

# YOUR GREEN & HEALTHY HOME

Our resident guide to a healthy home, a healthy community and a healthy **YOU**.



# WHAT A “GREEN” HOME MEANS TO YOU

While your new home may look just like what you have seen in other places you've lived, it is **designed with high standards and the intent to reduce environmental impact and improve human health.**

You are living in a home that is comfortable, energy efficient, affordable to maintain, and long-lasting. Your home:

## Social Equality



- Improves your health and wellbeing
- Improves air quality and reduce toxins
- Increases access to basic amenities and alternate transportation
- Enhances comfort and control in the home

## Economic



- Reduces the cost to operate the building
- Lowers utility bills
- Increases occupancy of the homes
- Improves performance and durability of the equipment

## Environmental



- Protects nature, wildlife and its diversity
- Provides better air and water quality
- Conserves natural resources

This guide will help to explain the special features in your home that will protect your health and well-being while also giving you actionable tips and information to live a green, healthy, and thriving lifestyle.

*Use the icons at the bottom of each page to navigate the guide.*





## BUILDING FEATURES

**Low or non-toxic** volatile organic compounds (VOCs) in all paints, coatings, sealants, adhesives, and flooring

- This means cleaner air for you! It is proven that these materials help reduce health problems associated with asthma and other chronic issues.

**Plumbing fixtures that use less water** than traditional fixtures

- These fixtures will reduce water consumption and help our state and country through drought struggles.

Lighting and heating equipment that **improves comfort and controllability**

- You will be thankful for easy-to-use and efficient fixtures and equipment that will improve your comfort at home and reduce harmful emissions.

**Designed for resiliency** to help withstand any unexpected weather events or loss of power.





HEALTHY



LIVING



## LIFESTYLE LIVE GREENER

There is a strong connection between your personal lifestyle choices and the health of the environment. In taking care of your health you are taking care of the earth (and vice versa).

# LIVE GREENER

### 1. Buy Local

Buying local reduces the emissions required to get goods to consumers while supporting the local economy and providing you with fresher, healthier foods and products.

### 2. Use Green Cleaning Products

Choose non-toxic, zero VOC, biodegradable products in recycled packaging or use homemade substitutes when possible. This is better for your family's health, your wallet, and the environment.

### 3. Stay Active

Use the stairs, ride your bike, go for a walk. Staying active greatly decreases risk for chronic disease, obesity, and health disparities. It also keeps you living longer and decreases your cost of healthcare.

### 4. Use Public Transportation

Public Transportation cuts down on your environmental footprint, so does carpooling! Find out more information on the public transportation in your area in this guide.

## DID YOU KNOW?

The **more connections** we have to the people and places around our home, the healthier and happier we are and the longer we live. – Robert Putman, Harvard University Professor





# BREATHE EASY

## AVOID ASTHMA AND ALLERGY TRIGGERS

Help keep your home clear of these common asthma and allergy triggers.

**1** PESTS

**3** MOLD & MOISTURE

**2** TOBACCO SMOKE

**4** DUST MITES

- Report Issues** Report problems to management as soon as possible.
- Good Housekeeping** Be sure to: clean up food waste daily, avoid collecting boxes/papers/magazines, check cupboards and corners for pests and mold, maintain a regular cleaning routine.
- Treat Pets** Have pets treated for fleas and other pests yearly.
- No Pesticide Foggers** Avoid using foggers as they are often ineffective and contain products that are harmful to your health.
- Report Leaks** Report plumbing/roof/toilet leaks to management as soon as possible. A small leak can turn into a big problem quickly.
- Exhaust Fans** Use the exhaust fans in your kitchen and bathroom to avoid mold and moisture damage. Clean regularly to avoid buildup of dust.
- Smoking** Smoke at least 25 feet away from the building.

If you or a family member is experiencing persistent **hives, rash, or breathing issues**, contact your health care provider.



