

Green and Healthy Living

Save Energy, Water, Resource and Make Homes Healthier

Save Energy & Save Money

Review your utility bill. What are you spending and how much energy are you using.

Turn off appliances. Turn off TV & lights, use CFL bulbs

Use power strips & buy ENERGY STAR appliances (e.g. AC units)

Phantom loads
account for 10-15%
of all residential
electric use

Save Water & Recycle to Help the Environment

Don't run faucet when you don't need to. The average person brushes their teeth for approximately 90 seconds. On average, faucets deliver 2 gpm of water. You can save 3 gallons of water every time you brush your teeth by not running the water.

Recycle. Recycle paper, cardboard, milk cartons, glass, tin, aluminum containers, cans, all plastic containers.

Make Your Home Healthier

Follow Good Housekeeping and Cleaning. Don't overuse harsh chemicals like bleach. Soap, water and vinegar are effective. Avoid products with DANGER OR CAUTION on label. With carpet, use a HEPA vacuum with a beater bar.

Smoke outside. This reduces risks for lung cancer, SIDS, heart disease

All Purpose Green Cleaner

1 quart warm water
1 teaspoon liquid soap
1 teaspoon borax
½ cup undiluted white vinegar

Do not use on marmoleum

Minimize pest problems. Avoid clutter and leaving food available for pest. If you see evidence of pests, contact the building manager. Don't use sprays or foggers. The pest control contractor may place monitoring traps in your unit, follow their instructions. They also will avoid spraying and use more effective products.

Use your fans to ventilate. Bath and kitchen fans remove moisture and humidity that can create mold problems.

Avoid contaminants. Don't use unvented space heaters that can create carbon monoxide. Avoid air fresheners, they cover smells but don't clean, and can trigger allergic reactions. Avoid room air cleaners that produce ozone, which triggers breathing issues.