

RESIDENT LIVING GUIDE





FOCUS GREEN LIFESTYLE WITH ALLIANCE

Alliance Residential Company is committed to sustainability. As a best-in-class operator and developer of multifamily housing, we see it as our obligation to reduce our consumption of energy and natural resources at our communities and offices, as well as promote and support our stakeholders' participation in more sustainable lifestyles and operations.

Adopting a greener lifestyle will not only help the environment but will also have an impact on your wallet. Therefore, we came up with a set of easy ways you can Focus Green and start living a more sustainable lifestyle.

The Focus Green lifestyle guidelines are easy and low-to-no-cost changes that will help you reduce your energy consumption, conserve water and save money. We strongly encourage you to follow the tips to help lower the negative impacts on the environment.



ENERGY

WATER

WASTE (5RS)

PURCHASING

HEALTH

TIPS FOR EASY TRANSITION

ENERGY

Reducing your energy consumption can save you money and at the same time lessen the impact on the environment without impacting your comfort.

HEATING & AIR CONDITIONING

1. Control daylight, heat gain and air flow with blinds/curtains.
 - Winter: Downward slanting blinds permit sunlight to enter and increase warmth.
 - Summer: Closed and upward slanting blinds reflect light/heat.
2. Use fresh air to warm/cool spaces naturally.
3. Use ceiling fans. Turn switch to circulate warm air down during winter (fan will turn clockwise).
4. Keep windows closed when using heat/AC.

5. Keep heat/AC settings at minimum (see table).
6. Ensure vents are not blocked.
7. Place a draft stopper under exterior doors.
8. Layer clothing in the winter. For each degree raised on a thermostat your energy bill can rise by 3%.

	When You Are Home	When You Are Out
Winter	68°F	55°F
Summer	75°F	82°F

EFFICIENT THERMOSTAT USAGE – NEST AND DWELO TIPS

As Alliance continually increases our usage of Nest and Dwelo SmartHome technologies, be certain you understand their efficiency best practices. Click these links below to learn more.



LIGHTING

1. Turn off all lights when leaving a room.
2. Use power strips and install outlet timers to conserve energy. Don't forget to turn them off/on when needed.
3. Use ENERGY STAR-qualified CFL or LED lightbulbs.
4. Keep lamps/light fixtures clean of dust.

DID YOU KNOW?

- Lighting accounts for nearly 25% of total energy costs in the home or office.
- LED light bulbs consume more than 80% less electricity than incandescent bulbs.

THE KITCHEN

1. Thaw frozen foods in refrigerator before cooking.
2. Keep refrigerator set between 36° F to 40° F and freezer at 0° F.
3. Keep fridge/freezer no more than 2/3 full.
4. Keep freezer/refrigerator organized to reduce time door is open.
5. Use a modern pressure cooker to reduce stove's energy consumption by 70%.
6. Turn off drying function on dishwasher and leave door open to air-dry.



DID YOU KNOW?

- You can run a TV for six hours on the amount of electricity that is saved by recycling one aluminum can.

ELECTRONICS

1. Use equipment/products with ENERGY STAR label.
2. Unplug electronics not in use to avoid phantom drainage.
3. Mitigate e-waste. Properly recycle cell phones, household batteries and light bulbs. Check out Earth911.com.

WATER

The only natural resource that we cannot survive without is water. By incorporating some of the following practices we can help conserve water.

TIP

Always check for leaks/drippy faucets and immediately report them to the management office for repair.

THE KITCHEN

1. Use the kitchen sink sprayer to rinse dishes and avoid leaving water on continuously.
2. Run dishwasher with only full loads, and use the energy-saving setting if available.
3. Use pitchers/basins to collect the water that runs while you're adjusting the temperature and use it to rinse dishes, fill pet bowls or water plants.
4. Soak pots, pans and dishes first instead of letting water run while scraping clean.
5. Limit use of the garbage disposal.
6. Use sealable containers to dispose of cooking oil.

THE BATHROOM

1. Report any malfunctioning toilets or leaks to the management office.
2. Speed up your showers. Aim for five minutes.
3. Install a shower timer.
4. Turn the water off while brushing your teeth/shaving.



LAUNDRY & CLEANING

1. Use cold water to wash clothes.
2. Hang clothes before tossing in hamper.
3. Use non-toxic detergent.
4. Use vacuums with HEPA filters.
5. Use vinegar and baking soda to clean.
 - Baking soda: helps eliminate bad odors, grease stains and makes stainless steel appliances shine.
 - Vinegar: helps unclog steam irons/coffee pots, eliminates mildew smell on towels/sheets and cleans washing machine.

DID YOU KNOW?

- According to the Environmental Protection Agency, a faucet dripping at one drop per second wastes 2,700 gallons per year.
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WASTE

Try to apply the 5 Rs (Refuse, Reduce, Reuse, Recycle and Rot) to your daily activities to minimize waste.

