



## POKE FRESH - COOK ST.

Completed Actions: Green, 39 points

Verified on: June 23rd, 2022

Verified by: Jarret Klim



### BUILDING & OPERATIONS

- Windows are double paned or draft-proofed and entrances and exits have been draft-sealed
- Outdoor patios are unheated OR heated with electric fixtures
- All exit signs are LED and open/closed signs are either LED or non-energy using
- All thermostats set to 16°C when space is typically unoccupied (manual or automated)
- Motion sensors installed in less busy areas and/or "Lights Off" signage posted at light switches
- ≥ 75% of bulb lighting is LED and 100% of tube lighting is T5/T8 fluorescent or LED
- ≥ 75% of office equipment such as printers, computers, laptops and photocopiers are ENERGY STAR® Certified
- ≥ 75% of refrigeration appliances are ENERGY STAR® Certified
- All cooling equipment is well-insulated and doors are kept tightly closed
- High efficiency hot water tank or on-demand water heating system installed
- All hot water pipes are insulated
- Renovations and/or upgrades use ≥ 10% recycled, repurposed or used materials

### WASTE

- Specials are listed on menu boards (chalk or white boards, screens, etc.) rather than printing daily/weekly specials
- Straws provided only on request; must be paper or reusable
- Fat, oil, and grease is collected for use as bio-fuel OR does not use a deep fryer
- All food waste and soiled paper are composted AND electronics, batteries and lightbulbs are recycled
- No single use plastics used for portioning or covering deli tray inserts
- ≥ 1 other hard-to-recycle item is being recycled (e.g. foil-lined bags, appliances, batteries, etc.)

### WATER

- Bottled (still) water is not purchased
- All toilets and urinals are ≤ 6.0 LpM
- Low-flow spray nozzles installed in dishwashing area are ≤ 6.0 LpM
- All refrigeration units are air cooled

### TRANSPORTATION

- Designated bicycle parking provided for staff and customers
- ≥ 50% of staff commute to work by bike, transit, carpooling, EV or walking
- Deliveries/courier services from ≥ 1 supplier have been reduced by ≥ 50% in the last 12 months OR ≥ 50% of local couriering/deliveries made by low or zero emission transport

### PURCHASING & PRODUCT

- ≥ 3 major paper products have ≥ 50% post-consumer recycled content OR 100% recycled content
- Use hydrogen peroxide as an alternative to chlorine bleach
- Restaurant does not stock single-use plastic bags for staff or customers use
- For take-out items, fiber-based containers and paper wraps are used when possible, no Styrofoam containers are used
- ≥ 3 main ingredients are organically grown
- ≥ 5 main ingredients are grown on Vancouver Island
- ≥ 50% of menu is low-carbon protein options
- ≥ 80% of seafood purchased is Ocean Wise™ Certified OR no seafood is served
- Purchases ≥ 30% of all beverages (alc. & non-alc.) produced in BC

### SOCIAL

- Annual donations made to local environmental or community related charities and non-profits, at an amount of ≥ \$50 per full-time employee
- Environmental sustainability is incorporated into the hiring process, employee orientations and training programs
- Environmental values and actions are posted publicly online and on the premises
- Employee Health and Wellness Program in place

### ADDITIONAL

- Additional Action - restaurant has less than 3% food waste