



SAN DIEGO AREA
GREEN
BUSINESS

Greener
Restaurant
Energy
Efficiency
Navigator



Click to watch our
Going Green Tips in action!

In English

En español

✓ ✓ ✓ ✓ *Go Green to Save Green* ✓ ✓ ✓ ✓



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What is a Green Business?

A Green Business is in compliance with environmental regulations and takes voluntary steps beyond compliance in the areas of:

- Pollution Prevention
- Energy Conservation
- Water Conservation
- Solid Waste Reduction
- Sustainable Food Sources

Why be Green?

- \$ **Improves** systems and equipment performance
- \$ **Attracts** environmentally conscious customers
- \$ **Provides** a safer working environment
- \$ **Reduces** waste and hauling fees
- \$ **Saves** money and operating costs

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Savings Tips & Suggestions

General Energy Saving Tips and Suggestions

- ✓ Use electricity, gas, water and trash bills to track usage and conservation efforts
- ✓ Conduct audits and assessments to evaluate efficiency
- ✓ Use Start-Up and Shut-Down schedules to ensure maximum energy efficiency

Employee and Customer Awareness and Incentives:

- ✓ Use the Green Business Checklist to provide on-going staff training
- ✓ Provide incentives to encourage employee support and participation
 - Discuss Green Business and Energy Efficiency in staff meetings
 - Provide Green Business reference materials for employees
 - Include Green Business information in newsletters and bulletins
 - Discuss Green Business efforts in performance appraisals
 - Include Green Business Strategies in job descriptions
 - Nominate a Green Employee of the Month
 - Provide Green Business orientation and ongoing training
- ✓ Inform your customers about the environmental actions you are taking:
 - Share the steps you are taking to be a Green Business with your customers
 - Post signs to highlight green activities such as recycling or lighting efficiency upgrades
 - Use “Table Tent Cards” to identify efforts and encourage conservation by consumers



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General Energy Efficiency

Energy Efficient Equipment

Heating, Ventilation & Air Conditioning (HVAC)

Refrigeration



Be Energy Wise!

General Energy Efficiency



1	Use an energy management system to control lighting, kitchen exhaust, refrigeration and HVAC.	
2	During slower periods, group customers so that lights and heating/cooling can be turned off in unoccupied areas.	
3	Institute a policy that all electronic devices and lighting be turned off in non-occupied rooms.	
4	Use weather stripping to close air gaps around doors and windows.	
5	Install tankless or on-demand water heaters and set hot water heaters to 120-130°F.	
6	Reduce dishwasher hot water temperature to lowest temperature allowed by health regulations and consistent with the type of sanitizing system you are using.	
7	Insulate all major hot water pipes.	
8	Check pilot lights for proper adjustment.	
9	Use solar energy sources and equipment including solar water heaters where available.	
10	Shut down the computer and POS system when you leave at night.	

Helpful Websites:

- ✓ San Diego Gas & Electric: www.sdge.com/business
- ✓ California Center for Sustainable Energy: www.energycenter.org
- ✓ California Efficiency Program: www.fypower.org/com

Observations/Comments/Notes:



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Be an Energy Star®!

Energy Efficient Lighting
General Energy Efficiency

Water Conservation

Energy Efficient Equipment

Solid Waste Reduction

Heating, Ventilation & Air Conditioning (HVAC)

Pollution Prevention

Refrigeration

Sustainability

Energy Efficient Equipment ✓

1	Institute a start-up and shut-down schedule for major cooking appliances, exhaust hoods, and smaller appliances such as coffee machines, holding cabinets, steam tables, plate and food warmers, heat lamps and conveyor toasters.	
2	Select electrical equipment with energy saving features. Look for the Energy Star® label.	
3	Keep equipment clean and in good repair.	
4	Use an approved water-conserving dishwasher to save both heating and water costs.	
5	Turn off exhaust hoods and hood lights when appliances below them are off (<i>These must be on when appliances are on</i>).	
6	Turn off back-up fryers, and turn ovens, heat lamps and toasters down or off during periods of low customer traffic.	
7	Use cooking equipment to full capacity. Fully loaded equipment utilizes energy more efficiently.	
8	Do not overload fryer baskets beyond the manufacturer's recommended capacity.	
9	Align oven and steamer doors and replace missing gaskets.	
10	Drain and flush hot water tanks to the sanitary sewer every 6 months to prevent scale build up and deposits.	

