



Restaurant & Coffee Shop

*Local. Sustainable. Quality.
It's just the right thing to do.*

Young's Restaurant & Coffee Shop (known as Grant's Café from 1916 until 1968), has been deeply committed to great food, great service, a welcoming and friendly atmosphere, and the local community for 95 years. For the last 20 years, we've also been highly dedicated to increased sustainability, recognizing that we all have a responsibility to preserve our resources and environment, and to support our local economy and community.

Our numerous environmental actions have led to our certification as an Environmental Champion by the NH Sustainable Lodging & Restaurant Program. This sheet highlights some examples of the many actions we have taken to reduce the environmental impact of our business and enhance the local community.

Energy: Here are some examples of actions we have taken that help reduce the need for non-renewable fossil-fuel resources, reduce the environmental impact of fossil fuel acquisition, and reduce greenhouse gas emissions and their contribution to climate damage:

- We purchase 100% green, non-carbon, renewable electricity.
- Our major food supplier is wind-powered and uses bio-diesel in its trucks.
- We've taken many energy-efficiency steps – here are just a few examples:
 - Converted to CFL and LED lights throughout the restaurant; keep lights off in unused spaces; motion sensors in many locations.
 - Improved insulation of our roof, walls, basement, and air ducts.
 - Currently pursuing switching our heat from propane to cleaner, more efficient natural gas.
 - Heat kitchen with captured heat from kitchen equipment.
 - Have upgraded to newer, more efficient compressors and motors for much of our equipment, and moved refrigeration compressors out of the hot kitchen for greater efficiency.
 - Upgraded to variable speed exhaust fans that are electronically controlled for optimal efficiency.



Water: Here are some examples of actions we have taken to conserve water:

- Use high-efficiency spray nozzles in kitchen sinks, and a high water-efficiency dishwasher.
- Thaw frozen food under refrigeration rather than using water.
- Post signs in washrooms to alert staff of any dripping or leaking faucets.
- Use water-efficient toilets and aerators on washroom faucets.



for more information, visit us at youngsrestaurant.com  find us on facebook - [YoungsRestaurantNH](https://www.facebook.com/YoungsRestaurantNH)

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Waste Reduction (Reduce, Reuse, Recycle): Here are some examples of actions we have taken to reduce the demand for resources, to maximize the usable life of resources, and to reduce waste to landfill.



- Recycle cardboard, glass, paper, aluminum, plastic, and even plastic bags, and compost nearly all food waste; provide food scrapings to Wild Miller Farms (Lee, NH) to feed their pigs.
- Use 100% recycled napkins and paper products, and compostable takeout containers and utensils.
- Donated used tables and chairs to a local church and replaced damaged flooring with recycled wood flooring when we renovated our dining area.
- Print on recycled paper and properly recycle used printer cartridges and CFL bulbs.

Local Focus: Here are some examples of our commitment to supporting the local community and local economy. Dollars spent locally circulate in and enhance the local economy, and buying locally also reduces the environmental impact of transporting goods long distances.

- Seek out and support sustainability-focused local suppliers – roughly 40% (and growing) of our food products are purchased locally.



- Examples of some of our local specialty suppliers:

New Hampshire: New Hampshire Coffee, North Country Meats, Stonyfield Farm, Stout Oak Farm, McClure's Bakery, Spring Harvest Maple Farm, DeMeritt Hill Farm

Maine: Grandy Oats, HP Hood, Maine Root, Pineland Farms Dairy, Shain's of Maine, Wyman's Blueberries, Dorothy Egg Farms

Massachusetts: Bake-N-Joy, Boston Produce Market, Jessica's Brick Oven, Piantadossi Baking Company,

Vermont: Westminster Cracker

- Over the years we have supported many local causes by providing services and donations (one of the latest is Trash2Treasure, a UNH student-run product re-use program), and we are especially dedicated to supporting youth in our community, particularly students in the Oyster River School System and at UNH. We also donate annually to the Durham fireworks.

“Thank you for joining us at Young’s, where I firmly believe that being green and buying local is just the right thing to do.” - Ken Young, owner



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