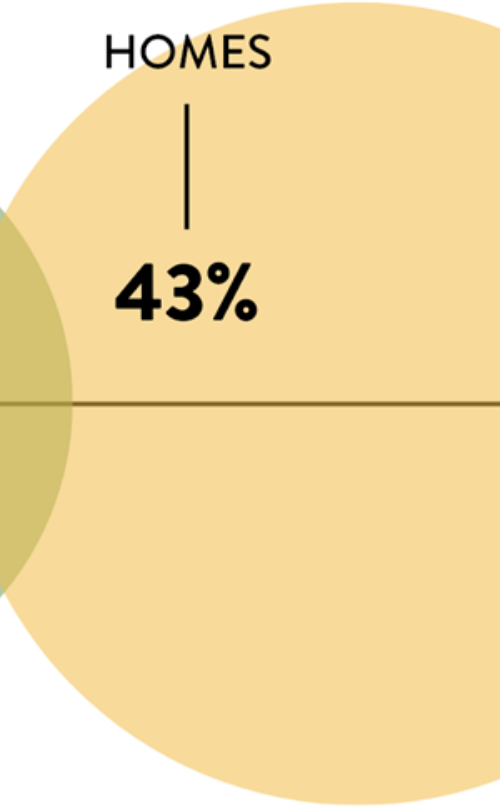
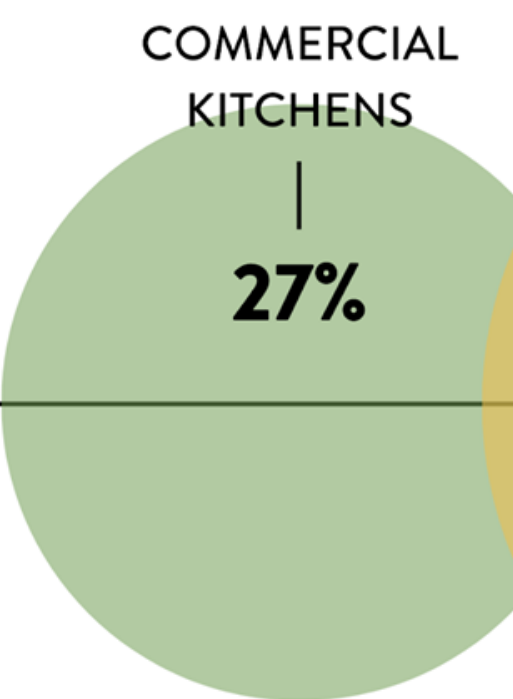
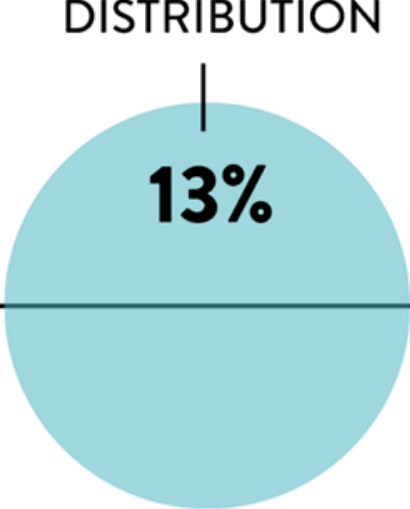
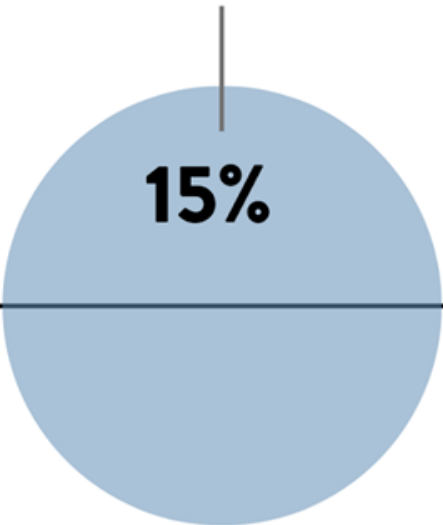
COMMERCIAL
KITCHENS

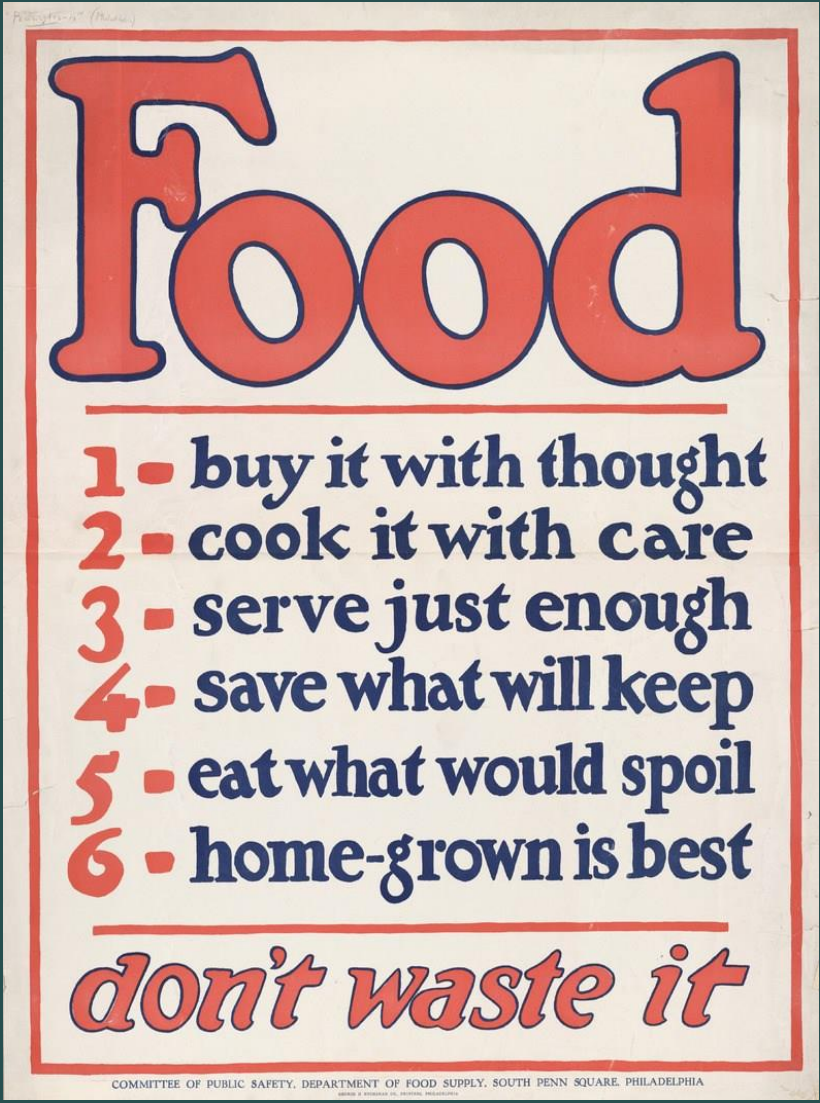
27%



HOMES

43%





Poster originally published in 1917

- SMART SHOPPING
- ZERO WASTE COOKING
- MEAL PLANNING
- PROPER STORAGE



save the food, san diego!

