



GLEE's 2nd Annual Green Living Awards

Businesses Category

For Cumulative Efforts leading up to January 1, 2008

Name of business: Help Yourself

Key West

Charlotte Wilson

Owner

City/Island

Name of Applicant

Relation to Business:

Summary

When we opened the restaurant our goals were to offer genuine organic and healthy food with a large emphasis on education and being 'Green Inside and Out'. Our aim is to bring awareness not only to the importance of our food choices but also our lifestyle choices; we must look after our environment as well as ourselves. We are a new business and each week we are gradually implementing new strategies to help the environment and reduce waste. In the restaurant the biggest hurdle so far has been trying to get our customers to recycle. It is our hope that once a system has been developed we will be able to pass this onto others. We have big ideals and as we implement more and more 'green' practices it is our aim that we can be an example to others and be able to help others follow suit.

Accomplishments

Renewable Energy

Demonstrated use and/or promotion of appropriate solar, wind and bio generated sources of renewable energy.

So far we have one solar powered light and aim to make more of the outside lights powered by solar.

Clean Transportation

Demonstrated use and/or promotion of smart, clean and economically efficient uses of biodiesel, fuel cells, and hybrid vehicles. Or no vehicles at all!

<u>Clean Boating</u>	Demonstrated adherence and/or promotion of eco-friendly actions whilst on the water, including cleaning products, propulsion, water conservation, fisheries conservation, catch and release techniques, and use of Florida Clean Marinas, Boatyards, and Retailers .
<u>Energy Conservation</u>	Demonstrated use and/or promotion of energy-efficient appliances, energy audits, and retrofits for financial savings and pollution reduction.
<p>We switched all our lights over to energy saving bulbs.</p>	
<u>Green Building</u>	Demonstrated use and/or promotion of green techniques and technologies during retrofits on existing buildings and efficient designs for new buildings.
<p>When refitting the interior of the restaurant we worked with Chris Fogerty (so far the only green builder in Key West) and used reclaimed dade county pine for our counter tops and shelves and bamboo flooring for the walls of the counter. The floor mats are made of recycled rubber tires.</p>	
<u>Green Financing</u>	Demonstrated use and/or promotion of tax credits, rebates, and other incentive programs that help finance, sustainability projects. Also includes Socially Responsible Investing.
<u>Healthy Living</u>	Demonstrated adherence and/or promotion of green procurement, green consumerism and healthy choices through buying organic foods and other non-toxic, healthy and sustainable products.
<p>Everything we buy is organic. For retail items we seek out other green companies to buy from. All our to-go containers are biodegradable, compostable or recyclable. We use environmentally friendly cleaning products and laundry powder. Our menus are printed on recycled paper. We are bringing in a line of reusable take-out containers, reusable coffee cups made from corn and stainless water bottles.</p>	

<u>Land Conservation</u>	Demonstrated adherence and/or promotion of conservation of natural habitats by using Keys-Friendly landscaping practices and use of GreenThumb Certified Nurseries .
<p>We grow vegetables and herbs outside the restaurant and use no pesticides or sprays on them.</p>	
<u>R4 #1: Reduce</u>	Demonstrated reduction of waste through bulk buying, refillable products, double-sided printing, avoiding over-packaged products, closing the loop by purchasing products made of recycled, post consumer content; implementation of policies which encourage and/or mandate waste reduction.
<p>We are definitely very conscious of who we buy from and what we buy. We buy bulk where ever possible to avoid throwing out excess packaging and will always choose products made from recycled or post consumer content. All our menus are printed on 100% recycled paper. All office supplies are made with recycled content.</p>	
<u>R4 #2: Reuse</u>	Demonstrated reuse of products, buy second hand, donate unneeded items, and avoid disposables, and share magazines /other publications before recycling them.
<u>R4 #3: Rot (Compost)</u>	Demonstrated waste diversion through composting of food scraps and yard trimmings
<p>Currently we compost five gallons of our food scraps daily. This goes into our own composting unit and the community garden. As soon as there is capacity for more food scraps we will compost more!</p>	
<u>R4 #4: Recycle</u>	Demonstrated recycling of items accepted by local waste hauler and/or other items which may be recycled elsewhere (e.g., electronics, CFL light bulbs, cell phones, printer cartridges); implementation of policies which encourage and/or mandate recycling practices
<p>Inside the restaurant we recycle all our plastic, glass, paper and cans and we are trying hard to implement a system that works for our customers. We have had a large recycling system built outside the restaurant with 4 compartments. Each hole has a sign and pictures over it explaining what goes where. I am in the process of printing more large signs with trash facts and general info about recycling to help educate and bring awareness.</p>	

<u>Water Conservation</u>	Demonstrated use and/or promotion of water use reduction through efficient irrigation, xeriscaping, cisterns, rain barrels, water audits and/or use of reclaimed water.
<p>We have a rainbarrel that will be used to water all the plants we grow outside the restaurant.</p>	
Water Quality	Demonstrated use and/or promotion of wastewater treatment, storm water retention, phosphorus free products, slow release fertilizers, animal waste reduction, etc.
<p>We have a large water filter fitted inside the restaurant that filters all our cold water. This way all our vegetables are washed in filtered water and even the coffee machine uses filtered water.</p>	
Youth Leadership	Involve local students in projects and research for healthy long-term choices in any of the above for the future of all.
GLEE Participation	Actively involved with GLEE via ideas, time and/or membership to help further GLEE's Mission and Goals .
<p>We are members of GLEE and GLEE's Missions and Goals are in line with our own.</p>	
Other Factors	Have you done something else not included in the scope of this application? Let us know!
<p>One of the missions when opening the restaurant was to bring local organic foods to Key West in the form of a Sunday Farmers market. So thanks to Margie at Bee Heaven Farm in Homestead, who organizes the CSA programs, we now have a delivery of local organic produce every Sunday morning allowing us to achieve this goal.</p>	

Other Business Factors

Team Commitment	List staff or other supportive people on your “Green Team”
Paul Menta, Laura Bickhart, Grace Carey, Joe Wersus, Brielle Fesenfeld, Hillary Markey, Robby Ellwanger, Christina Brearley, Sally Kromer, Meagan Morrison	
Communications	How are your environmental efforts visibly communicated to staff, locals, tourists, shareholders, customers and/or vendors?
We use our website to share information with regular updates. Our menus all say that they are printed on recycled paper. As we are a new business the staff communicate regularly to continuously improve our environmental efforts.	
Certifications/Memberships	Do you currently hold any green certifications or memberships?
Not yet, we are a new business and will be looking at certifications in the future.	

Green Pledge

I certify that the above information is correct to the best of my knowledge.

