



**Solana Center**  
FOR ENVIRONMENTAL INNOVATION

# Lunch & Learn

## Fun and Informative Environmental Learning for Your Team



Nurture a company culture that shares planet-focused values and promotes sustainability

Learn new sustainable practices or enhance your group's existing knowledge on living a low-waste lifestyle.



Provide a fun way for your organization's members to connect through learning to care for the planet.



Meet your organization's goals in promoting sustainability.



### COST

Solana Center provides a presentation on the topic of your choice (see menu of services) for groups of up to 30. Pricing begins at \$825 (discounted non-profit rates are available)

### ADD A SANDWICH LUNCH

Solana Center can provide a sandwich lunch that includes vegan, gluten-free, and, regular options and a beverage at \$25 per person. Alternatively you can provide your own lunch.



**Solana Center**  
FOR ENVIRONMENTAL INNOVATION

# Menu of Presentation Topics



**Solana Center**  
FOR ENVIRONMENTAL INNOVATION

## Composting



- **Composting With Worms:** In this introduction to composting presentation, participants will learn the basics of vermicomposting (worm composting) including how to turn your food scraps into nutrient-rich castings for your plants. This option works for apartment dwellers with small spaces as well as an option for a backyard. Educators prepare participants to begin vermicomposting food scraps right away.

## Zero-Waste



- **Achieving Your Zero Waste Potential:** Confused about zero waste? What can and can't be recycled? Learn the basics of waste reduction, we dive into the concepts of Reduce, Reuse, and Recycle. Participants learn practical tools to start reducing waste today.
- **Zero Waste Office:** Basic and advanced options are available. Includes explanations and practical tips to prevent waste, recycle properly, manage food services, and procure environmentally sustainable supplies.

## Food Waste



- Learn cost-saving tips and see live demos on food waste prevention. Topics include the social and environmental impacts of food waste, low-waste grocery shopping, maximizing shelf life, and more!

## Green Living

Take an in-person tour of our headquarters in Encinitas to see sustainability in action as you learn how you can make a difference with our demonstrations in:

- water conservation
- waste reduction
- soil health and composting
- eco demonstration garden
- and other innovative, D.I.Y. solutions for achieving everyday sustainability!

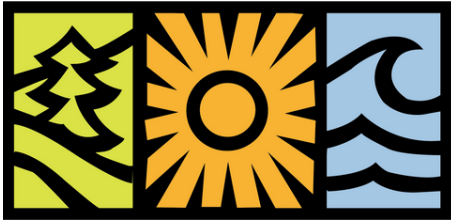


## Recycling

- Learn how to recycle the right way
- Learn why reducing waste is important
- Learn how to sort for your curbside bins



**Solana Center**  
FOR ENVIRONMENTAL INNOVATION



# Private Volunteer Opportunities

*Learn. Experience. Build Community. Give Back.*

Our group volunteer program is a great opportunity to give back to the community and learn about local sustainability. **Engage your team in a meaningful volunteer experience that helps Solana Center make a positive impact on the San Diego community and the environment.**

***Who can participate:***

This program is for any organization or group that meets the activity requirements and can pay an associated fee.



**Give your group  
a hands-on,  
team-building,  
eco-friendly  
experience!**





# Worm Wranglin'

## WHAT IS WORM WRANGLIN'?

At Worm Wranglin', volunteers join us at our home base to help care for our worms. Our resident composting worms help us teach San Diegans about the value of vermicomposting (composting with worms). Our worm bins act as a demonstration site, a nursery for providing worms to community members who compost at home, and a source of nutrient-rich castings for use in gardens. Help care for these amazing compost critters, promote sustainability in our community, and have fun learning all about how vermicomposting can be implemented at the household level.

## WHAT WILL VOLUNTEERS DO AT THIS OPPORTUNITY?

Volunteer activities may include the following: separating worms from their castings, sifting castings, feeding worms and making "worm burritos", building new worm beds, and moving breeder worms to new homes. In other words, all things worm care!

## ANY EXPERIENCE OR REQUIREMENTS?

- All levels of experience are welcome!
- Wear clothes that can get dirty and closed-toe shoes, a hat, and sunscreen are recommended.
- Work gloves are provided on-site.
- Volunteers must be at least 5 years of age.
- Volunteers under the age of 14 must be accompanied by a parent or adult.
- Volunteers under the age of 18 must have a parent or guardian register for them.

