



EMERALD KEEPERS

For an Emerald Green, Ocean Blue Coronado

A GREENER WAY TO GRILL

Today is the first day of summer. It's the season to gather with friends and family to enjoy backyard barbecues. Grilling offers a tasty meal, but be sure to consider the environmental impact of a barbecue.

CHARCOAL OR GAS?

• **Charcoal.** Burning charcoal or wood releases polluting microscopic particles that aggravate asthma, bronchitis, and other respiratory ailments. Charcoal and wood fires also emit carbon dioxide and carbon monoxide that contribute to global warming. A typical two-hour charcoal grilling session emits as much carbon dioxide as driving a car for about 26 miles. Make sure your charcoal or wood is sourced from the U.S. to avoid global deforestation.

Charcoal certified by the Forest Stewardship Council (FSC) verifies it has been made from wood that was sustainably harvested and replanted, although there are limited FSC charcoal products currently available.

• **Gas.** All gas fuels including propane or butane are a fossil fuel that contribute to global carbon levels. Natural gas burns cleaner and produces fewer emissions than charcoal, wood, or other gases so using your home's natural gas line is the preferred grilling fuel.

LIGHTER FLUID

Petroleum-based lighter fluids are convenient, but the pungent smell is an indication of their toxicity. It can cause lung and skin irritation and is especially harmful if it ends up on food and is accidentally

ingested. A better choice for lighting charcoal is to switch to a charcoal chimney, electric charcoal starter, or use a natural combustion agent like fatwood.

MENU

Another environmental impact of grilled meals is the prevalence of red meat. Switching to vegetables and vegan products lowers emissions while offering the delicious flavors of a grilled meal.

WASTE

Reduce the environmental impact of backyard barbecues by using eco-friendly materials. Instead of disposable utensils, plates, and cups that end up in landfill, go with reusable items that save you money and eliminate waste.

Also consider the food waste produced. Food scraps and other organic waste can be composted rather than thrown in the trash destined for landfill. Provide clearly labeled recycling and organic waste containers at your barbecue so your guests can manage their waste accordingly.

ALTERNATIVE

The most environmentally friendly alternative to a barbecue is an outdoor picnic. Avoid the pollution, emissions, and waste of grilled meat while savoring summer meals with friends and family in the great outdoors.

Reconsider your grilling habits so you can enjoy outdoor meals while helping keep Coronado Emerald Green, Ocean Blue.



For more information visit EMERALDKEEPERS.ORG