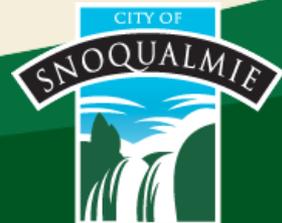


For more information visit “Sustainable Snoqualmie”  
on [www.ci.snoqualmie.wa.us](http://www.ci.snoqualmie.wa.us)

- ❖ Provides links to sustainability information in the city
- ❖ Downloads of the Snoqualmie Sustainability Strategy
- ❖ Information on Sustainability Speaker Forum Sessions



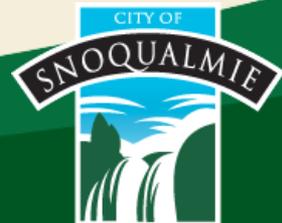
# Small Changes, Big Difference

## #1 Eat Local & Go Veggie once a week.



- ❖ On average, U.S. food travels 1,500 miles before it gets to our plate.
- ❖ If every Snoqualmie household ate local 1x/week, it would be like taking 35 cars off the road for a year.
  - ❖ Replacing red meat & dairy with vegetables 1x/wk would be like removing 347 cars
- ❖ Even eating less meat and more vegetables, even occasionally, provides health benefits.

*These include lower levels of fat, cholesterol, and reduced risk for chronic diseases such as cancer, heart disease, hypertension, and type 2 diabetes.*



# Small Changes, Big Difference

## #2 Volunteer to Restore or Garden



- ❖ Helps your wallet and your waistband.
- ❖ General gardening (or restoration) burns 272 calories an hour. That's the same as:
  - Running 1.5 miles
  - A Grande whole milk Starbucks Latte
  - Half of a Big Mac (with cheese)
- ❖ Gardens can provide up to \$600 a year in vegetables!

➔ See Adopt-a-Park, or rent a \$25 garden plot from the Parks Dept:  
<http://www.ci.snoqualmie.wa.us/Departments/ParksRecreationDepartment.aspx>



# Small Changes, Big Difference

## #3 Convert Your Lawn



- ❖ A 2005 study found there are 49,000 miles<sup>2</sup> of US lawn; this is almost the size of Greece.
- ❖ Lawns are the largest irrigated crop in the U.S.; we have more lawns than cornfields.
- ❖ An average 1/4 acre (10,890 ft<sup>2</sup>) requires 6,500 gallons in watering 1x/week – about \$320 a summer.
- ❖ Convert to xeriscapes to cut consumption in half *and* raise your house value!

- ❖ **Or install a rain garden** – \$10 instructional classes with [www.stewardshippartners.org](http://www.stewardshippartners.org)



# Agent Green

*"Your Mission, should you choose to accept it..."*



## **Name the Future**

- ❖ The Planning Department wants to name its 2012 Comprehensive Plan Update process.
  - Something that will bring people here.
  - Something that you create!
  - Something Snazzy...
- ❖ We will accept submissions through the next two forum sessions.
- ❖ Win a prize if we select your name !

Email [Nsanders@ci.snoqualmie.wa.us](mailto:Nsanders@ci.snoqualmie.wa.us)



# Greening Snoqualmie Sustainability Speakers Forum

## ***Upcoming Sessions...***

*Monday, April 19, 7:00 p.m.*

**Traveling Back to the Future. Urban Form and Transportation**

*Monday, May 17, 7:00 p.m.*

**The Electric Slide and the Green Side**

*Monday, June 21, 7:00 p.m.*

**Snoqualmie: Green Visions & If I Had my Druthers**

