

SUSTAINABILITY DOESN'T HAVE TO BE SCARY

FROM THE OFFICE OF SUSTAINABILITY



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What is Sustainability?

Sustainability means meeting our own needs without compromising the ability of future generations to meet their own needs.

It is critical that we recognize resources are finite and it should be our priority to use these resources wisely. We need to think about future generations and their access to resources so they too can prosper and grow. Thus, it is important to explore other avenues and develop a new way of life. This newsletter shares information regarding environmental concerns and provides readers with tips to incorporate sustainable measures into every day life.

Reduce Your Energy Usage

Energy Consumption refers to ALL energy used to perform an action, whether it be manufacturing an item, simply running your AC, turning on a light, charging your phone, or making a cup of coffee!

Ghost electricity, also known as vampire loads or phantom power, is power wasted by devices when they're not in use or turned on but are plugged in! Electricity is still flowing through your cords even when you disconnect your devices.



Ways to Avoid:



- Unplug appliances when you aren't using them (phone chargers, blenders, toasters, entertainment systems, etc.)
- Be sure to fully turn off devices. When you utilize the "sleep" function, devices still consume energy without performing any real function.
- Utilize a smart power strip: Rather than unplugging items, a smart strip prevents the flow of energy to devices when not in use.



Did you know?

- The City of Glendale now has a Peak Savings Program: Register your existing smart thermostat or purchase a qualifying thermostat and receive a \$100 discount!
- Even if your phone shows it is fully charged, it will continue to use electricity as long as it is plugged in! This has both a negative effect on your phone's battery as well as your electric bill.

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Ghost electricity makes up about 20% of all residential energy consumption

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- According to a study from the National Resource Defense Council, approximately \$19 billion worth of electricity is wasted in U.S. homes by devices when they're not being actively being used. Representing 150 billion kilowatt-hours of electricity annually: enough electricity to power all the homes in Arizona and Alabama for one year!

Visit this Glendale Water and Power link for ways to conserve energy at home and in your business!

Reduce, Reuse, then Recycle.

Try to avoid throwing things away!

Recycling conserves natural resources, reduces the size of landfills, reduces greenhouse gas emissions, saves money and energy, stimulates the use of greener technologies, and even offers cash benefits!



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Every year, Americans throw away enough plastic to circle the Earth four times!



America Recycles Day Art Contest

Public Works Integrated Waste invites 6-12 grade students to celebrate America Recycles Day on November 15 by participating in the "New Life" Art Contest. Give your recyclables a "New Life" by transforming them into functional items for everyday use.

For additional details about the contest, email recycle@glendaleca.gov. Additional recycling and composting-related activities and lesson plans can be found on this [Glendale Recycle page](#).

Here are some ideas to help you get started:

- Go paperless
- Shop at your local Farmer's Market,
Montrose: Every Sunday 8am-1pm
- Use mason jars for food storage, as a drinking cup, or even a planter!
- Swap out single use plastic bottles for reusable bottles
- Try "Meatless Mondays"
- Say no to plastic bags: invest in reusable bags or use bags you have around the house
- Buy second hand and shop thrifted
- Donate unused and unwanted items
- Don't waste food: freeze and compost
- Drive less: ride the bus, walk, bike, or carpool!
- Eliminate plastic-wrapped items at the grocery store. Instead buy unwrapped produce and place them in your own bags
- Buy in bulk at grocery stores: bring your own containers.
- Start your own kitchen garden 🌱



Conserve water, conserve life

Water is crucial to every life form on Earth! As population continues to increase, demand for water increases while the supply remains the same. Only about 3% of Earth's water is freshwater and of that, only 1.2% can be used as drinking water!

When you conserve water, you ensure that there will be enough water to be used throughout the community, especially in times of drought. The City of Glendale is prone to droughts, much like the rest of California, due to the fluctuation between wet and dry weather. Change in weather patterns causes insufficient water supply in reservoirs, making water conservation crucial.

Globally, over 884 million people do not have safe water to drink.



Water Saving Tips for Indoors:

- Purchase a low-flow shower head.
- Fix leaky faucets.
- Wash full loads in the dishwasher.
- Capture tap water. While you wait for water to get hot in the shower or sink, catch the flow in a bucket or bowl and use this water for your house plants or garden.
- Turn off the faucet while brushing your teeth or shaving.
- Take shorter showers- aim for 5 minutes
- Avoid taking baths. If you must fill your bathtub, try to fill it only halfway. A full bathtub uses 36 gallons of water!
- Wash full loads in the washing machine.
- Check for toilet leaks.