Helpful Websites:

- San Diego Gas & Electric: www.sdge.com/business
- US EPA EnergyStar Program: www.energystar.gov
- Food Service Technology Center: www.fishnick.com

Observations/Comments/Notes:



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Beat the Heat!

Heating, Ventilation and Air Conditioning (HVAC)



1	Perform regularly scheduled maintenance on your HVAC system. Clean permanent filters with mild detergents every three months. Keep condenser coils free of dust and lint.	
2	Install a programmable thermostat to control heating and air conditioning.	
3	Set thermostat to 78° F for cooling, 68° F for heating, and use the thermostat's night setback.	
4	Check entire HVAC system each year for coolant and air leaks, clogs, and obstructions of air intake and vents.	
5	Turn room-cooling units off when the weather is cooler if not part of make-up air for hoods.	
6	Push appliances against the wall under ventilation hood.	
7	Install occupancy sensors or turn off restroom exhaust fans during unoccupied hours.	
8	Install ceiling fans.	
9	Add side panels to ventilation hood.	
10	Install heat/energy recovery equipment on refrigeration and HVAC.	

Helpful Websites:

- San Diego Gas & Electric: www.sdge.com/business
- Food Service Technology Center: www.fishnick.com/ventilation

Observations/Comments/Notes:

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Keep it Cool!

Energy Efficient
Lighting
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Refrigeration



1	Set refrigerator temperature between 38°F and 41°F and freezer between 10°F and 20°F.	
2	Replace worn or damaged door gaskets to ensure a tight, leak-proof seal.	
3	Align refrigerator doors to ensure they close properly.	
4	Use automatic door closers or open door buzzers on walk-in refrigerator and freezer doors.	
5	Install plastic strip curtains on walk-in refrigerator and freezer doors, replaced damaged and missing strips.	
6	Keep refrigerator, freezer and ice machine condenser coils free of excessive frost, dust and lint to ensure proper air flow.	
7	Straighten damaged condenser fins and remove objects that block air to the coils. Perform and document coil maintenance at least four times a year.	
8	Use NSF approved wire or open shelving to allow for good airflow within refrigeration unit. Do not over fill refrigerators.	
9	Ensure that refrigeration defrost cycles are not scheduled to run during peak energy use periods (noon to 6 pm). Defrost cycles should be no more than 15 minutes, and no more than four times daily.	
10	Insulate refrigeration cold suction lines.	

Helpful Websites:

- ✓ San Diego Gas & Electric: www.sdge.com/business
- ✓ US EPA EnergyStar Program: www.energystar.gov
- ✓ Food Service Technology Center: www.fishnick.com

Observations/Comments/Notes:





Bright Ideas for Lighting Efficiency!

Energy Efficient Lighting ✓

1	Turn-off lights or remove unnecessary lamps (de-lamp) and disconnect their ballasts.	
2	Install Energy Star® compact fluorescent lamps, LED's or induction lighting in place of incandescent or halogen bulbs.	
3	Install occupancy sensors for lighting in low occupancy areas including restrooms, storerooms and walk-in refrigerator or freezers.	
4	Clean lighting fixtures and lamps so that they are as bright as possible.	
5	Replace aging fluorescent light tubes for maximum light output.	
6	Upgrade existing T12 fluorescent lamps and magnetic ballasts with T-8 lamps with electronic ballasts, T-5's or induction lighting for warehouses.	
7	Install dimmable ballasts to dim lights when daylight is available.	
8	Retrofit exit signs with LEDs or fluorescent bulbs.	
9	Install skylights to allow natural light in dining areas.	
10	Check and adjust lighting control devices such as time clocks and photocells.	

Helpful Websites:

- ✓ San Diego Gas & Electric: www.sdge.com/business
- ✓ US EPA EnergyStar Program: www.energystar.gov
- ✓ California Lighting Technology Center: www.cltc.ucdavis.edu

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Be Water Wise!

