



June, "The Great Outdoors" and "Oceans Appreciation" Month

It is time to unplug the electronics and recharge from the benefits of the outdoors. These experiences can boost your energy, relieve stress, restore one's focus, and improves health. Consider each day to get outdoors and find ways to help protect nature for future generations.

Consume Less:

- Swap your electronics for a walk to a nearby park or trail during cooler AMs.
- Cutting one beef serving per week reduces the environmental burden by tenfold.
- While away on vacations, remember to set the thermostat to 84 degrees.

Consume Better:

- Set thermostats at 78 degrees during the day to save energy, and money.
- Use air dry for dishwashers and run clothes washers and driers after 9PM.
- **Recharge electronics while you sleep.**

Systemic Change:

- Raising lawnmower blades to at least 3" helps soil retain water & promotes root growth.
- Replace gas driven lawn equipment with electric and receive rebates [here](#).
- Apply to [Cal Water](#) for free water-saving retrofits for household fixtures.

Your Footprint: *June 8 is World Ocean Day*

» Oceans play a key role in our daily life:

• control our weather.	• provide half the oxygen we breath.
• absorb 30% of human CO2.	• capture half of the sun's heat.
• hold 97% of Earth's water.	• provide food & solution for medicines.

Bacteria from the extreme ocean's depths are used to detect COVID19!