ABOUT



YOUR HOME



## ENERGY COMFORT & EFFICIENCY

Reducing your ENERGY consumption provides the **greatest opportunity to positively affect the environment**. This is because the energy produced by power plants to fuel the building results in major greenhouse gas emissions – impacting air quality, wildlife, and climate. Also, **saving energy saves money!**

### LIGHTING, DAYLIGHT AND VIEWS

- Efficient light fixtures have been installed throughout the building
- Access to daylight and views to enhance personal wellbeing and cut down on the need for electric lighting.

### ADDED COMFORT

- The walls, floors and roof all have increased insulation and improved air sealing to prevent drafts, leaks, and cold surfaces.
- The windows are Low-E to help reflect heat and reduce energy consumption

### ENERGY STAR APPLIANCES

- Washing machines, dishwashers, and refrigerators that are Energy Star rated to minimize energy and water use. See the next page for usage tips.

## DID YOU KNOW?

Buildings consume approx. **39% of the energy** and **74% of the electricity** produced in the U.S. – USGBC LEED Reference Guide v4


Better building energy performance means fewer greenhouse gases emitted. That means **cleaner air** and **healthier people**.







## ENERGY STAR TIPS WASHING MACHINE

- **Always use HE (high efficiency detergent).** Regular detergent makes too many suds which effects performance of the machine. Look for the blue  when purchasing.
- **Fill it up.** It takes the same amount of energy to wash regardless of the size so run full loads when possible.
- **Wash in cold.** Heating water uses 90% of the energy it takes to run a load. Cold water will do just as good a job cleaning clothes and can save over \$40/year.
- **Avoid the sanitary cycle.** This super-hot cycle uses lots more energy.
- **Leave the door open after use.** Front loading washers use airtight seals to prevent leakage which can trap moisture and lead to mold. Leave the door ajar after use to allow the moisture to evaporate.
- **Rinse the washer monthly.** Some manufacturers recommend a monthly rinse with 2 cups of white vinegar with 1/3 cup of baking soda to reduce the risk of mold or mildew.

## DID YOU KNOW?

Washing in cold water cleans just as well as warm or hot water and prolongs the life of your clothes. - The Smithsonian, "The Case for Washing in Cold"





## ENERGY STAR TIPS CLOTHES DRYER

- **Hang dry.** Air drying saves energy and prolongs the life of your garments.
- **Use the moisture sensor option.** Many new clothes dryers come designed with a moisture sensor that will automatically shut off the machine when clothes are dry. This saves energy and lengthens the life of your clothes.
- **Clean the lint filter.** Cleaning the lint filter after every load will improve air circulation and increase efficiency. It is also an important safety measure in reducing fire hazards.
- **Scrub the lint filter regularly if you use dryer sheets.** Dryer sheets can leave a film on the filter that reduces air flow and over time, can affect the performance of the motor.





## ENERGY STAR TIPS REFRIGERATOR

- **Set at the appropriate temperature.** Keep your refrigerator at 35 – 38 degrees Fahrenheit.
- **Allow air to circulate behind the fridge.** Leave a few inches between the wall and the refrigerator.
- **Check the door seals.** Make sure the refrigerator seals around the door are airtight. If not sealing tightly, contact management.

## DISHWASHER

- **Scrape, don't rinse.** Rinsing dishes can use up to 20 gallons of water before dishes are even loaded. Your Energy Star dishwasher and HE detergent are designed to do the cleaning so you don't have to.
- **Load it up.** Dishwashers use about the same amount of energy regardless of load size, so run full loads whenever possible.
- **Skip the heat.** Select the no-heat drying option. It provides good drying results with less energy.





## ENERGY

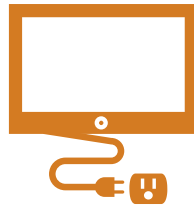
### ENERGY CONSERVATION TIPS

Lights contribute a significant percentage of electricity use in your home. Replacing incandescent bulbs with high-efficiency CFLs or LEDs reduces electricity use and saves up to \$45/month. If done in every household in the U.S. it would reduce greenhouse emissions equivalent to taking 10 million cars off the road.



#### USE CFL OR LED LIGHT BULBS

Use high-efficiency bulbs and reduce energy use by up to 80%



#### TURN OFF/UNPLUG APPLIANCES

Unplug when not in use. For example, TV, DVR, fans and coffee maker.