LIST IT, SAVE IT

Making a grocery list saves time, money, and food.



See zero waste tips ▶

SMART SHOPPING

- Shop with recipes in mind
- Eat before shopping
- Support imperfection
- Understand date labels



SELL BY 06/14/11
42 043 13:59

BETTER IF USED BY

USE OR FREEZE BY:
02/05/19

BEST BEFORE
18JAN (2)





save the food, san diego!

GET MORE FROM YOUR PRODUCE

Use carrot tops,
herb stems, and
other scraps in
sauces or pestos.

See zero waste tips 

ZERO WASTE COOKING

1. Swap this for that
1. Repurpose leftovers
1. Revive limpy produce
1. Save the peels and scraps





save the food, san diego!



WANT TO MAXIMIZE SHELF LIFE?

Freeze produce,
cooked grains, and
leftovers.

See zero waste tips 

MEAL PLANNING

- Use the freezer
- Portion Size Guide
- Eat me first
- Eat the leftovers night





save the food, san diego!

TRYING TO MINIMIZE GROCERY TRIPS?

Learn smart food
storage techniques.



See zero waste tips 

PROPER STORAGE

Cilantro

Strawberries

Whole grain flours

Nuts

Apples

Butter

Milk

PROPER STORAGE



Strawberries

Whole grain flours

Nuts

Apples

Butter

Milk

PROPER STORAGE



Whole grain flours

Nuts

Apples

Butter

Milk

PROPER STORAGE



Nuts

Apples

Butter

Milk

PROPER STORAGE



Apples

Butter

Milk

PROPER STORAGE



Butter

Milk

PROPER STORAGE



Milk

PROPER STORAGE





**save the food,
san diego!**

savethefoodsd.org

Thank you!



www.SDFSA.org

@sdfoodsyst



Sarah Feteih

Program Coordinator

Wasted Food Prevention Program

sarah@sdfsa.org

Holiday tips to recycle
right, to reuse, and to
head to Zero waste



Do's and Don'ts of Holiday Recycling



Do's and Don'ts of Holiday Recycling



TWO COLLECTION METHODS FOR YOUR HOLIDAY TREES

HOLIDAY TREES

Recycling is FREE and EASY in Chula Vista!

How To Prepare Your Tree:

- Remove all ornaments, tinsel, garland and plastic or metal stands
- When possible, cut tree into four-foot sections
- Remember: Plastic trees are NOT recyclable and must be disposed of as trash!



Fire Safety:



- Keep trees away from heat registers, ducts and fireplaces
- Keep plenty of water in the stand or bucket of sand; don't let the tree get dry
- Unplug tree lights when you are not home and before you go to bed
- Keep a charged fire extinguisher handy
- Recycle or dispose of your tree as soon as the holidays are over
- Be careful not to overload electrical outlets with lights/ decorations

1 Curbside Collection (Dwellings of 4 units and under, cart service):

Chula Vista residents with curbside yard waste service can recycle holiday trees by placing them at the curb on any regular yard waste collection day.

2 Apartment, Condominium, HOA Residents with central trash collection (dumpster service):

Trees will be picked up from a designated collection point in each complex..

What to do with those hard to dispose of holiday items



**DISPOSING COOKING OIL:
What NOT TO DO**

Don't Pour Down Drain

Don't Pour Down Sink

Don't Pour Down Toilet



COOKING OIL

It's easy to dispose of your cooking oil!

Put used cooking oil in a bottle/container with a watertight lid. Call Republic Services at (619) 421-9400 two days before your regular collection day. Then put your oil at the curb.

OR

Take oil to the Household Hazardous Waste Collection Facility* located at 1800 Maxwell Road on Wednesdays and Saturdays from 9 am -1 pm.



What to do with those hard to dispose of holiday items



Problem: Putting batteries and electronics in your recycling

- They can create a fire hazard at the recycling facility.
- They can contaminate recyclables.
- They can end up at the landfill

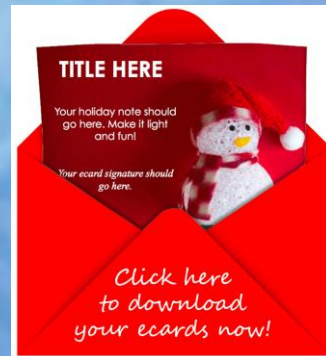


Solution:

Take them to the City's Household Hazardous Waste Facility located at 1800 Maxwell Rd CV, CA 91911. The facility is open Wednesday and Saturday 9 am – 1 pm and no appointment is necessary.



TAKE THE GUESS WORK OUT OF IT
 REDUCE WHAT YOU GENERATE
 REUSE OR WORK TO GET TO ZERO WASTE



Questions?