Water Conservation



1	Regularly check for, and repair all water leaks in your facility.	
2	Serve water to customers only upon request.	
3	Plan ahead and thaw frozen foods in the refrigerator rather than under running water.	
4	Use dry surface cleaning methods for flooring and outdoors (vacuuming or sweeping), followed by damp mopping or wiping where appropriate.	
5	Only run dishwashers when fully loaded.	
6	Install water conserving batch dishwasher systems (<i>Rebates available in some areas</i>).	
7	Install high-pressure, low flow spray nozzle for pre-washing dishes.	
8	Install approved low flow aerators for kitchen and lavatory sink faucets.	
9	Install ultra low flow toilets. Provide additional urinals in men's restrooms and reduce the number of toilets (<i>Rebates or vouchers available in some areas</i>).	
10	Replace boiler based steamers with more water and energy efficient models. Replacing old steamers can reduce both water and energy expenses.	

Helpful Websites:

- San Diego County Water Authority: www.sdcwa.org
- California Dept. of Water Resources: www.water.ca.gov/wateruseefficiency

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Reduce, Reuse, Recycle

Solid Waste Reduction ✓

1	Buy shelf-stable food supplies in bulk to minimize packaging waste.	
2	Buy products in returnable, reusable or recyclable containers. Require produce to be delivered in corrugated cardboard boxes (not waxed). Request them if not offered.	
3	Store and rotate supplies to minimize loss through spoilage and damage: First In/First Out (FIFO principle).	
4	Eliminate paper placemats and paper tray liners; trays are sanitized after each use. Switch to reusable coasters instead of napkins or paper coasters for drinks.	
5	Minimize extra packaging (<i>double-wrapping, double-bagging</i>) when preparing take-out food orders. Use recyclable paperboard and plastic take-out containers (#1 and #2, not #6 and #7).	
6	Use paper or biodegradable/compostable products rather than plastics and Styrofoam.	
7	Collect food waste and food-contaminated paper products for composting where service is available.	
8	Replace disposable dishes and silverware with washable, reusable flatware if approved washing facilities are available.	
9	Recycle glass, plastic, aluminum, metal, newspaper, mixed papers (junk mail), cardboard and wood.	
10	Donate non-perishable excess food to shelters or food banks (<i>covered under Good Samaritan law</i>).	

Helpful Website:

- California Dept. of Resources Recycling and Recovery (Cal Recycle):
www.calrecycle.ca.gov/reducewaste/business

Observations/Comments/Notes:





Reduce Waste & Use Safer Alternatives!

Pollution Prevention ✓

1	Use Integrated Pest Management (IMP) methods to reduce or eliminate the use of chemical pesticides. Correct problems that attract and harbor pests with proper food and garbage storage and landscaping.	
2	Purchase one concentrated multipurpose cleaner and portion into labeled, reusable dispensing bottles, rather than multiple special-purpose cleaners.	
3	Eliminate aerosol cleaners and room fresheners.	
4	Use dry clean-up methods for sidewalks, parking lots, floor mats and dumpsters to avoid contaminating storm drains and wasting water: sweep or vacuum before damp mopping or wiping.	
5	Scrape grease from trays, grills & pans into the waste grease can to minimize kitchen grease going down sewer drains.	
6	Donate used oil and grease to local Bio-fuel manufacturers.	
7	Post signs, and keep dumpster lids closed to prevent stormwater pollution.	
8	Use unbleached, chlorine-free, recycled paper products such as napkins, paper towels, toilet paper and copy paper.	
9	Replace standard fluorescent lights with low mercury fluorescent lights. Look for tubes with green end caps.	
10	Properly recycle spent fluorescent tubes and bulbs.	

Helpful Websites:

- Western Sustainability & Pollution Prevention Network: www.wsppn.org/resources
- Project Clean Water BMP Toolbox: www.projectcleanwater.org

Observations/Comments/Notes:

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Think Global, Buy Local!

Sustainability ✓

1	Buy certified organic locally grown produce.	
2	Support local farmers by shopping at Farmers Markets.	
3	Share in the local harvest by joining a local CSA – Community Supported Agriculture.	
4	Eat seasonal: Buy locally grown fruits and vegetables when they are in season to reduce the environmental impact of shipping foods 1000s of miles away.	
5	Support fair and sustainable farming methods by buying products that are Fair Trade certified.	
6	Support environmentally responsible fishing practices by choosing ocean-friendly seafood.	
7	Compost or recycle pre-consumer vegetable/fruit/landscape trimmings if services are available. Collect food waste and food-contaminated paper products for composting where service is available.	
8	Reduce your carbon footprint by providing in-house filtered and sparkling water rather than bottled water.	
9	Use alternative fuel vehicles for restaurant business and deliveries.	
10	Provide customer incentives for bringing their own coffee cups.	