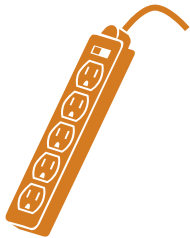
#### TURN LIGHTS OFF

Turn the lights out when you leave a room and use natural light over electric lights when possible.



#### KEEP REFRIGERATOR CLOSED

Think about what you need prior to opening the fridge to minimize time spent with the door open.



#### USE POWER STRIPS

It's easier to turn off/unplug all appliances at the same time and remove "phantom/vampire" energy loads.



#### UNPLUG CELLPHONE/ LAPTOP CHARGERS

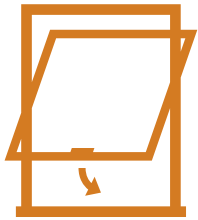
These use energy even when the electronic is not being charged. This is called a "vampire" or "phantom" load.





## ENERGY HEATING SYSTEM TIPS

Please **DO NOT** use portable heaters as they are a fire hazard and are very energy intensive. Instead, dress warmly and let sunlight into your home. Close doors to rooms that are not being used to help contain the heat. **Keep all heating vents clear of obstruction to ensure heat can enter the room.**



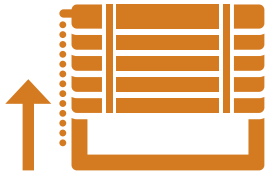
### KEEP WINDOWS CLOSED

Heating your home while allowing cool air in and hot air out wastes energy.



### SEAL LEAKS

If you think you have an air leak, contact management to get it fixed. This improves energy and keeps you comfortable.



### OPEN CURTAINS

Allowing the sun to warm your home reduces the demand on your heating (and lighting) system.



### USE BLANKETS AND DRESS WARMLY

Using blankets and wearing layers cuts down on the need to turn up the thermostat.

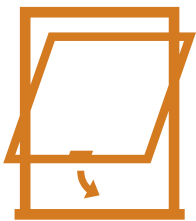




## ENERGY COOLING SYSTEM GUIDELINES & TIPS

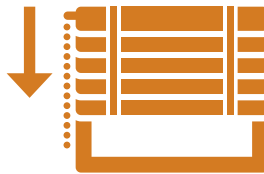
The heating and cooling of your home is maintained by the same thermostat.

Cooling your home uses a lot of energy in the summer months. Ensure your comfort and efficiency by following these tips:



### CLOSE WINDOWS WHEN THE AC IS ON

Letting cold air out and hot air in wastes energy.



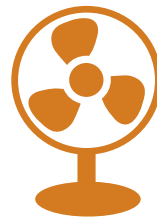
### CLOSE CURTAINS

In the summer months, stay cooler during the day by keeping the sun from heating your home.



### SET THE AC TEMP AT 78 DEGREES OR MEDIUM

During cool nights, open windows and turn the AC off or turn the thermostat up a few degrees.



### USE A FAN

Instead of (or in addition to) turning on the AC, use a ceiling, window, or portable fan to keep air cool.

## DID YOU KNOW?

The amount of energy consumed in the U.S. every year to power our air conditioners is about the same as the amount of energy consumed by the entire continent of Africa.

– Stan Cox, University of Yale 2012





## WATER SMART

### WATER CONSERVATION TIPS

It takes lots of energy to pump, treat, and heat water so saving water reduces greenhouse gas emissions and can protect this necessary resource. Saving water around the home can be simple by following these steps:



#### TURN OFF WATER WHEN NOT IN USE

Turn off water while you brush your teeth, shave your face, and wash your hands.



#### WASH FULL LOADS

A full load of laundry uses less water than two half loads.



#### DO NOT FLUSH GARBAGE

Never use the toilet as a wastebasket. Save water and prevent blockages by disposing of waste properly.



#### REFRIGERATE DRINKING WATER

Don't run water to wait for it to get cold. Fill up a labeled bottle and put it in the fridge.