Martie Solomon

Recycling Specialist II

City of Chula Vista

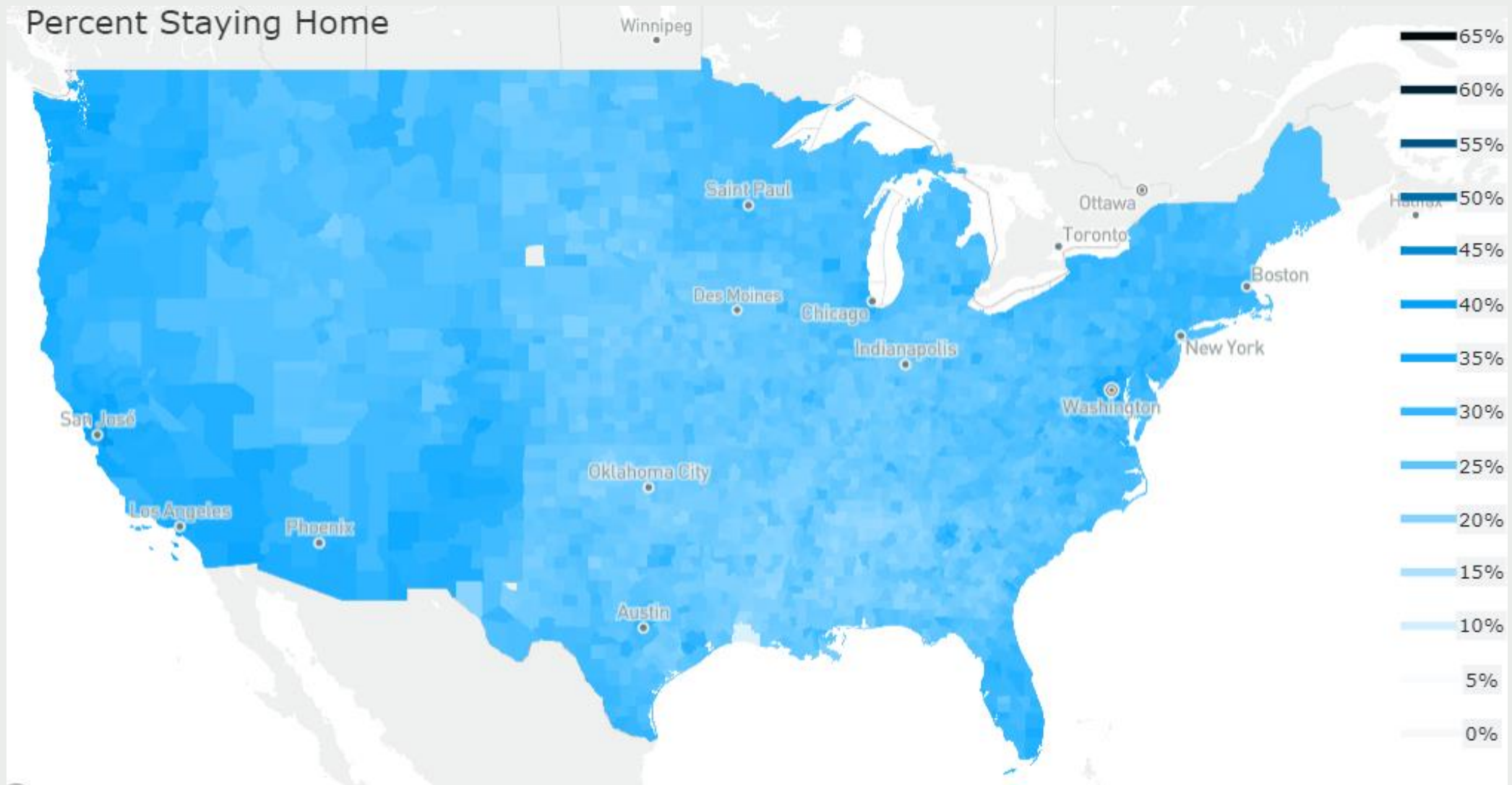
[Email: msolomon@chulavistaca.gov](mailto:msolomon@chulavistaca.gov)

