

November 2019 | Washington • Idaho



It's holiday baking time!

Over the holidays, your oven can get a real workout. To help your oven operate efficiently and economically, follow these tips:

- Since it's a long, slow cook for turkey or holiday ham, there's no need to preheat your oven. Unless you're baking breads or pastries, you may not need to preheat at all.
- Don't open the oven door to take a peek at what's inside. Instead, turn on the oven light and check through the window.
- Cook several items at the same time, but make sure there's enough room for the heat to circulate.
- If you use glass or ceramic dishes, you can lower your oven temperature by 25 degrees and foods will cook just as quickly.
- For cooking on your stovetop, be sure to match the size of the pot or pan to the size of the burner, and always cover pots when cooking.

Visit myavista.com/advice for more energy-saving tips.



Breaking bread, building community

It is unexpectedly cozy here. Concrete floors, soaring ceilings and an expansive wall of glass don't typically evoke a sense of warmth. But fill the space with joyful conversation, the scent of freshly baked goods, rich, roasting meats, and just-picked produce simmering in sturdy pots, and you have Central Food — an enduring, homey neighborhood hub.

"Before there was Central Food, there was an idea that I wanted to build a restaurant around bread," explains David Blaine, owner/chef at Central Food. Every morning, fresh dough, lovingly handcrafted with locally-sourced ingredients, bakes in the kitchen's mighty steel oven. Much of the finished product is incorporated into Central Food's farm-to-table fare, but the artisan loaves are also sold from retail racks overlooking the restaurant's garden.

"The bread connects people to the restaurant," David says. "Creating community through the tribal knowledge of this craft makes people feel like they're part of the family, like they have a stake in this place."

Once each year, David offers bread-making classes. Central Food opens enrollment for two January classes, each with 10 coveted spots, at 8:00 a.m. on the Friday morning following Thanksgiving. Participants are taught to make, shape and bake bread during class, and each person leaves with know-how, a natural sourdough starter, one just-baked loaf, a willow proofing basket filled with shaped dough to be baked at home, and "a lifetime of opportunity to come in and ask questions."

"The bread classes are a metaphor for everything in the restaurant. My goal is to demystify the process and help people understand that something as simple as a loaf of bread can create a sense of belonging — either here at the restaurant, or, more importantly, around their own table, at home."

Visit the Central Food Facebook page to learn more.





Did you know?

Avista customers have enjoyed renewable energy since our company was founded 130 years ago. We're proud of that legacy, and that Avista has received its seventh stamp of approval under Washington's Energy Independence Act (EIA).

Approved by Voter Initiative 937 in 2006, the EIA requires utilities with more than 25,000 Washington customers (Avista included) to meet 15 percent of their supplied energy needs with qualifying renewable resources by 2020. To be phased in over time, the legislation required a targeted increase of 3 percent by 2012, 9 percent by 2016, and 15 percent by 2020.

On August 8, 2019, the Washington Utilities and Transportation Commission (UTC) approved Avista's compliance with eligible renewable energy target reporting requirements for 2019,

which details how we expect to meet our targeted 9 percent increase in renewable power this year. The report explains that the majority of Avista's 2019 requirements will be met with upgrades to hydroelectric dams, as well as through contract-supplied wind energy from the Palouse Wind power project near Rosalia, Washington, and Avista's Kettle Falls biomass generating facility.

You can learn more about how Avista plans to meet future energy needs by viewing our 2017 Integrated Resource Plan (IRP) at myavista.com/IRP.



Holiday lights

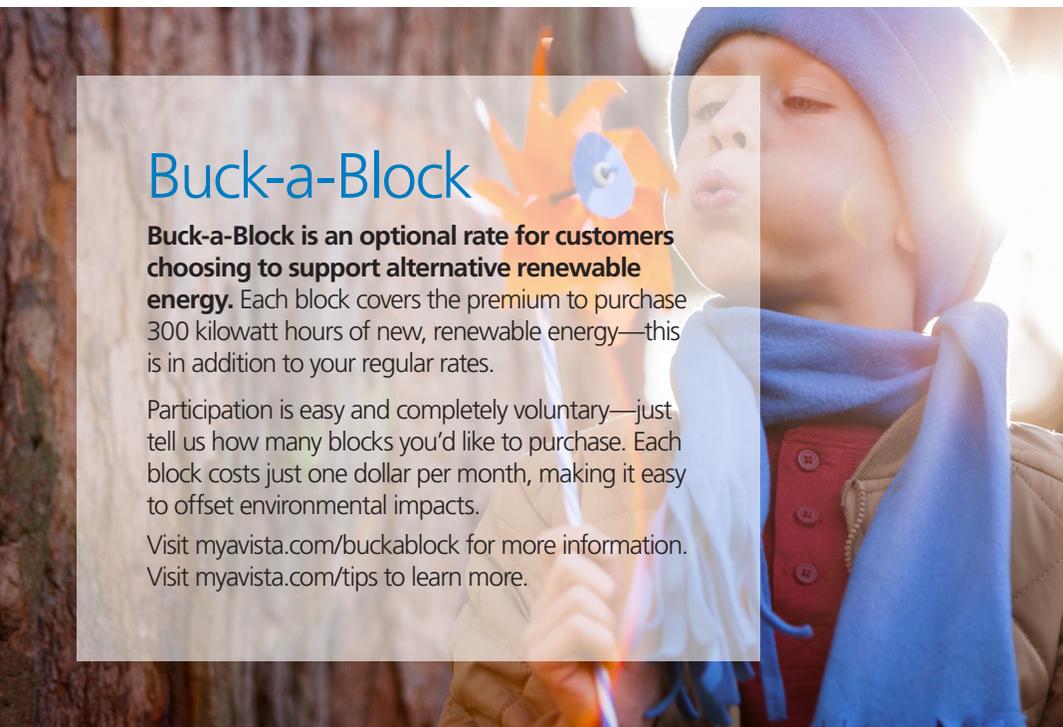


Bright, twinkling lights are one of the joys of the season, whether on the eaves of your home or strung on trees.

While those merry little lights are a delight for many, incorrect usage can cause fires, injuries from falls or electrical shocks. To keep the holidays festive and fun, follow these safety tips while decorating outdoors:

- Use lights — and if needed, extension cords — that are approved for outdoor use.
- Before decorating, check all light strands for damages and burned out lights. Frayed insulation, exposed wires and broken plugs are all hazards and should be discarded. When replacing bulbs, unplug the strand.
- Consider purchasing miniature or LED lights as they use less energy and are long lasting. LED lights are also shatterproof and present no fire hazard.
- To avoid accidentally leaving your lights on, consider a timer. Make sure the timer you use is rated to handle the total wattage of your lights.

Visit myavista.com/safety for more safety tips.



Buck-a-Block

Buck-a-Block is an optional rate for customers choosing to support alternative renewable energy. Each block covers the premium to purchase 300 kilowatt hours of new, renewable energy—this is in addition to your regular rates.

Participation is easy and completely voluntary—just tell us how many blocks you'd like to purchase. Each block costs just one dollar per month, making it easy to offset environmental impacts.

Visit myavista.com/buckablock for more information. Visit myavista.com/tips to learn more.

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