

RESIDENT SUSTAINABLE LIVING GUIDE

THIS GUIDE PROVIDES TIPS FOR REDUCING YOUR ENVIRONMENTAL IMPACT AT HOME WHILE SAVING MONEY ALONG THE WAY.



As part of creating an exceptional living experience for our residents, Berkshire promotes sustainable living in all our communities through BerkshireTHRIVE, our sustainability program. The BerkshireTHRIVE program prioritizes initiatives like energy efficiency, water conservation, and recycling strategies to reduce the environmental footprint of our properties.

You can learn more about BerkshireTHRIVE on our website, thrive.berkshireresi.com.

ENERGY EFFICIENCY BEST PRACTICES

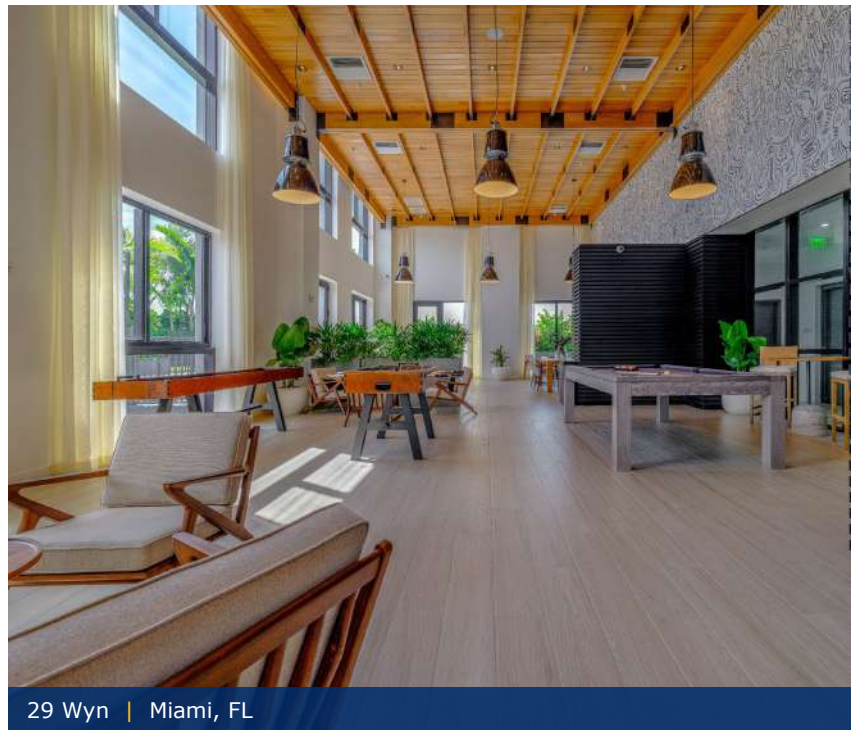
There are small changes you can make in your day-to-day life to reduce the amount of energy you use. Not only does this help reduce your environmental impact, but it may decrease the cost of your monthly energy bills!

ELECTRONICS

- Reduce idle energy use by plugging devices into a power strip or outlet timer that can be turned off when devices are not in use.
- Opt for ENERGY STAR® certified products that use less energy, which can be found on their [product lookup page](#).

HEATING AND COOLING

- Keep windows shut when heating or cooling your apartment home.
- Ensure air vents are not blocked by furniture.
- Use blinds and curtains to control daylight and passive heating.
 - In the winter, keep blinds open to allow sunlight to enter and warm the room.
 - In the summer, close window shades and curtains to keep out heat from the sun.
- Set your thermostat to [68 degrees in the winter](#) and [78 degrees in the summer](#) when you are awake and at home, as suggested by the U.S. Department of Energy (DOE).



LIGHTING

- Turn off lights when leaving a room.
- Utilize natural light from windows when possible.
- Take advantage of task lighting, such as desk lamps, rather than whole-room overhead lighting.
- Use ENERGY STAR certified LED lightbulbs, which last longer and cost less to operate than standard bulbs.

ENROLLING IN GREEN POWER OPTIONS

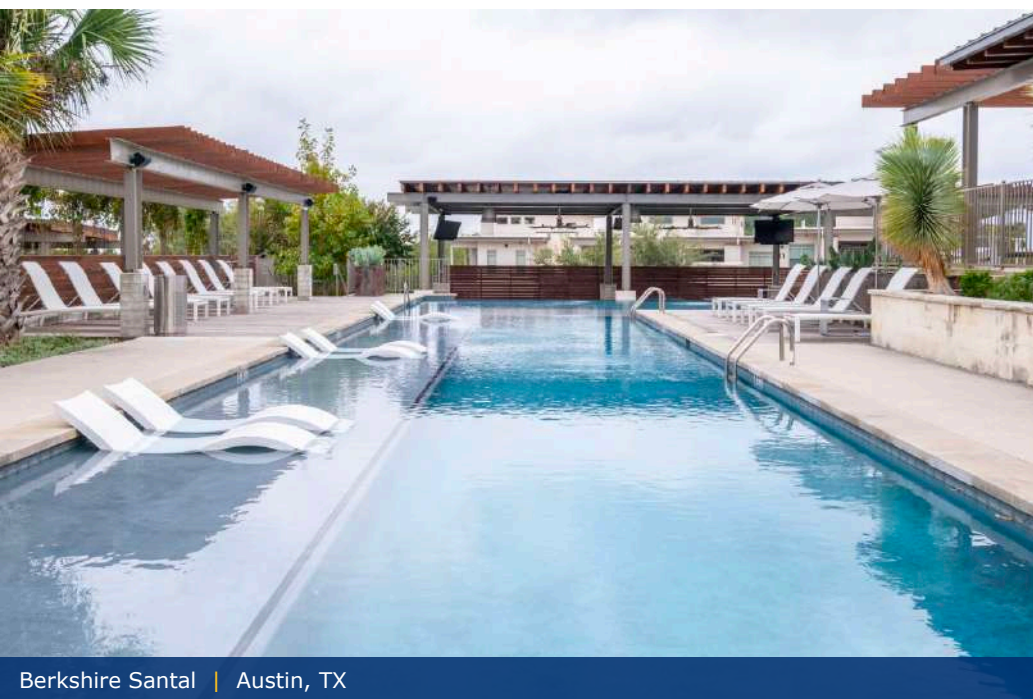
Did you know that you might be able to purchase green power when you set up an account with your electric utility provider? While it varies by electricity market and utility, many utilities offer green power options that residents can choose to enroll in. These options may include sourcing 100% of your electricity from renewable sources, enrolling in a community solar program, or another configuration that enables you to cover part, or all, of your electricity consumption with renewable electricity.