Helpful Websites:

- ✓ Western Sustainability & Pollution Prevention Network: www.wsppn.org/resources
- ✓ Food & Sustainability: <http://enviro.berkeley.edu/foodsustainability>
- ✓ Seafood Watch: www.montereybayaquarium.org/cr/seafoodwatch.aspx
- ✓ Carbon Footprint Calculator: <http://coolclimate.berkeley.edu/tools>

Observations/Comments/Notes:

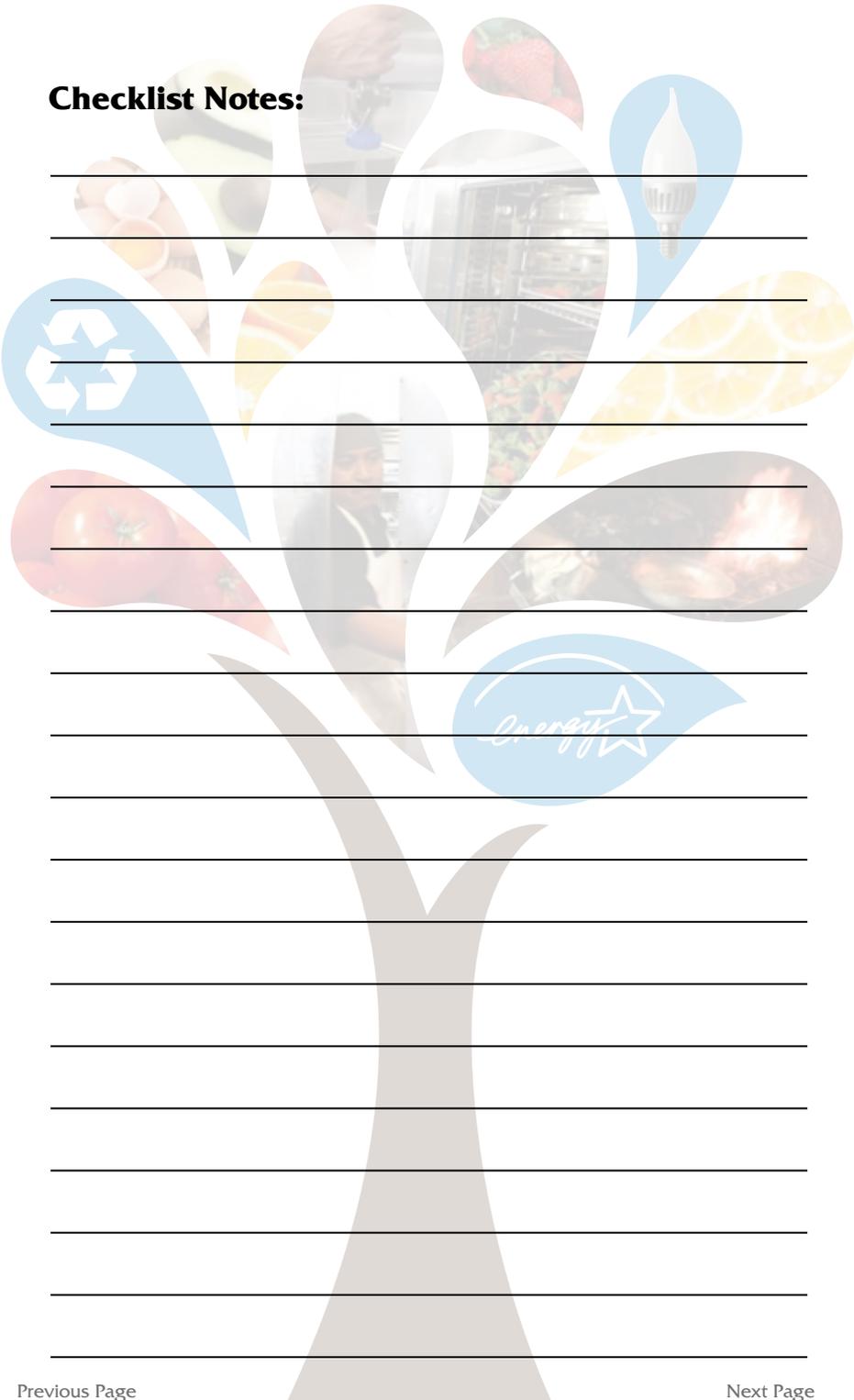


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Checklist Notes:





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