



Maryland Green Registry MEMBER

The Maryland Green Registry promotes and recognizes sustainable practices at organizations of all types and sizes. Members agree to share at least five environmental practices and one measurable result while striving to continually improve their environmental performance.

True Respite Brewing Company, LLC



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Manufacturing of beer, operation of a retail taproom, wholesale of product

Member since February 2022

Management and Leadership

Environmental Team

Co-Founder of True Respite, Bailey O'Leary, has a background in Environmental Engineering. True Respite utilizes this background to build a culture around sustainable practices and prioritizes environmental initiatives.

Environmentally Preferable Products and Services

We primarily package our product in cans rather than bottles. When we were writing our business plan in the early 2010's, cans were not as popular as they are now. Bottles prevailed as the primary packaging material. However, we found that aluminum cans had a 55% recycling rate while glass bottles only had a 28% recycling rate in the US. We also found that aluminum cans take significantly less energy to create than a glass bottle. Therefore, we chose cans as our primary packaging material.

We have also started fermenting some of our beers under pressure, rather than venting them at atmospheric pressure. Keeping the CO₂ in the tank, self carbonates the beer so it's a win-win for both the beer and the environment.

Environmentally Preferable Purchasing

Where possible and financially feasible, True Respite purchases products from local manufacturers, minimizing the transportation required to get the

product to the brewery. We also use compostable cups rather than #6 plastics in our tap room.

Environmental Restoration and Community Environmental Projects

True Respite Brewing Company is part of the Rockville Brewshed. Through the Brewshed, we host events to share information about our local watershed in the context of how important clean water is to the brewing process. We have hosted talks at the brewery about our local watershed. We have hosted a foraging hike, where a group met up to hike through the local watershed while learning about it and selected an ingredient that they found on the hike for us to brew a beer with.

Waste

Solid Waste Reduction and Reuse

One of the largest sources of waste from the production of beer is spent grain. At our brewery, however, we're proud to report that all of our spent grain goes to a farmer who uses it to feed his animals. In 2021, this kept 147,000 lbs. of spent grain from being sent to the landfill. Apparently, the animals prefer the grains that are not roasted as heavily. They don't enjoy when we brew stouts nearly as much.

We will continue to explore ways to reduce waste and have just recently begun re-using Pak-Teks that are returned to the brewery by customers. We are also interested in exploring ways to re-use pallets, grain bags, and extra labels.

Recycling

We have mixed use and paper/cardboard recycling at True Respite. We are careful to recycle all materials at the brewery that are recyclable. We encourage guests to recycle their plastic 4-pack and 6-pack holders by having a recycling bin specifically for Pak-Teks in the front of our taproom. Guests can recycle these at home, but we also accept them back from customers to recycle them for them.

Composting

We have implemented a compost program for our brewery. Guests throw their food waste into the compost rather than into the trash, and all paper towels used are composted, including in the bathrooms. Educating our customers is the most challenging part of running a successful compost program at a business. We are continuing to educate our customers and reduce our trash waste, while

increasing our compost, which puts those sources of energy back into the cycle of energy to support our planet.

We are a community drop off compost location for The Compost Crew. Guests can bring their compost from home to the drop off point at our brewery. We encourage our guests to sign up for the community drop off program, so that they can help protect the environment while enjoying a great beer.

Energy

Energy Efficiency

When we brew two or more batches of beer in a row, we utilize the waste heat from the first batch off of our wort chiller to heat the water for our second batch. This saves energy and time, as we don't need to use energy to heat the water for the second batch of beer.

We utilize all LED lightbulbs in the building. We had a lighting auditor from our energy company offer to do an energy audit of our facility. When they reviewed our construction drawings, they said that there was not currently anything we could do differently, that we were already highly energy efficient.

We review our gas and electric usage monthly and to steps to address any spikes in usage. This has led to practical measures like ensuring exterior doors are not propped open.

Environmental Certification Programs, Awards, and Other Activities

- We are always looking for ways to improve our environmental performance and in 2021 participated in a program offered by the Maryland Department of the Environment to provide sustainability assessments at food and beverage processors through EEC Environmental, an independent contractor.*



Help build a greener, more sustainable Maryland through voluntary practices that reduce environmental impacts and save money.

Learn more at green.maryland.gov

