



**AMERICAN  
LANDMARK**

# **RESIDENT SUSTAINABLE LIVING GUIDE**

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**As a leading multifamily company, American Landmark wants to minimize our impact on the environment. We have and will continue to implement sustainable practices in our common areas to reduce energy, water and waste and take other actions to support the health and well-being of our residents. We created this guide to help our residents identify and implement cost-effective, sustainable lifestyle actions that support you and our planet. We invite you to join us and consider integrating these changes. Read on to see how many of these initiatives can also save you money!**

# FAST FACTS!

**Buildings account for about 40% of all U.S. energy consumption and a similar proportion of greenhouse gas emissions.**



**Simple lifestyle changes can significantly reduce energy usage and save you money. For example, energy efficient light bulbs certified by ENERGY STAR use 70 to 90% less energy than incandescent bulbs to do the same job: light up a room.**

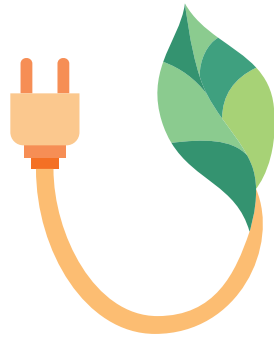


# GO GREEN WITH AL!

**Learn more about what American  
Landmark Apartments is doing to create  
more sustainable communities.**

[Click Here](#)

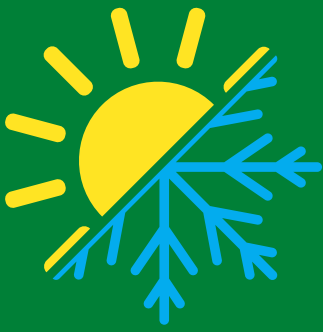




# ENERGY CONSERVATION

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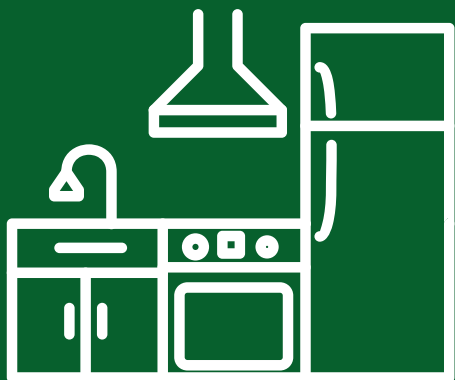
**Source reduction is the best way to  
conserve resources and reduce  
pollution. You can't throw away  
what isn't there!**



# HEATING & AIR CONDITIONING

- Use fresh air, when possible, to warm and cool spaces naturally.
- Adjust your thermostat to seasonal temperatures, (e.g., cool to no lower than 78° in the summer and heat to no higher than 72° in the winter).
- In the winter, lower the thermostat at night. The Department of Energy calculates that your energy bill will increase 3% for each degree you raise the thermostat.
- If you have a programmable thermostat, set the temperature so heating/cooling is minimized when you are away.
- Keep windows closed when the heater or air conditioner is running and make sure furniture is not blocking vents.
  - Use window blinds or curtains to control temperature.  
In the winter, slant blinds downward to permit sunlight to enter the room and increase warmth.
- In the summer, close the blinds as tightly as possible with slats in the up position. This will reflect light and heat and create a pocket of air that will serve as an excellent insulator.
- In the winter, switch the ceiling fans to spin in reverse to circulate warm air downward (the fan will turn clockwise when looking at the fan from below).
- Place a draft stopper under exterior doors.

# THE KITCHEN



- When possible, use smaller appliances to cook.
- Turn off the drying function of the dishwasher. Leave the door open to air-dry dishes instead.
- Reheat leftovers in a microwave. It takes less time and uses up to 80% less energy than a standard oven.

- Use smart power strips or timers that automatically turn off the power supply when devices aren't in use.
- Select ENERGY STAR®-certified (or equivalent local efficient certification standard) products that conserve energy including streaming devices.
- Use an energy savings meter to identify energy-hungry electronics and better understand your energy use.
- Mitigate e-waste by properly recycling cell phones, household batteries, and light bulbs.

