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Photo: Cabot Creamery

Tip of the Month

Refrain from using your oven on warm days. This helps prevent heat buildup in your kitchen, so your AC unit won't have to work as hard. Use your stove instead, or even better, grill outdoors.

What's Current

SEPTEMBER 2019

SEASONAL CHANGES CAN AFFECT YOUR ENERGY USE

Fall is just around the corner — that means cooler temperatures and shorter daylight hours. As your energy use changes with home heating and the increased use of indoor lights, re-analyze your energy use with NOVEC's Energy Resource Center to see where you could save the most energy. In addition to the whole-home analyzer, individual calculators are available for lighting, heating/cooling, appliances, and televisions. You can also see how much a programmable thermostat could save on energy and lower your electric bill.

To access the Energy Resource Center and learn where you could save, visit novec.com/save and click "Visit the Energy Resource Center."

NOVEC thanks Cabot, a fellow co-op, for donating cheese samples for our annual meetings.

Spicy Grilled Pork Tenderloin-Cheddar Sandwiches

Ingredients:

- 1 pork tenderloin, about 12 ounces
- About 1 teaspoon olive oil
- Salt and ground black pepper to taste
- 1 (16-inch) loaf French bread or round loaf focaccia, split
- 3 tablespoons Dijon mustard
- 2 Italian plum tomatoes, sliced
- 2 cups washed and stemmed watercress or arugula
- 6 ounces Cabot Pepper Jack Cheese (about 1½ cups)

Directions:

- PREHEAT** charcoal or gas grill to medium-hot, or preheat broiler.
- DRY** pork tenderloin; rub with olive oil and season with salt and pepper. Grill or broil until barely pink in center (155°F on instant-read thermometer), 15 to 20 minutes, turning over midway.
- REMOVE** pork to cutting board and let stand for several minutes for juices to settle. Meanwhile, toast bread halves on grill or under broiler.
- SPREAD** both halves of toasted bread with mustard. Top one half with tomatoes, then with watercress or arugula, then with sliced cheese. Slice warm pork and arrange over cheese.
- PRESS** remaining bread half on top. Cut sandwich into four portions.



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

NOVEC provides important storm preparation tips and power outage information at novec.com/safety. The U.S. Department of Homeland Security also has an abundant source of information on preparing for storms, flooding, fires and other dangers.

Before a disaster strikes, DHS recommends developing an emergency plan. Remember to consider:

- Medical needs, including prescriptions and equipment
- Dietary needs
- Pets or service animals and their food or medications
- Multiple evacuation routes, including alternate routes to accommodate the very young and elderly
- A meeting place in case family members get separated
- An out-of-town contact to notify regarding your location and safety, if you cannot get in contact with family members

If your cellphone is capable of receiving emergency messages like evacuation or AMBER alerts, it will do so automatically. You can also sign up for additional electronic emergency alerts and weather warnings from your county or city.

Visit ready.gov/make-a-plan for more information on emergency preparedness.



NOVEC HELPS DONATION PROVIDES BREAKFAST BAGS TO HUNGRY CHILDREN IN NEED

NOVEC HELPS donated \$3,100 to Western Fairfax Christian Ministries to provide 200 pre-packed "breakfast bags" to help feed hungry kids in need this summer when school was not in session.

"The breakfast bag program provides short- and long-term solutions, with two days of healthy breakfasts for children ages 2-18, as well as a bag and ice pack that can be used to hold breakfast and lunch on-the-go in the future," said WFCM Executive Director Harmonie Taddeo. "Thanks to NOVEC HELPS, we saw big smiles and full stomachs." Each yellow bag, branded with the NOVEC HELPS logo, was packed with cereal, orange juice, fresh fruit, milk, yogurt and a granola bar to provide two breakfast meals for each child.

NOVEC members can help make a positive impact in the community by contributing to NOVEC HELPS at novechelps.org/donate.





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