

LIVING SUSTAINABLY

Quarterly Newsletter



SUSTAINABILITY
DIVISION



COUNTY of VENTURA

PLASTIC FREE JULY



Our dependence on plastic is a major problem. Plastic not only pollutes our world, but it also negatively impacts our health.

The good news is we can do something about it!

Plastic Free July is a movement aimed at helping people make the switch to plastic free products. Whether you are looking to start small or ready to dive all in, read on for some ideas to consider when reducing your reliance on single-use plastics.

Click [here](#) for more information about Plastic Free July

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Ideas for Reducing Plastic

IN THE KITCHEN

Scrap the plastic wrap and make the switch to reusable beeswax food wrap.

When it comes to dish soap, consider a dish soap bar or using dish soap concentrates with a glass dispenser.

Plastic food storage containers can be toxic to your health, especially if you heat your food up in them. Swap them out for glass or stainless-steel containers.

Despite our best efforts, we will still have some trash and using compostable garage bags are a good option.

Say goodbye to plastic storage bags and hello to silicone storage ones.

Bamboo cooking utensils and cutting boards are a great replacement for plastic ones.

IN THE BATHROOM

Let's talk loofah sponges. Plastic ones are a playground for bacteria and should be placed in a time out! Using a natural loofah is a great alternative. Shower washcloths and mitts are also a winning alternative.

Don't stink! Switch to natural deodorant that is aluminum and paraben free as well as plastic free.

Care for those pearly whites without the use of plastic by considering the following:

- Floss that is biodegradable (made from silk or bamboo fiber) and chemical free
- Bamboo toothbrush over a plastic one
- Zero waste toothpaste (plastic free tubes) and mouthwash (tablet form)

Ladies, when it comes to feminine hygiene, there are alternative options to plastic out there.

Single use plastic shampoo, conditioner, body wash, and lotion containers can be a big culprit. Consider using shampoo, conditioner, body wash, and lotion bars instead.

IDEAS FOR ON THE GO

IN THE LAUNDRY ROOM

Detergent... eliminate using that huge plastic container each time and consider laundry sheets, tablets, or pods with zero-waste plastic free packaging. Also keep an eye out for gentle, non-toxic formulas that are safe for your family and the environment.

Be cool, use wool! Swap out the plastic bottle of fabric softener and dryer sheets for wool dryer balls. Wool balls not only help soften your clothes naturally, but they can cut down on drying time too!

Grabbing food on the go... skip the plastic utensils and instead, keep a set of reusable ones with you.

Carry reusable shopping bags and reusable produce bags and pass on the plastic ones.

It's a good idea to carry a reusable straw in case you are at a place that doesn't provide a plastic alternative or perhaps you are not a fan of cardboard straws.

Take the Challenge!

Plastic Free July



EVERYDAY OPPORTUNITIES FOR LOCAL CLIMATE ACTION



Join the challenge to eliminate or reduce your use of plastics.

How to sign up:

Step 1: Make an account on the [Climate Resilient VC](https://climateresilientvc.org) platform.

Step 2: Navigate to the **Actions** page and select 3 of the 6 plastic eliminating actions under the **Eat Green & Waste Less** category.

Step 3: Email sustainability@ventura.org a screenshot of your "in progress" actions to confirm your participation.

Step 4: On August 1st, we will email you to see how things went and hopefully receive confirmation of your 3 completed actions.

The first 10 employees to send us proof of completing their actions on August 1st will receive sustainable swag to aid them on their plastic free journey.



SKIP THE PACKAGING



BRING A REUSABLE WATER BOTTLE



REMEMBER YOUR REUSABLE BAGS



SAY NO TO PLASTIC STRAWS



DITCH PLASTICS AT MEALTIME



BRING YOUR OWN MUG

“Don't let it stop in July. Explore [Climate Resilient VC](https://climateresilientvc.org) to learn more on how you can reduce your household emissions and save money in the process!”



When You Do Have Items That Need To Be Recycled



HERE IS A GUIDE FROM EJ HARRISON REGARDING WHAT CAN AND CANNOT GO INTO THE RECYCLING CONTAINERS.

- Newspapers or Magazines
- Plastics 1-7
- Glass Containers
- Cardboard Food, Shoe Boxes, etc.
- Paper/Junk Mail
- Aluminum or Metal
- Flattened Cardboard
- Cartons
- Bagged Shredded Paper

- NO Plastic Bags
- NO Hoses
- NO Styrofoam or Straws
- NO Hazardous Waste
- NO Medical Needles or Sharps
- NO Food-soiled Paper
- NO Film Plastic or Shrink Wrap
- NO Diapers

Sustainability Division Applies for a \$1 million Grant for Regional Climate Action Plan

The County of Ventura CEO Sustainability Division applied as the lead agency for a \$1M planning grant under the Climate Pollution Reduction Grants (CPRG).

