



Green Living Guide



Introduction

This green guide to daily living will help you understand how small changes in your daily habits can make you a healthier, happier person—while also helping to preserve and enhance our surrounding community and environment.

Living green requires very little effort—just an awareness of how your building works and the willingness to report things when they break will make a huge difference. Saving water and energy is good for the environment and saves money. These savings can then be used for property management to keep your rent low and for resident services.

Here are a few simple things you can do that can have a profound impact on the health of your environment, your community, and you as an individual.



Bathing / Cleaning

- **KEEP SHOWERS SHORT**— A two-minute reduction in your daily shower time can save more than ten gallons of water.
- **TURN THE SINK OFF WHEN YOU'RE NOT USING IT**— This goes for brushing teeth, washing hands, and washing dishes. Every drop of water we save adds to the fresh drinking water we leave for future generations.
- **THERE ARE WATER SAVING FIXTURES ON YOUR TOILETS, FAUCETS, AND SHOWER-HEADS**— If you see any leaks or malfunctions in these items, please fill out a maintenance request at the front desk.
- **WASH CLOTHES IN COLD WATER**— Cold water uses 90% less energy than when machines are set for hot cycles. If all American households switched to cold cycles, we could save the energy equivalent to 100,000 barrels of oil a day.
- **USE GREEN CLEANING SUPPLIES**— Use products which are made from renewable materials and are not harmful to you or the environment, such as Biokleen Laundry Powder, Seventh Generation dish soap, Meyer's Clean Day all purpose cleaner, or Toilet Kleener from Earth Friendly Products.



Cooking / Eating

- **CREATE LESS TRASH**— Avoid using plastic utensils, paper cups, paper plates, and plastic stirrers, and instead use items you can wash and reuse, like a travel mug for your coffee.
- **CLOSE THE REFRIGERATOR DOOR**— Refrigerators consume more energy than any other kitchen appliance. One year of better refrigerator habits could save enough energy to light every U.S. household for almost five months straight.
- **USE THE MICROWAVE**— Microwaves are more energy-efficient than electric ovens. And a cleaner microwave works better and cuts down on energy use.
- **USE A REFILLABLE WATER BOTTLE WITH TAP WATER INSTEAD OF BOTTLED**— If 1 out of every 20 people picked up this habit, the United States would save almost 30 million pounds of plastic waste each year.



Hanging out inside

- **ADJUST THE TEMPERATURE**— You can reduce your energy use substantially by avoiding extremes and keeping the Temp control knob on your AC / Heater unit pointed upward or sideways rather than downward, and by setting the Mode to 'low heat' or 'low cool' rather than 'high heat' or 'high cool'.



- **RECYCLE**— By putting paper, plastic, steel, and aluminum products in the recycling bin instead of the trash, Americans would decrease our annual waste production and conserve energy and trees. The amount of wood and paper we throw away each year is enough to heat 50,000,000 homes for 20 years. Recycling bins are located in the Recycling and Trash rooms on each floor. The photo below shows what typical recycling bins look like.



Hanging out outside

- **KEEP AN EYE ON THE PLANTS—** The landscaping on-site was chosen because it thrives in our climate without needing too much water. If you notice leaky irrigation or a sidewalk getting more water than the flowerbeds, please fill out a maintenance request at the front desk.
- **NOTICE WASTEFUL OUTDOOR LIGHTING—** Our outdoor lighting is connected to a timer that saves energy by switching lights on only when it's dark outside. If you see an outdoor light on during the day, please fill out a maintenance request at the front desk.



Leaving the building

- **TURN OFF YOUR LIGHTS**—Fluorescent bulbs use 75% less energy and last 10 times as long as incandescent light bulbs – but they still need to be turned off when you leave the room!
- **TURN OFF YOUR AC/HEATER**— This could reduce your electricity consumption by 20% or more.
- **WALK, BIKE, OR USE PUBLIC TRANSPORTATION**— Walking, bicycling, and taking a bus are all energy efficient modes of transportation. This reduces both the amount of fossil fuel, a non-renewable resource, you consume and the amount of carbon dioxide emitted. Please see the back page of this guide for a map showing local amenities within walking distance as well as the following bus and bike routes:
 - Bus Routes
 - #5: Woodrow / South Fifth
 - #10 South First / Red River
 - #328: Ben White
 - Bike Routes
 - #31: Banister
 - #47: Congress
 - #74: St. Elmo
- **SHOP WISELY**— This web site provides information on products for a better planet to help you to make a greener choice:
 - <http://greenerchoices.org/home.cfm>

Neighborhood Map



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FSC certified, Processed Chlorine Free,
Green E certified, and Ancient Forest Friendly