Phone: (619) 409-5844

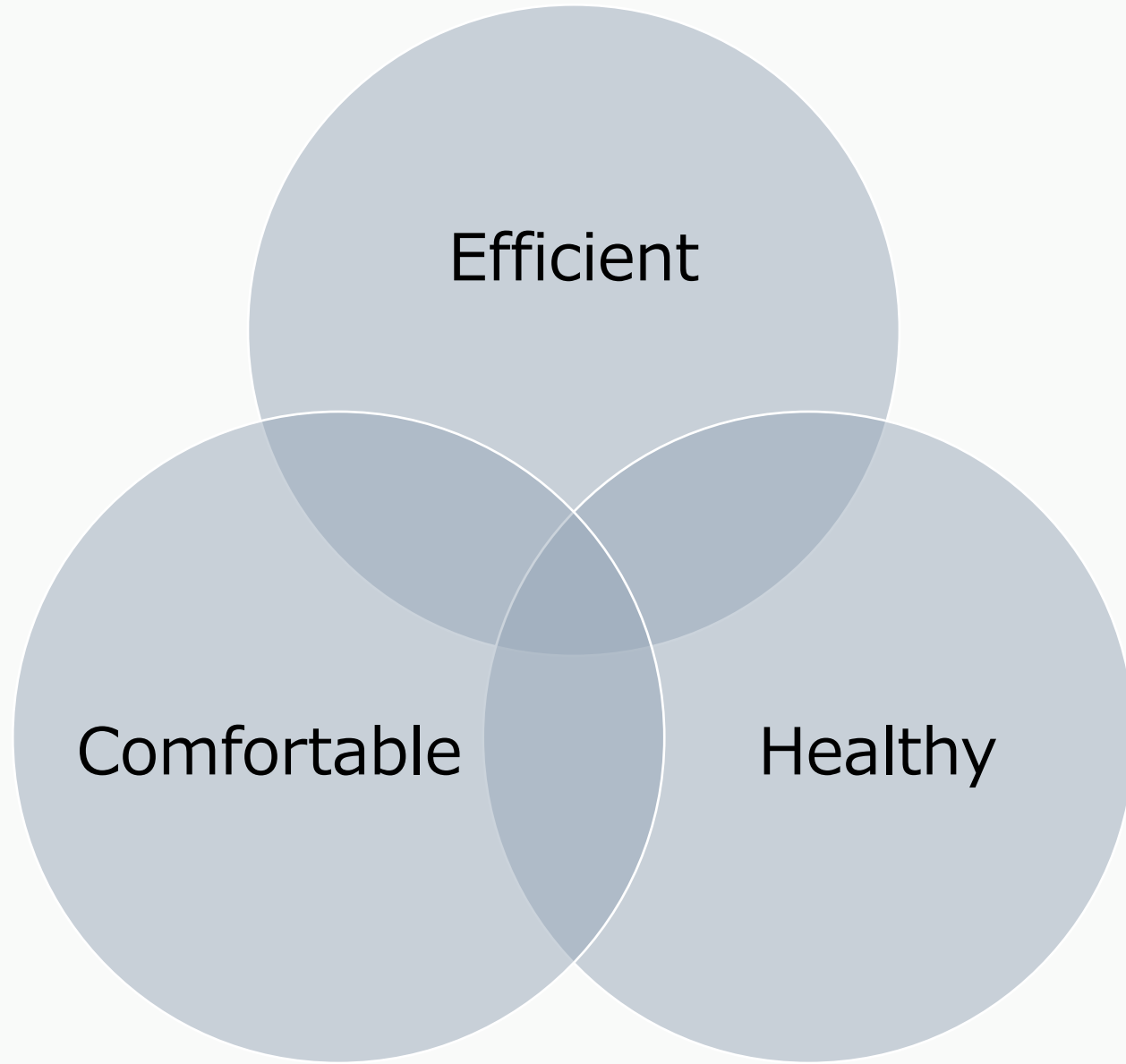


Home is Where the Heart Is

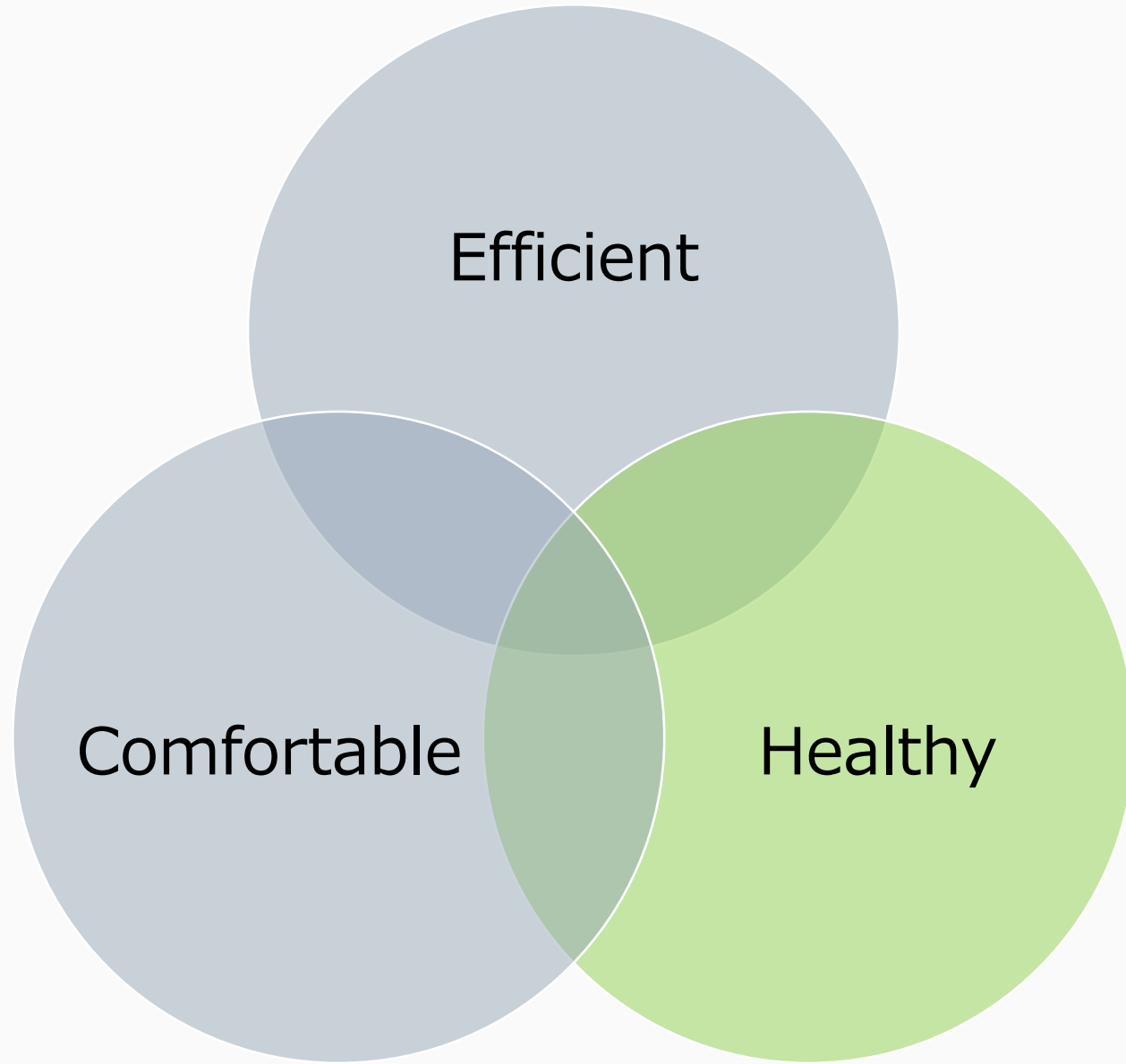
Tips for an Efficient, Comfortable and Healthy Holiday @ Home