Visit [this link](#) from Glendale Water and Power for more water saving tips, frequently asked questions, and more!

Outdoor Water Saving Tips:

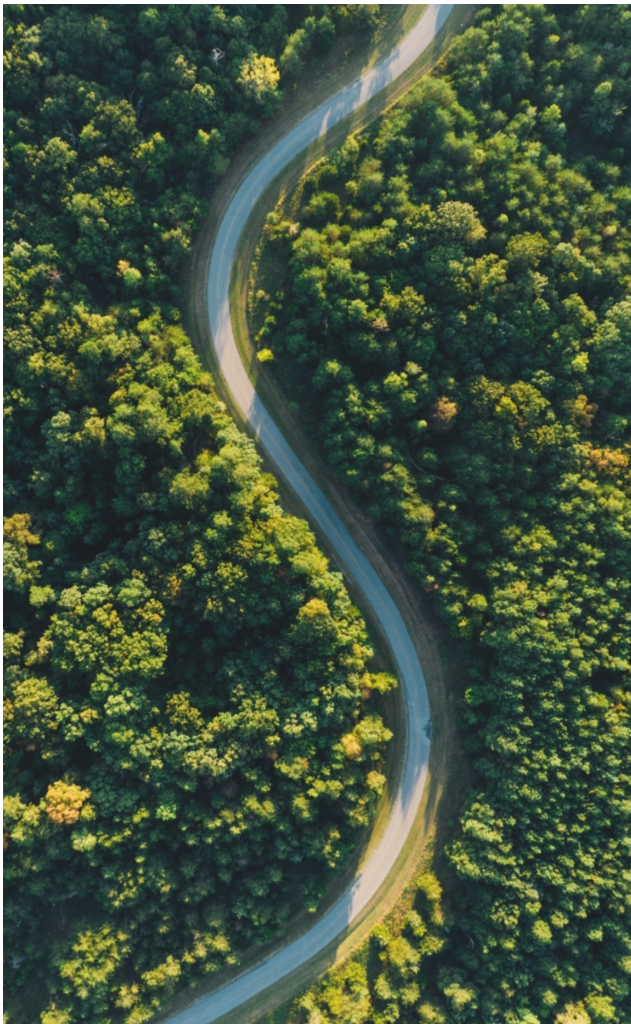
- Water before 9:00 A.M. and after 6:00 P.M
- Do not hose down driveways, patios, stairs, or walkways. Use a broom or blower instead.
- Put a layer of mulch around trees and plants. Two inches of mulch will help hold the moisture in the ground and cool the root systems. Leave a six inch space between mulch and plant.
- If rain is in the forecast, turn off sprinklers two days before the rain and keep them turned off two more days after.
- Retrofitting your garden with CA Friendly plants is one of the best ways to reduce water use in your landscape. Check out www.bewaterwise.com for more tips and tricks for conserving water. You can also [see pictures](#) of CA Friendly gardens.
- Set your lawn mower blades higher. Set a blade heights at 2 or 3 inches. Longer grass blades will reduce evaporation and shade the roots.
- Step on your grass and see if it springs back when you lift your foot. If the grass springs back, no need to water today.

What can YOU do?

Science has shown us that climate is changing resulting in more frequent natural disasters, such as floods, wildfires, and extended droughts. We know the potential impacts can have severe effects. Rather than being scared of change, we need to spark our own change. We should develop a new way of life where we embrace these changes.

Remember: Each Person Matters!

Just because friends, family, and neighbors are not utilizing sustainable practices, doesn't mean you shouldn't!



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Visit our [website!](#)

*Changing the way
we do things doesn't
have to be scary!*

*Take small, progressive steps
to create a new way of life.*

Get creative! There are many easy ways to reduce your personal footprint on the environment!

- Stay up to date on [@GlendaleSustainability](#) posts on Instagram for tips to lead a sustainable life!
- Check Pinterest and other blogs for inspiration.
- Search for recipes for a certain food item. For example: "Mushroom Recipes" or "What to make with Celery"
- Set up a neighborhood biking day
- Create a Sustainability Club at your school



The Environment is no
one's property to destroy
YET it's everyone's
responsibility to protect!



Sami the Sustainable Turtle