## ELECTRONICS



# LIGHTING



- Use LED lights.
- Use light dimmers, sensors or timers, or turn off lights in when they are not in use.
- Take advantage of natural daylight.  
When working or reading, use task lighting (such as desk lamps) rather than lighting the entire room.

## NEXT UP... WATER CONSERVATION!



# WATER CONSERVATION

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**Saving water will decrease your  
water bill AND conserve energy used  
to treat and deliver the water.**





- Avoid leaving the water running continuously while doing dishes or using the sink.
- Keep pitchers or basins in the sink to collect water that runs. You can use this as drinking water or reuse the water to rinse dishes, fill pet bowls, or water your plants.
- Load the dishwasher to capacity. Running a full load will save water, energy, and detergent.
- Select the short cycle option or energy-saving mode on your dishwasher.
- Avoid running the dishwasher during Peak Events.

- Report any malfunctioning toilets or dripping faucets to property management.
- Take short showers; aim for five minutes or less.
- Turn off the running water when washing your face, shaving, or brushing your teeth.
- When running a bath, plug the tub before turning on the water; then adjust the temperature as the tub fills.





- Running a full load will save water, energy and detergent.
- Use cold water to wash clothes.
- Choose biodegradable or non-toxic detergents.
- Use an eco-friendly dry cleaner that does not use perchloroethylene ("perc"), a chemical that can be harmful to humans.

Please report to the Management Office any irrigation breaks, broken sprinkler heads, suspected leaks in the system, or any areas where you notice the irrigation system may not be watering on a regular schedule.





# REDUCE & REUSE

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**Source reduction is the best way to conserve resources and reduce pollution. You can't throw away what isn't there!**

- Stop junk mail and unsubscribe from catalogues you don't read.

- Utilize email and pay bills online.

- Use electronic notes and to-do lists on smartphones.

- Reuse as note paper any paper that has been printed on only one side.

- Use a whiteboard or dry-erase marker on mirrors to write reminders and notes.

- Reuse gift bags, magazines, or newspapers as wrapping paper.

- Buy in bulk to reduce packaging.

- Only print when necessary and when you do print, use double-sided printing

- Review documents in Print Preview to find and correct mistakes before printing.

- When printing a webpage, copy and paste the link into [www.printwhatyoulike.com](http://www.printwhatyoulike.com) to optimize the webpage for printing.



**PAPER**

- Rip your favorite pair of jeans? Take them to a tailor for repair for likely less than the price of a new pair.

- Take worn or damaged shoes and leather goods to a cobbler.

- Use electrical tape or Sugru® to mend headphones and laptop chargers with exposed wires.

- Drop your phone in water? Quickly and carefully power off the phone, remove the battery and SIM card (if possible) and dry the phone as best you can with a towel. Then, place all parts in a bowl of uncooked rice (wrapping the phone loosely in a paper towel first), or in a Ziploc® bag with desiccant packets, and leave for 24 to 72 hours to absorb any remaining moisture.

**FIX IT!**

# REUSE IT!



•Keep reusable shopping and produce bags in your car so you will have them on hand when you shop.



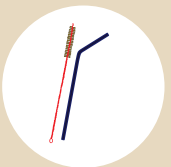
•Avoid buying water in disposable plastic bottles; instead, use reusable BPA-free water bottles.



•Buy a water filter pitcher for your refrigerator to fill your reusable water bottle



•Reusable mugs and insulated cups keep coffee hot longer and reduce the amount of non-biodegradable Styrofoam from entering the landfill. You can also receive a discount off any beverage when you bring in a personal cup at many coffee shops.



•Use reusable straws



•Pack your lunch in a lunchbox and use reusable sandwich bags.



•Use cloth napkins instead of paper napkins.  
Use reusable coffee filters. Some are even made from renewable resources such as hemp or organic cotton.