WASTE MANAGEMENT

1. Refuse single-use products.
2. Create recycling stations in kitchen and bathroom.
3. Shop with reusable grocery bags.
4. Take advantage of technology and go paperless. Pay your bills online.
5. Print only when necessary and when printing, use double-sided printing and reuse cartridges.
6. Look for stores with rebate programs for used cartridges when it is time to dispose them.
7. Practice composting if possible. Learn to compost to lessen landfill volume.
8. Buy a reusable water bottle.
9. Buy a pitcher with a filter to fill it with tap water and avoid buying plastic bottles of water.
10. Use biodegradable pet waste bags.
11. Use recycled paper and reuse paper.
12. Buy rechargeable batteries and recycle them properly when they finish their lifecycle.
13. Check out Earth911.com for guidance on recycling plastic, paper, aluminum and glass and for other recycling tips.
14. Donate, sell or recycle clothes and shoes. Check with your local management office on any possible upcoming donation events.

Contamination is one of the biggest waste-related issues we are facing in our industry today. Any amount of non-recyclable material in your apartment community's recycling container can contaminate an entire truck-load of material and force drivers to dispose of it at a landfill rather than recycling facility.



DID YOU KNOW?

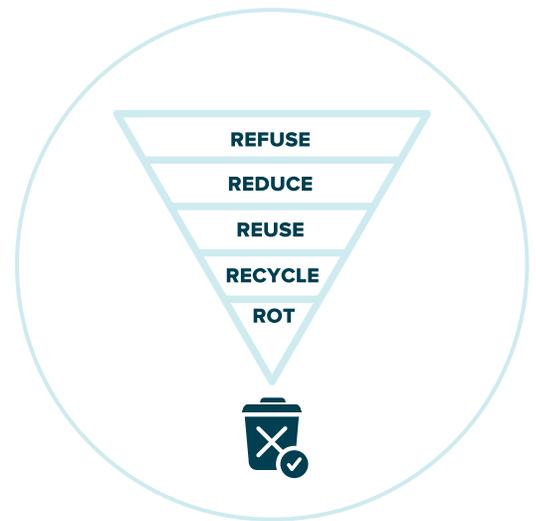
Prior to 2018, much of the country's recyclable waste was shipped to China to be sorted and converted into new uses. However, due to high contamination rates, China banned the import of foreign garbage as of January 1, 2018. The impact of this ban, along with restrictions on the acceptance of foreign garbage in other countries, means:

- Companies have started charging cities more to accept items like cardboard and plastic
- Cities are putting limitations on what items can be recycled
- Haulers are increasing contamination fees, which may impact resident trash related fees
- Many cities around the country have resorted to incinerating recyclable material or dumping it in landfills as there is more recyclable material than can be managed
- For every ton of paper that is recycled, we save 7,000 gallons of water, 380 gallons of oil, and enough electricity to power an average house for six months.

PURCHASING

One of the biggest ways to reduce our waste stream is to be a conscientious consumer and only buy what you really need.

*Here are the **5 BASIC PRINCIPLES** to living a zero-waste lifestyle. By following in this order you can do your part to reduce your waste stream and make a positive impact on the environment.*



REFUSE:

Refuse what you do not need.

TIP

Here are 3 things you can start refusing right away

- **Opt out of junk mail** – use the PaperKarma app to remove your address from mailing lists.
- **Pass on the swag bags** – just because it's free doesn't mean it's a good idea. Pass on those wasteful conference items like plastic pens, stress balls, and other junk that usually ends up in the trash.
- **Refuse plastic cups and utensils** – 160,000 plastic cups, forks and spoons are thrown away every second. Bring your own instead!

REDUCE:

Reduce what you think you need. More stuff does not equal more joy. Just like Marie Kondo the queen of de-cluttering says, ask yourself “Does it bring you joy?” Incorporating zero-waste principles is very much about de-cluttering and finding joy in experiences and people instead of with things and stuff. This switch in mindset is incredibly powerful.

PURCHASING

1. Choose green or biodegradable products over traditional non-green products.
2. Buy secondhand when possible.
3. Support your local community. Shop local, seasonal and organic.

REUSE:

Reuse what you consume. Find ways to reuse items like totes, jars with lids, bottles, cloth bags, rags, kitchen towels, cloth napkins, handkerchiefs, rechargeable batteries and more.

RECYCLE:

Recycle what you can't refuse.

TIP

Recycling might seem like a great first option, but the manufacturing process of products and the recycling process itself requires a tremendous amount of energy and resources. Even recyclable items can only be recycled a few times before they're no longer able to be downcycled and will end up in a landfill eventually. So, always keep in mind the first 3 R's before you consider recycling.

ROT:

Compost the rest!

“Zero Waste is a philosophy based on a set of practices aimed at avoiding as much waste as possible.” – *Bea Johnson, Author of Zero Waste Home*

4. Attend farmers markets.
5. Buy products that can eventually be recycled.
6. Share or borrow. You save money and the environment.

HEALTH

AIR QUALITY

1. Get some houseplants to freshen the air.
2. Go smoke-free. If you are a smoker consider quitting, not smoking in your apartment and/ or supporting any smoke-free policies at your community.

TRANSPORTATION

1. Walk or use public transportation as much as possible. It will help your health and the environment.
2. Look for biking options in your area.
3. Looking to purchase a car? Look for fuel-efficient or electric vehicles.
4. Consider carpooling. It is better than driving alone.



SETTING SUSTAINABLE HABITS

Come up with a checklist before you leave your place.

- Take out the trash and recycling.
- Unplug any devices needed.
- Close windows, shades and blinds.
- Set thermostat to appropriate temperatures.
- Turn off lights.



For additional information, don't hesitate to contact the management office on how to Focus Green and live a more sustainable lifestyle.