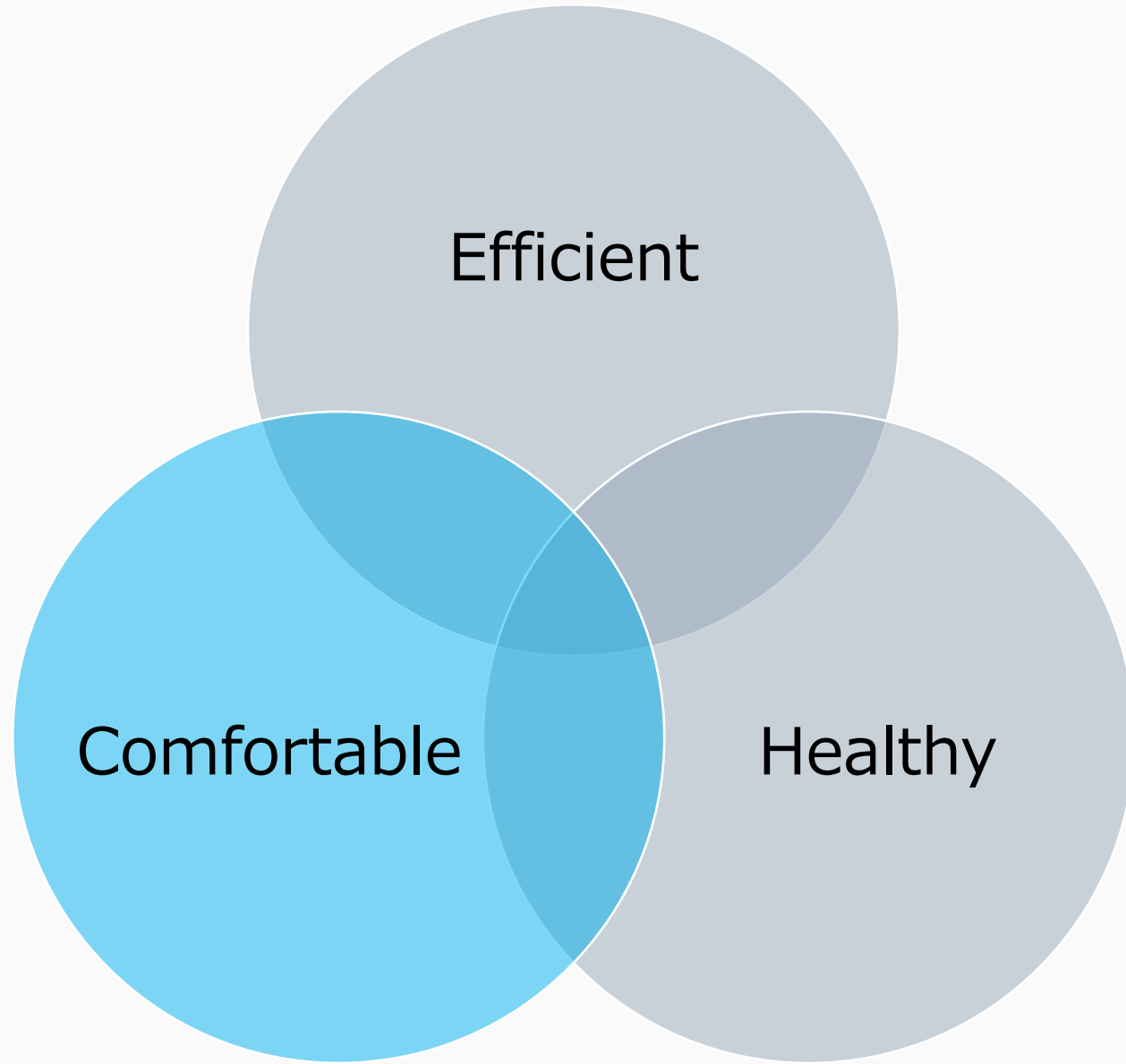
- San Diego County: 9/13 - 31% Max on 4/11 - 49%



