



THE CITY OF SAN DIEGO

Water Department

FOR IMMEDIATE RELEASE

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Food for Thought: Conserve Water

SAN DIEGO - Enjoy children's art next time you are out grocery shopping. Winning posters from the City of San Diego's Water Conservation Poster Contest are adorning the walls of several grocery stores throughout the city. (See complete list of participating stores on attached sheet).

"Water impacts everything from food preparation to the clean-up process for holiday dinners," said Chris Robbins, Supervising Management Analyst with the City of San Diego's Water Conservation Program. "These young artists help remind all of us to be water-wise during the holidays."

By integrating water-wise behaviors into your daily routine, you will join other San Diegans who are making water conservation a way of life. Here are some easy to implement water-saving tips while preparing holiday meals:

Water-saving Tips

Save Up To:

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| ◆ Hand wash dishes just once a day using the least amount of detergent possible to cut down on rinsing. Use a sprayer or short blasts of water to rinse. | 100 gallons a week |
| ◆ Run full loads in the dishwasher. | 30 gallons a week |
| ◆ Scrape food scraps off dishes in the garbage can or rinse them off with short blasts of water. | 60 gallons a week |
| ◆ Defrost frozen foods in the refrigerator overnight or use a microwave oven instead of running hot water over it the same day. | 50 gallons a week |
| ◆ Rinse vegetables and fruits in a sink or pan filled with water instead of running water. As a double bonus, use this water on houseplants. | 30 gallons a week |
| ◆ Run garbage disposal only on alternative days. | 25 gallons a week |

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Here is a complete listing of participating grocery stores:

Jimbo's
10511 4S Commons Dr., Suite 155
San Diego, CA 92127

Ralphs
10525 4S Commons Drive
San Diego, CA 92127

Ralphs
4239 Genesee Ave.
San Diego, CA 92117

Ralphs
11875 Carmel Mountain Rd.
San Diego, CA 92128

Ralphs
101 G St.
San Diego, CA 92101

Vons
7544 Girard Ave.
San Diego, CA 92037

Vons
6155 El Cajon Blvd.
San Diego, CA 92115

Vons
665 Saturn Blvd.
San Diego, CA 92154

For more tips on conserving water, please visit www.sandiego.gov/water or www.20gallonchallenge.com.

The Water Conservation Program reduces water demand through promoting or providing incentives for the installation of hardware that provides permanent water savings, and by providing services and information to help San Diegans make better decisions about water use. For more information about Water Conservation, visit <http://www.sandiego.gov/water/conservation> or call (619) 515-3500.