The CPRG is a dual-phased grant program offered by the Environmental Protection Agency (EPA) to assist with developing and implementing plans to reduce greenhouse gas (GHG) emissions and other harmful pollutants.

Sustainability plans to develop a Regional Climate Action Plan for Ventura County, in partnership with cities, non-profit organizations and community-based organizations, and other agencies.

EPA expects to distribute awards in Summer 2023.

Recycling Efforts at VCMC and Santa Paula Hospital

Do you work at VCMC or Santa Paula Hospital? See below the Health Care Agency's efforts in recycling and how you can do your part!

LOOK FOR A BLUE RECYCLING BIN IN YOUR BREAK ROOM!



YOU CAN RECYCLE ANY OF THESE ITEMS!

VCMC and Santa Paula Hospital also recycle single use devices with the Medline Renewal Program. Make sure to place your O2 sensors, SCD compression leg sleeves, and vessel clamps in these boxes!



Sneak Peek: Water dispensers to be added at VCMC and Santa Paula Hospital soon.

CONGRATULATIONS

Congratulations to Albert H. Soliz Library, Saticoy Library, and Piru Library for becoming Green Business Certified!

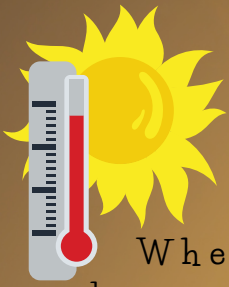
The libraries made eco-friendly changes to their buildings like changing light bulbs, using sustainable products for cleaning, and recycling paper. Efforts were possible through funds provided by the Sustainable California Libraries.

To learn more about the Sustainable California Libraries grant, visit their website [here](#).

"We are fortunate that our ancestors took care of the earth for us, and it is our job to take care of it for the generations to come. It's an honor for the Albert H. Soliz Library to be able to have an active role in this process. Becoming Green Business certified was much easier than I had thought. We just need to be conscientious about recycling, the products we use, and keeping the building energy efficient. This all contributes to helping keep the Earth healthy. Every step counts!"

Yvonne Becerra
Library Manager,
Albert H. Soliz Library





Preparing for the Summer Heat?



Whether you're replacing an old system, trying to lower your carbon footprint, or want a safer and more comfortable home, 3C-REN can help! Contractors that are enrolled with 3C-REN's program offer discounted pricing on projects that save electricity or natural gas.

Connect with a local participating contractor for quotes and consultation.



Allamakee West Construction
One stop contracting service on the Central Coast.

<https://awci.business.site/>
(805) 934-1508



Community Action Ventura County
We empower families and individuals to live self-sufficiently and with dignity.

<https://ca-vc.org/>
(805) 436-4000



ENERGYPOOL
Pool Pump and HVAC replacements for residential homeowners in the 3C-REN area.

www.energypool.io
(213) 379-9861



Green Air Logic
Individualized HVAC Options For Every Situation
www.greenairlogic.com

(805) 407-4749



Highland Air
Furnace + AC service, repair, maintenance & installation

www.highland-air.com
(805) 210-9771



Pacific Aire
Your premier heating, ventilation and air conditioning company.

<https://www.pacaire.com/>
800-869-0057



RR HVAC & Electrical Company
Quality electrical services at a competitive rate.

<https://rrelectrichvac.com/>
833-408-3684



Southland Heating & Air Conditioning
Heating & Air Conditioning Installation Services

<https://southlandac.com>
(805) 422-7754



TriCounty Services
HVAC, Indoor Air, Fireplace & Plumbing in Ventura & Santa Barbara Counties

www.tri-county-aire.com
(805) 500-2944



Temp Air System
High-Efficiency HVAC System provider for homeowners in the Greater LA area.

www.tempairsystem.com
(626) 333-3409

meet PAULINA



Sustainability Division has had the pleasure of collaborating with Paulina Nava from Public Health in efforts on extreme heat education and preparedness and an indoor air quality pilot program. Read to learn more about her and what she does.

Q: What do you do in Public Health?

I work at the intersection of climate change, environmental justice, and public health. Currently, I'm creating extreme heat and health education materials and collaborating on a climate and health dashboard for Ventura County.

Q: What do you like about your job?

I like how dynamic and creative working here is, especially in such a supportive team! I love that I can center health equity to collaborate with the most impacted areas to co-create healthier communities.

Q: How is sustainability important in your job?

For me, sustainability is about working towards healthier environments and healthier communities. The health of the earth and of humans are connected. Climate change is one of the biggest public health threats yet, addressing it through sustainability is also an opportunity to reduce health inequities.

Q: How do you like to spend your free time?

I like to read and journal, especially at the beach. Hosting virtual journaling sessions has been a great way to stay connected with friends.

Q: If you could travel anywhere in the world, where would you go?

Burkina Faso. One of my friends recently had a baby and I would love to visit her! Also, I am inspired by their former president, Thomas Sankara, and his commitment to public health, education, and women's rights.