You can learn more about different kinds of green power here: [Green Power Options | ENERGY STAR](#).

The cost of green electricity can be less than the standard rate depending on which programs you have access to!

Refer to your utility's website to learn more about options available to you.

WATER CONSERVATION



Lowering your water usage can conserve water and help you save money. To prevent unnecessary water use, follow these tips.

BATHROOM

- Take a shower instead of a bath – the shorter the shower, the better! According to ENERGY STAR, a 10-minute shower may use less water than a bath.
- Turn off the faucet while brushing your teeth, washing your face, or shaving.

KITCHEN

- Run your dishwasher with a full load.
- Scrape food scraps into the trash or compost (if available) instead of rinsing them before loading the dishwasher.
- Select the air dry, energy saving, or short cycle mode on your dishwasher to save both water and energy.
- Avoid running your faucet in a continuous stream. If you are hand washing dishes, consider scrubbing all dishes before rinsing to reduce water use.

LAUNDRY

- Consider air drying your clothes to save energy and support the longevity of your clothing and fabric items.
- Clean the lint screen of your dryer after every load.
- Wash your laundry with cold water when possible.
- Run your laundry with full loads and choose the right cycle for your load.

WASTE REDUCTION

Reducing waste can prevent pollution and promote a healthy environment. Implement the tips below to decrease the amount of waste you produce.

REDUCE

The most efficient way to decrease waste is to reduce your overall consumption of goods. Here are some tips to minimize unnecessary waste.

- Unsubscribe from junk mail and catalogues you don't need.
- Request paperless billing for credit and debit cards, utilities, and medical invoices.
- Print double-sided and review documents to spot errors before printing.

REUSE

The next best strategy to reduce waste is to reuse the items you already own.

- Wash glass jars and use them for food storage.
- Use reusable water bottles, mugs, and thermoses instead of disposable ones.
- Keep reusable shopping and produce bags in easy to reach places.
- In states where store-provided bags come at a cost, bringing your own bag can save you money on your grocery bill.
- Choose rechargeable batteries, which also decrease the amount of hazardous waste going into landfills.
- Take your worn clothing items to a tailor to mend rather than purchasing new clothing.
- Repair shoes instead of buying new ones.
- Use cloth dish towels to clean surfaces in place of disposable paper towels.
- Treat your products with care so they last a long time by:
 - Air drying clothes to reduce energy use.
 - Washing clothes in accordance with the laundry symbols on tags.
 - Follow the recommended care instructions for your appliances to prolong their useful life.

RECYCLE

Ask your property manager for recycling guidance or refer to your local region's instructions, which can typically be found on your town or city's website.

- Compost your food scraps if composting services are offered at your property.
- Learn what your local providers accept in recycling! Refer to this website for more information: [Solving for Circularity | The Recycling Partnership](#).
 - Does your property use Valet Trash? Make sure to follow [their rules](#) about trash and recycling disposal. Investigate e-waste recycling opportunities in your community or at the local recycling center that can help you dispose of electronic devices you no longer need.
- Keep an eye out for e-waste drives and specific recycling events that may happen at your property. Reach out to your property manager for more information.
- Dispose of cling plastic, such as plastic bags and wrappers, at designated recycling points (usually at grocery stores).
- Break down cardboard boxes before placing them in the recycling bin.
- The following items are typically recyclable:
 - Clean and dry bottles and cans.
 - Newspaper, mail, and printer paper.
 - Flattened cardboard.

OTHER BEST PRACTICES

Implementing other sustainable practices in your life, when possible, can further aid the environment.

FOOD

- Purchase local, in-season produce that is often found at farmers markets or grocery stores.

GREEN CLEANING

- Utilize green cleaning alternatives, such as [EPA safer choice products](#) and [Green Seal labeled products](#). Natural solutions, such as vinegar and baking soda, can also be used when cleaning.



The Core | Houston, TX



Don't forget! You can also participate in your property's community donation drives and volunteer events that are hosted as part of Berkshire's social responsibility program, BerkshireGIVES!

SHOPPING

- Buy products in reusable or recyclable containers.
- Shop for clothing, shoes, and home goods from secondhand stores.

TRANSPORTATION

- Leverage the alternative transportation options available at your property. These may include bike and transit options as well as electric vehicle charging infrastructure.



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