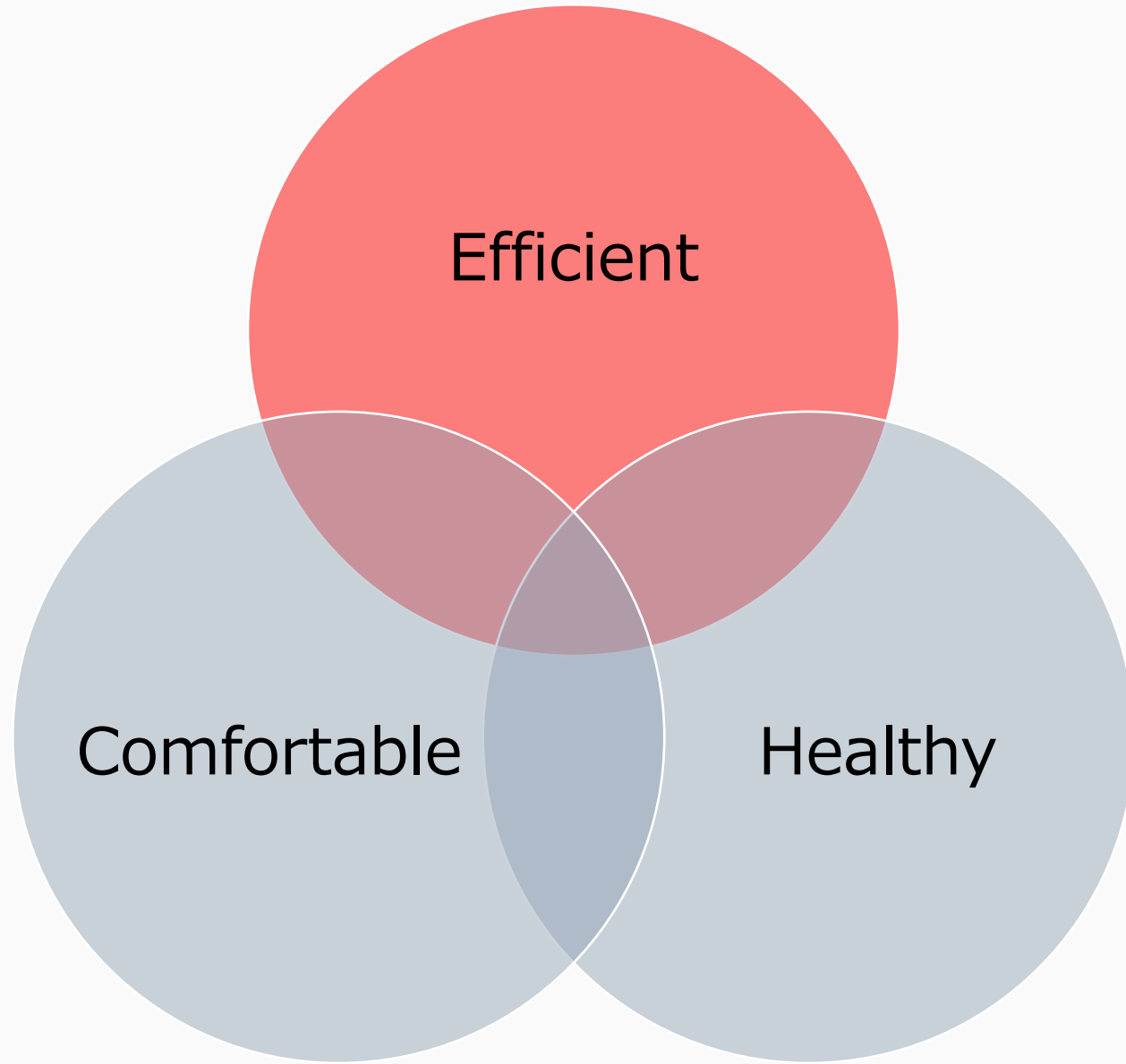
**Improve
Time Spent
Home**



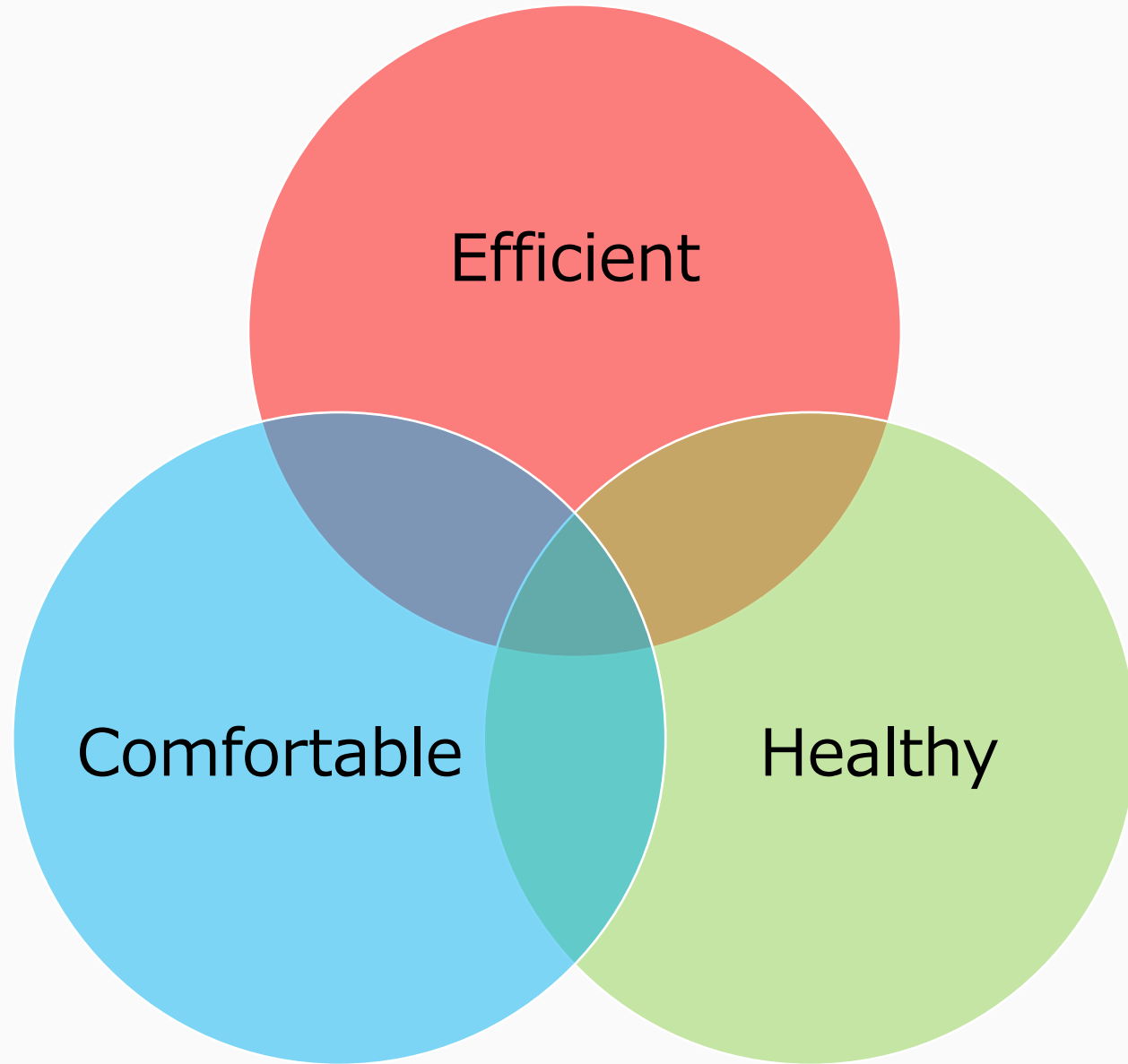
**Improve
Time Spent
Home**



**Improve
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Home**



**Improve
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Home**

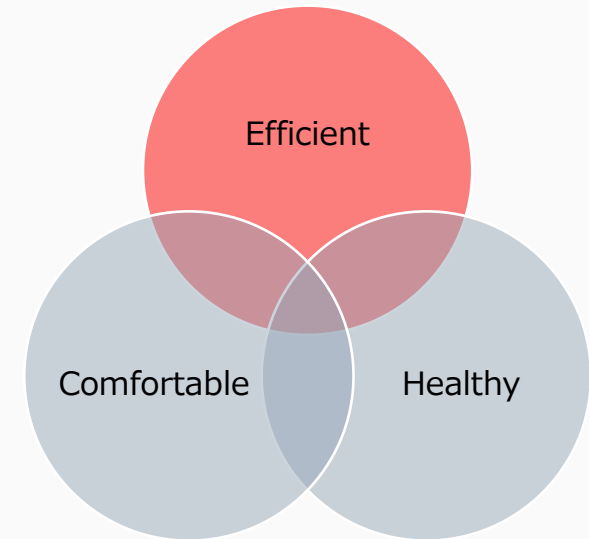


**Improve
Time Spent
Home**



Holiday Decorations

- LED Lights
- Projection
- Timing
- Natural Alternatives



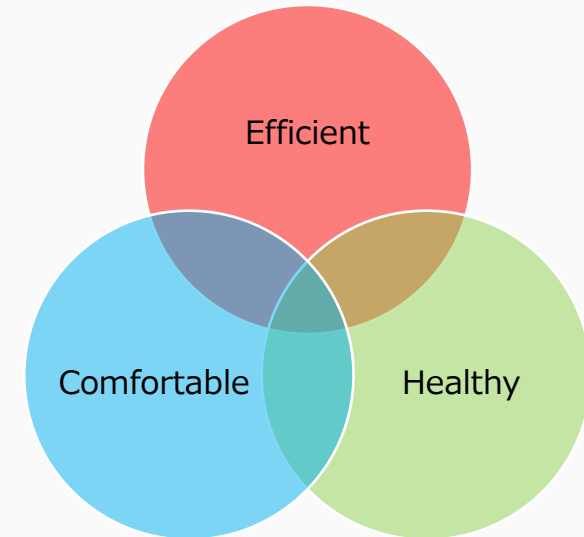


Insulation and Air Sealing

- Out of sight out of mind
- Take advantage of other work
- Low-income assistance programs
 - [sdge.com/assistance](https://www.sdge.com/assistance)
 - MAAC - (619) 434-3829



© Sierra Building Science, Inc.