CHECK OUT WHO JUST GOT CERTIFIED!



MARILYN'S NATURALS

MARILYNS-NATURALS.COM

"Knowing that I am significantly reducing my carbon footprint in this world to better my grandchildren and their children's lives, makes me do whatever it takes. Being a 'green' and 'clean' organization makes sense for our current and future quality of life, which in turn, makes 'natural' sense.

Let's be green together."

Marilyn Rivera



UPCOMING
EVENTS

Sustainable Conversations

Come learn what County agencies are doing in terms of sustainability and the environment!

Preparing for Extreme Heat

Thursday, July 13th 11 am -12 pm

Ventura County is the fastest warming county in the nation. Come hear what County agencies are doing to keep citizens safe from extreme heat days.

Email Mireille Vargas at mireille.vargas@ventura.org with any questions



visit <https://tinyurl.com/mr24ybbn>

Hosting a Meeting?



HOSTING A MEETING AND WANT AN ALTERNATIVE TO PROVIDING PLASTIC WATER BOTTLES... CONSIDER CHECKING OUT A

Meeting Water Kit

FROM THE SUSTAINABILTIY DIVISION

Details to Come



DRIVE
CLEAN

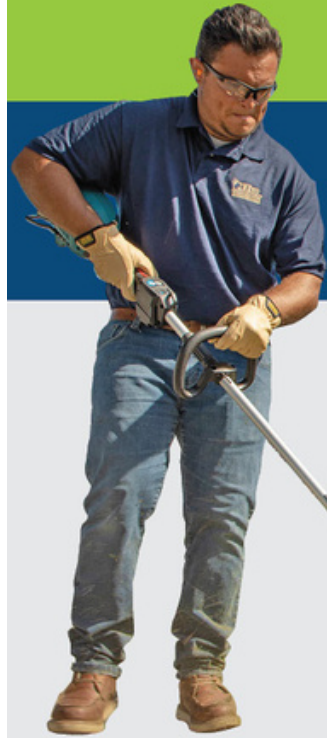


VENTURA COUNTY REGIONAL ENERGY ALLIANCE

The Sustainability Division has a quarterly newsletter titled Drive Clean. To receive information about active EV incentives and rebates, EV News, and EV events, please sign up for the newsletter [here](#).

UPCOMING
EVENTS

ATTENTION LANDSCAPERS! CALIFORNIA IS PAYING YOU TO GO ELECTRIC!



A FREE
EVENT TO
LEARN
ABOUT



VOUCHER INCENTIVES FOR LANDSCAPERS
TO BUY ELECTRIC EQUIPMENT



DEMO
TOOLS



FREE
CLASSES



LEARN STATE
REGULATIONS



REFRESHMENTS!
MUSIC! RAFFLES!



FAMILY
FRIENDLY

LEARN MORE



Location:

Rio Plaza Elementary School
600 Simon Way, Oxnard, CA 93036

10AM to 2PM - SATURDAY
JULY 29, 2023

PRESENTED BY:



IN CASE YOU MISSED IT...

CycleMAYnia



Sustainability Division staff celebrated National Bike Month by hosting a CycleMAYnia Mini-Expo at the Government Center on Wednesday, May 31st. The event had over 100 participants learning about local bike shops, talking with public agencies focused on health and bike infrastructure, and testing out e-bikes. Groups such as BikeVentura were there to get the public's opinion on the County of Ventura's Active Transportation Plan.



Midway through the event, participants had the chance to be part of interactive workshops. BikeVentura educated the participants on bike safety rules and tips while HyperCat talked about bike maintenance.

Thank you to everyone who stopped by!



IN CASE YOU MISSED IT...

DRIVE ELECTRIC EARTH DAY



VCREA participated in three highly attended community Earth Day celebrations in Thousand Oaks, Oxnard, and Fillmore. At each event, they engaged visitors with a combination of interactive booths, static EV displays, and EV painting stations while providing comprehensive EV information, brochures, and virtual EV ride and drives.

THOUSAND OAKS ARBOR EARTH DAY

More than 100 enthusiastic participants visited VCREA's booth at the annual Thousand Oaks Arbor Earth Day celebration. VCREA's participation was threefold, including an engaging and interactive booth, a static EV display, and a kid-friendly EV painting station.

EARTH DAY FARMERS MARKET

VCREA in partnership with the Oxnard Downtowners hosted a "**Mini-EV Display,**" or "**Muestra de Carro Eléctrico,**" at Oxnard's Plaza Park Earth Day Farmer's Market. The display showcased three affordable EV models, encouraging visitors to explore the cars' interiors and to sign up for EV purchase assistance.

FILMORE EARTH DAY

This year, VCREA was invited to participate in Fillmore's Earth Day celebration where VCREA staffed an informational booth alongside an EV display with an EV Coach and bilingual individuals. Over **100 attendees** learned about the benefits of owning an EV and the wide range of rebates available for EV purchases.