#### RECYCLE WATER AROUND THE HOUSE

For example, you can collect water used to wash fruits and veggies for watering house plants.



#### TAKE SHORTER SHOWERS AND FEWER BATHS

Showers typically use less water. Shortening your shower even by 1 minute can save over 500 gallons per year.



#### FIX DRIPPING FAUCETS AND RUNNING TOILETS

If you notice an issue with your plumbing, notify management right away.



A green-tinted photograph of cleaning supplies. In the foreground, a white spray bottle with a green trigger is on the left. To its right is a green-handled brush with yellow bristles. Further right is a clear glass filled with water. In the bottom right, a green towel is rolled up. The background is a blurred green surface.

CLEANING



RESOURCES



# WASTE

## RECYCLING AND WASTE MANAGEMENT



Waste that we throw away, chemicals that we pour down drains, and items that we do not recycle all harm our planet. Waste is a major factor in the pollution of our soils, air, bodies of water, and our forests.

Building Management works with local waste haulers to provide you with an easy means of reducing the amount of waste you put in the landfill. All trash should be disposed of in the dumpster/trash room/trash chute near the end of the hallway on each floor. There are separate bins for recycling and trash available. Please dispose of your waste in the proper location.



### RECYCLE THESE ITEMS

- Paper
- Plastics
- Aluminum and tin
- Cardboard and paperboard
- Glass
- Phone books
- Steel and empty aerosol cans

Be sure to  
rinse out  
bottles and  
containers to  
avoid odors  
and pests.

## DID YOU KNOW?

The average American discards **4.4 pounds of garbage** every day. Most of this garbage goes into landfills, where it's compacted and buried.  
- EPA, 2014

Recycling just one glass jar **saves enough energy to power a CFL for 20 hours.** Recycling a stack of paper just three feet high **saves one tree.**

- Recycle Across America, 2014





## WASTE

### ADDITIONAL WAYS TO REDUCE WASTE

Think of other ways to reduce waste such as:

- Donating lightly used items to ARC, Disabled Veterans, or other Re-use stores
- Giving books to libraries or items that can be used in the classroom to schools
- Delivering games and puzzles to senior centers and hospitals



#### USE A REUSABLE BOTTLE

Each year, billions of plastic water bottles are thrown away.



#### DO NOT USE DISPOSABLES

Avoid using Styrofoam cups, paper plates, plastic utensils, and single use coffee cups.



#### USE REUSABLE SHOPPING BAGS

Take your own bag for groceries to help cut down on single use plastic bags.



#### END JUNK MAIL

Remove yourself from mailing lists. For more information, visit: [www.catalogchoice.org](http://www.catalogchoice.org)



#### REUSE/RECYCLE

Think twice before putting something in the trash. Decide if there is a better way to dispose of or reuse the item.



# GREEN CLEANING

## THE RIGHT PRODUCTS FOR YOU



### How can you tell if a product is sustainable and healthy?

“Green” cleaning products have specific ingredients that help to create a healthier indoor environment and reduce outdoor smog by avoiding volatile organic compounds (VOCs).

#### SELECT PRODUCTS LABELED

- Unscented
- Concentrated
- Biodegradable
- Non-toxic
- Low or no-VOC
- Phosphate Free
- GreenSeal Certified
- Design for the Environment

#### AVOID PRODUCTS LABELED

- Anti-bacterial
- Anti-microbial
- Highly flammable or combustible
- Danger
- Poison
- Corrosive
- Caution
- Never use chlorine bleach or ammonia

**The way you clean also matters.** Follow these best practices:

- Sweep and mop the floors of your apartment at least 1x/week
- Vacuum the carpet regularly
- Wash dirty dishes and kitchen surfaces daily
- Wipe up spills immediately
- Clean discolored surfaces or cracked grout with baking soda or borax. If discoloration persists or gets worse, contact Management
- Open windows to let fresh air in when the heat and A/C is off
- Clean your stove's range hood and grease filter
- Avoid using bristly cleaning brushes and abrasive products
- Regularly replace sponges and cleaning rags
- Don't mix cleaning products
- Dispose of chemical products properly

