



# EMERALD KEEPERS

EMERALDKEEPERS.ORG

For an Emerald Green, Ocean Blue Coronado



# COFFEE CHOICES

Starting your day with a cup of coffee is also an opportunity to help our environment. Whether you brew your beverage at home or enjoy one at a local coffee shop, a few thoughtful choices can ensure your drink benefits you and the planet.

## COFFEE BEANS

Most of coffee's environmental impact is tied to coffee-bean production. Coffee beans are primarily grown in Brazil, Vietnam, and Colombia in tropical areas that are vulnerable to climate change. These countries use harmful pesticides that are not approved by the United States. Brazil, the world's largest coffee producer, is also the world's largest consumer of chemical pesticides, which has increased

by 190% in the past decade. Child labor and deforestation are also prevalent in these regions. To ensure your coffee beans are grown responsibly, purchase shade-grown, Fair Trade or Rainforest Alliance certified coffee.

## CONTAINER

Avoid single use coffee pods that are difficult to recycle and end up in landfill. If your coffee maker is designed for K-Cup pods, try metal pods that can be filled with coffee grounds and washed for reuse. Nespresso's recyclable aluminum pods can also be returned for free at designated drop-off points (Crate & Barrel in La Jolla is the closest site) or shipped back to Nespresso, although less than 30% of their pods are recycled.

## CREAM AND MILK

Individual creamer containers are destined for the landfill, so opt for less-wasteful cartons. At coffee shops, pitchers of creamer are environmentally friendly and can be washed and reused. Try a plant-based milk alternative such as oat milk that has environmental benefits over dairy products.

## CUP

Most disposable cups for warm drinks are plastic lined, making them ineligible for recycling. Keep a reusable coffee cup in your car or at your desk to ensure you always have one handy. Emerald Keepers has partnered with several local coffee shops. Buy an Emerald Keeper sticker, place it on your reusable cup and save money while reducing waste.

## STIRRERS

Avoid plastic stirrers that are trash. Opt for wood stirrers, which can be placed in the green compost bins. Alternatively, use a metal spoon that can be washed for future use.

## USED GROUNDS

Don't throw away your used grounds. Sprinkle this nutrient-rich fertilizer around your plants, or compost it to release nitrogen and improve your soil. Coffee grounds in your garden have the added benefit of repelling mosquitoes, fruit flies, and beetles as well as slugs and snails.

Coffee can boost your day so make sure your coffee choices keep Coronado Emerald Green, Ocean Blue.

**SUPPORT EMERALD KEEPERS**

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