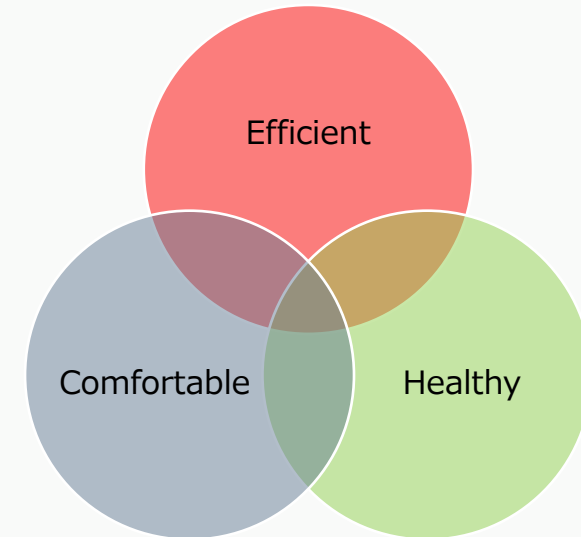
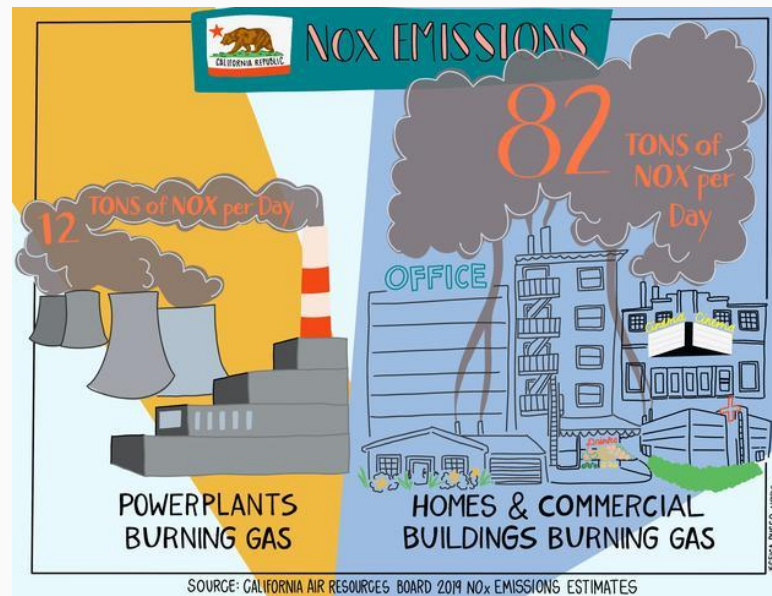


An Average home can lose **30%** of its conditioned air to leaks



Indoor Air Quality

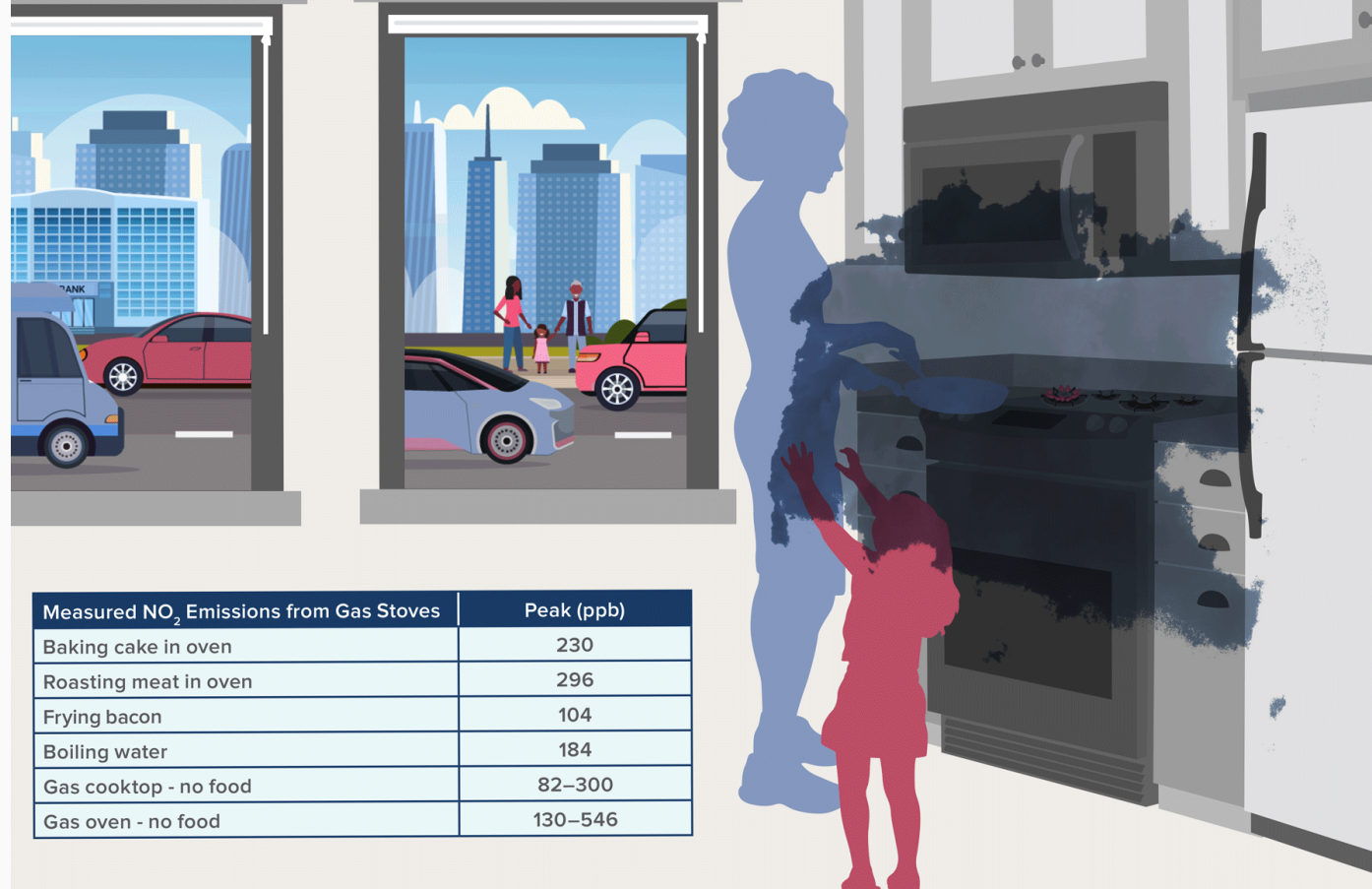
- Indoor Air Pollutants from outside
- Combustion Appliances