**Other things to note:** This is hands-on work with worms and other compost critters! If you are scared of our worm friends, please remember we will be handling them! We can offer an alternative garden activity for those who aren't worm fans. This activity is outdoors. We may also do some lifting of up to 25 pounds.

**Group maximum 20 people**

**Group Volunteer Event Cost: \$825**

(discounted non-profit rates are available)



# Build & Beautify

## WHAT IS BUILD AND BEAUTIFY?

Build and Beautify is a day for volunteers to get involved with the development of our home base by preparing and implementing site improvements to support our programs. In joining us for this activity, you will help beautify our grounds, creating a space for engaging our community in our sustainable offerings.

## WHAT WILL VOLUNTEERS DO AT THIS OPPORTUNITY?

- Gardening and pruning
- Staging rain barrels
- Maintaining and building demonstration sites that help teach topics in sustainability
- Chipping and moving mulch
- Beautifying our grounds including some trash pickup
- Preparing and implementing site improvements and new programs
- Painting

## ANY EXPERIENCE OR REQUIREMENTS?

- Attire: Wear clothes to get dirty in! Gloves will be provided but feel free to bring your own.
- Experience Needed: All levels of experience are welcome!
- Age Requirements: Must be aged 16 and up. All volunteers under the age of 18 will need a parent or guardian to fill out the registration form on their behalf.

---

### Other things to note:

Bring a reusable water bottle and sun protection. Physical Requirements: Must be willing to do hands-on work and able to lift up to 30 pounds.

**Group maximum 20 people**

**Group Volunteer Event Cost: \$825**

(discounted non-profit rates are available)

# What's Included?

Our volunteer opportunities are great ways to build community with your group, team-build, and learn! In order to actually carry out the volunteer activity, our instructors teach you what you need to know, as well as the "why?" – why compost, why our methods, and why Solana Center does what we do!

Light refreshments and seasonal snacks are included.

## Event Add-Ons

### ADD A LUNCH & LEARN WORKSHOP

We offer several different topics that will help your group or organization learn how to protect the environment, conserve valuable resources, and reduce your carbon footprint.

[See our list of topics here!](#)

### ADD A SANDWICH LUNCH

Solana Center can provide a sandwich lunch that includes vegan, gluten-free, and, regular options and a beverage at \$25 per person.

### ADD A CUSTOM EVENT

Looking to book a bigger team-building event that accommodates more than 20 people? Reach out to [volunteer@solanacenter.org](mailto:volunteer@solanacenter.org) for custom requests.

## PAYMENT AND REFUND POLICY

A non-refundable deposit of \$100 will secure your event date. Full payment of the total cost must be received to confirm your booking. Failure to complete payment may result in the rescheduling of your event.

A full refund (not including deposit) is available for cancellation up to 2 weeks before the scheduled event and/or if Solana Center needs to cancel due to unforeseen circumstances.

A 50% refund (not including deposit) is available for cancellation within 2 weeks of the scheduled event. Alternatively, your event can be rescheduled pending availability.

# What's Included?

Our lunch and opportunities are great ways to build community with your group, and learn together!

Our staff provide all necessary supplies and presentation materials. We offer in-person presentations at your location, virtual webinar format, as well as presentations at our headquarters in Encinitas.

## Event Add-Ons

### ADD A GROUP VOLUNTEERING EVENT

We offer group volunteering activities for your team that focus on outdoor, hands-on, team-building opportunities

[See our list of options here!](#)

### ADD A SANDWICH LUNCH

Solana Center can provide a sandwich lunch that includes vegan, gluten-free, and, regular options and a beverage at \$25 per person.

### ADD A CUSTOM OPTION

Looking to book a bigger team-building event that accommodates more than 30 people? Reach out to [info@solanacenter.org](mailto:info@solanacenter.org) for custom requests.

## PAYMENT AND REFUND POLICY

A non-refundable deposit of \$100 will secure your event date. Full payment of the total cost must be received to confirm your booking. Failure to complete payment may result in the rescheduling of your event.

A full refund (not including deposit) is available for cancellation up to 2 weeks before the scheduled event and/or if Solana Center needs to cancel due to unforeseen circumstances.

A 50% refund (not including deposit) is available for cancellation within 2 weeks of the scheduled event. Alternatively, your event can be rescheduled pending availability.