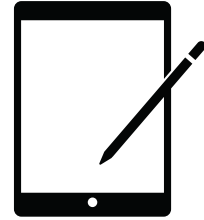
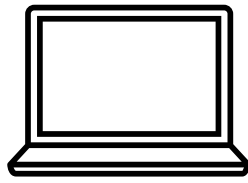
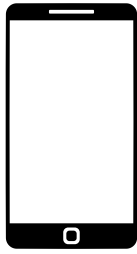
# RECYCLING AND WASTE REDUCTION

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Recycling allows us to decrease the negative impact of the waste we produce by conserving natural resources, saving landfill space, and reducing water and air pollution.



# ELECTRONIC "E" WASTE



- Used cell phones and accessories can be recycled at most major phone retailers or through non-profit organizations raising money through cell phone recycling programs.
- Most large national electronics stores offer recycling drop-off for TVs, DVD players, cell phones, cameras, music players, computers, and appliances. Some retailers even offer a pick-up service.
- Send old iPods, iPhones, mobile phones, Macs, or PCs to Apple for free where they will recycle them for you and maybe even give you an Apple gift card if the item has monetary value. See <https://www.apple.com/shop/trade-in>.
- Handle CFLs safely and dispose of them responsibly. CFLs contain a small amount of mercury and recycling these bulbs prevents the release of mercury into the environment. Check with your area home improvement store about disposal.
- Recycle your old general-use, phone, and laptop batteries at a local drop-off center.
- Most major auto parts stores accept used car batteries for recycling.
- Most major office supply stores offer rebate programs on used ink and toner cartridges.

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- Check with your property manager for guidance on recycling of plastic, paper, aluminum and glass.
  - Donate or sell to charity thrift stores or resale shops, which accept all types of items from furniture to dishes to books.
  - Return the hangers and plastic bags to your dry cleaner on the next visit.
  - Reuse Styrofoam packing peanuts or take them to a UPS store.
  - Use eBay or join local Facebook Marketplace or local Freecycle groups. Check out: [www.freecycle.org](http://www.freecycle.org).





# SHOPPING

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**Buying locally and sustainably can have positive impact on your health, the environment, the local economy and your wallet.**



## MAKE SMART SHOPPING CHOICES

- **Support small businesses, shop local, and buy second-hand when possible.**
- **Choose items made from rapidly renewable resources, such as cotton, wool, hemp, soy, bamboo, and cork.**
- **Avoid excess packaging by choosing larger sizes/quantities instead of smaller, individually packaged items.**
  - **Buy products in reusable containers.**
  - **Purchase products that can eventually be recycled.**
  - **Look for third-party green-certified products.**

# FOOD SHOPPING

- Purchase local, in-season produce to support your local community and limit the distance produce travels.
- Shop at your local farmer's market and buy organic fruits and vegetables, if possible.
- Look for organic and Fair Trade-certified items.
- Local, organic free-range eggs are generally higher in vitamins and minerals than mass-produced eggs.
  - Join the "Meatless Monday" trend.
- Choose dairy products with no artificial hormones or antibiotics.
- Learn about the "Slow Food" movement.





# CLEANING

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**Sustainable cleaning practices help avoid toxins and chemicals in the air, water and soil, AND can save you money.**

- To lessen moisture in your home, use ventilation when cooking and bathing.
- Look for vacuums with HEPA filters (high-efficiency filters that catch tiny particles) and dirt sensors that signal when a carpet is clean.
- Plain water on a cloth works great for the vast majority of dusting chores. If something more powerful is necessary, choose the least-toxic product for the job at hand.
- Consider becoming a shoe-free household to lessen contaminants tracked into homes on the soles of shoes and keep your indoor air clean.
- Look for cleaning solutions that are third-party green label certified.