Indoor Air Quality

Gas Stoves Can Emit Elevated Indoor Nitrogen Dioxide (NO₂) Levels Often Exceeding Indoor Guidelines and Outdoor Standards

Outdoor Standards for NO ₂	1-hr average (ppb)
US National Standard (EPA)	100
Canadian National Standard	60
California State Standard	180
Indoor Guidelines for NO ₂	1-hr average (ppb)
Canada	90
World Health Organization	106



Measured NO ₂ Emissions from Gas Stoves	Peak (ppb)
Baking cake in oven	230
Roasting meat in oven	296
Frying bacon	104
Boiling water	184
Gas cooktop - no food	82-300
Gas oven - no food	130-546

Source: <https://rmi.org/insight/gas-stoves-pollution-health>

Indoor Air Quality





Indoor Air Quality

- **Low-income assistance programs**
 - gridalternatives.org/sandiego



Air Handler Upgrade



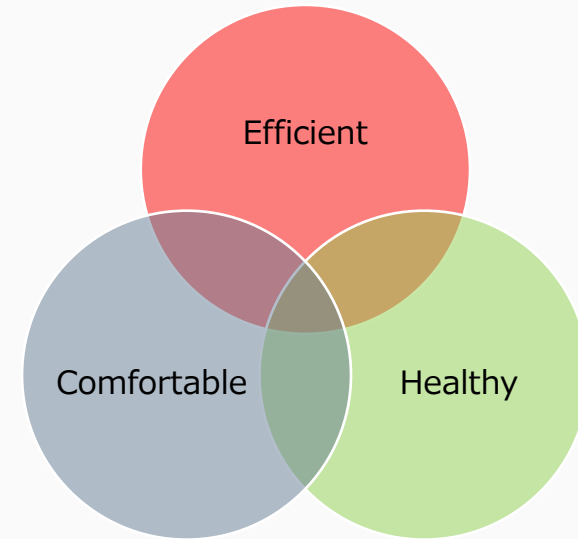
16x25x1 MERV 12

CASE STUDY: Indoor Air Quality Interventions
Chris Guignon, evolveEA



20x25x4 MERV 13

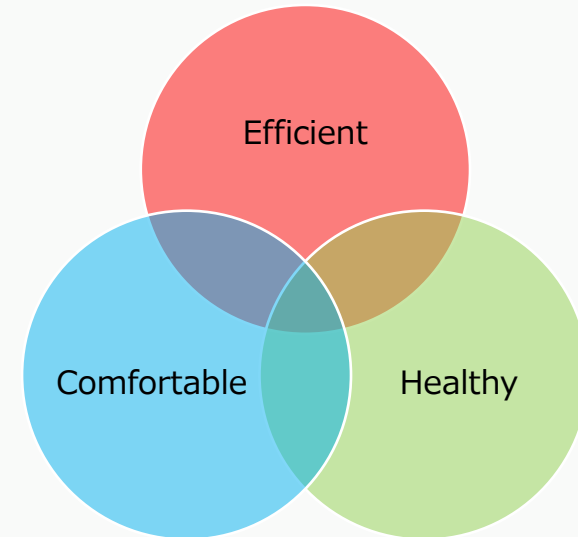
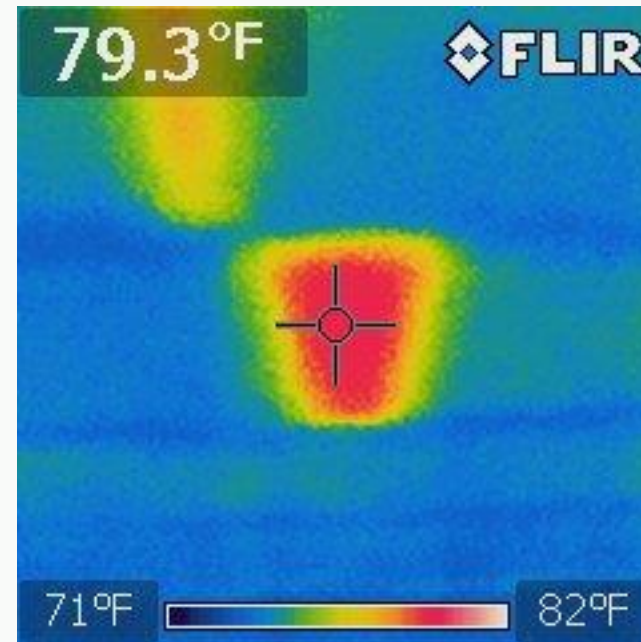
Source: Linda Wigington 





Home Energy Kits at the Library

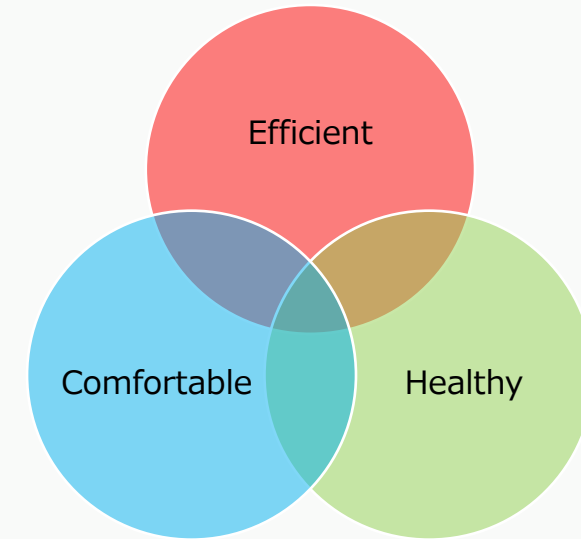
- **Tools and Supplies**
 - IR Camera
 - Gas Detector
 - Weatherstripping (you can use and keep)
 - LED lightbulbs (you can keep)
- **Instructional Guidebook**
- **Quarantined when returned**



www.chulavistaca.gov/departments/clean/home-toolkit



Home Energy Kits at the Library





CLIMATE ACTION CHALLENGE

☰ Action Categories

🔗 Explore Actions



Getting Started



Hanging Out at Home



The Big Actions



Be Energy Smart



Clean Energy Home



Shift Your Ride



Eat Green & Waste Less



Be Water Wise



Community & Learning



Youth Friendly

Hanging Out at Home 29

Actions you can take while sheltering at home that make a difference and save you money!

More information in the Climate Action Challenge!!

- Create an account at www.cvclimatechallenge.com
- Complete the survey to find your carbon footprint
- Earn points for taking action



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