## GREEN CLEANING PRACTICES



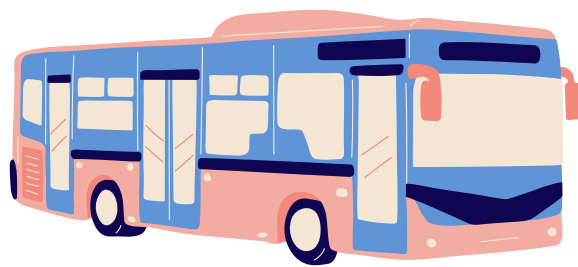
# ***LIFE HACK: VINEGAR***

- For cleaning, choose white vinegar, as brown vinegar will typically stain porous surfaces.
- Lightly spritz your space with vinegar (the smell will quickly vanish) to freshen the air and avoid the harsh chemicals in some air fresheners.
- Use vinegar to clean out deposits clogging a steam iron or coffeemaker.
- A cup of vinegar will clean a washing machine. Run it through a regular cycle, but not with clothes.
- Deodorize and clean the garbage disposal with white distilled vinegar ice cubes (freeze full-strength white distilled vinegar in an ice cube tray). Run several cubes down the disposal while flushing with cold water.
- Clean the microwave by mixing 1/2 cup white distilled vinegar and 1/2 cup water in a microwave-safe bowl. Heat inside the microwave. Baked-on food will be loosened, and odors will disappear. Wipe clean.

# ***LIFE HACK: BAKING SODA***



- A box or small bowl of baking soda in the refrigerator, freezer or any cupboard will absorb unpleasant odors.
- Sprinkle baking soda in the bottom of an empty kitchen trash bag before you fill it with trash.
- A paste of baking soda and water will make stainless steel appliances shine.
- Sprinkle baking soda into a wet toilet bowl or white sink; allow to sit for 10-15 minutes and then scrub.
- To create a tub-scum cleaner, mix baking soda and a "green" liquid soap to a honey-thick consistency. Apply it with a little elbow grease and perhaps a splash of white vinegar.
- To remove scuff marks or grease spills from the floor, sprinkle with baking soda and then wipe with a warm, damp cloth. This procedure is even safe for no-wax floors.
- To remove odors from carpets, sprinkle with baking soda. Let stand for at least 15 minutes, and then vacuum. Repeat as needed.



# TRANSPORTATION

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**Making more sustainable choices about how you get from place to place reduces dependency on fossil fuels AND decreases your impact on the environment.**





- **Use your smartphone to find nearby walkable shops, restaurants, services, and activities.**
- **Discover your area's public transit by checking out online public transit trip planners**



- **Bicycling is a completely clean form of transportation. Be sure to take appropriate precautions for safety.**
  - **Regularly maintain your bike.**
  - **Be aware of local laws that apply to bicycle riders.**
  - **Always ensure your bike is secure.**
- **Verify that your renter's insurance covers your bike.**

# DRIVE

# GREEN



- Purchase fuel-efficient cars such as cars with a minimum score of 45 in the ACEEE annual vehicle rating guide (<https://greenercars.org/>).
- Use cruise control on the highway to maintain consistent speed and save gas.
- Turn off your engine when your vehicle is parked to avoid excessive idling.
- Keep your tires properly inflated for optimum gas mileage.
- Consider carpooling or ride-sharing.



# HEALTH AND WELL-BEING

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**It's important that we remember to take care of  
ourselves as part of caring for our environment.  
We ARE part of our environment.**

# PERSONAL CARE



- Use vacuums and air purifiers with HEPA filters.



- When buying new clothing, look for items made from renewable materials such as cotton or hemp.



- Go smoke-free.



- Choose petroleum-free cosmetic products that do not contain mineral oil, paraffin or propylene glycol. See Environmental Working Group's Skin Deep® database for toxicity ratings of common cosmetic products ([www.ewg.org/skindeep/](http://www.ewg.org/skindeep/)).



- Look for certified organic personal-care products such as those with USDA Organic or ECOCERT® labels.



- Get houseplants. They can reduce stress and improve air quality



- Use aluminum-free deodorants.

*Thank you!*



**Thank you for helping us create a  
happier and healthier planet!**