

Living Green Guide- LEED Platinum

95-97 Pine Street, Cambridge MA



Why Live Green?

- **To save money**- take steps to use less electricity to save between 10% and 40% off your electric bill
- **To keep healthy**- green products and practices are better for your family's health
- **You already do!**- 95-97 Pine Street is a "LEED Certified" green building that will use an expected 60% less energy than before renovation--- so you already are living green just by living here!



Heating

Control Your Thermostat:



During colder months, set the thermostat at 68-70 degrees when you're home. Your thermostat does not go above 72 degrees. When you go to bed or leave the house, turn it down to between 55 and 60 degrees.

FACT: Adjusting your thermostat down by two degrees can prevent 2000 lbs of carbon dioxide from being released into the atmosphere each year.

Take Out Your Air Conditioner:

Window air conditioners cause lots of drafts and discomfort if left in the window during the winter. Make sure to take them out by Sept. 15th. Contact Winn if you need assistance at 617-491-5466.



FACT: 95-97 Pine Street has ultra-efficient natural gas fired boilers.



FACT: Pine Street has eight solar domestic hot water panels that use the sun to pre-heat water for you to use.

Cooling

Block Sun: Use curtains to block sunny windows during hot summer months. Direct sunlight can raise the temperature 10-20 degrees.



Upgrade to Energy Star:

Switching to an Energy Star energy efficient air conditioner can reduce your electricity bill by 10-15%.

Turn it Off: Open windows or use a fan whenever you can. Whether you're using a fan or air conditioner, neither should be operating when you're not home.



FACT: In most homes, the air conditioner is the single largest user of electricity.

Water



Ultra Flush 1.1 gpf

bowl on its own. You may notice that your toilet seems to flush by itself or the water tank is making a noise: that's a definite sign of a toilet leak. Call Winn at 617-491-5466 right away to get it fixed.

Report Running Toilets:

Toilet leaks are the leading cause of household water leaks. When a toilet is leaking, water moves from tank to

FACT: A single flush with the low-flow toilets at Pine Street uses 1.1 gallons of water, compared to 1.6 gallons in typical toilets – a savings of 32%. The showerheads you use at Pine Street can reduce shower water use by 50%!

Use the Dishwasher:

Contrary to common belief, dishwashers are not water wasters. It takes much more water to wash by hand than to use the dishwasher. Minimize water use by scraping, not rinsing, and running only with a full load.



Green Cleaning

Hard Wood Floors: The floors in your apartment are durable maple with four coats of satin (not high gloss) finish.

- Damp mop with a small amount of water. **REMEMBER** the less water you get on the floor, the better!
- **NEVER** wash with soap, oil-soap detergent, or any other liquid cleaning material. Use only non-toxic, neutral cleaners intended for finished hardwood floors.
- **NEVER** use steel wool, abrasive cleaners, or cleaners with bleach, chlorine or **ammonia**



Purchase non-toxic cleaners:



Most grocery stores now carry versions of traditional soaps, sprays, and abrasives

without toxic chemicals. Avoid any product with "DANGER" and "WARNING" labels. Look for "Green Seal" products or other certification proving a cleaner is environmentally acceptable.

Recycling

The City of Cambridge requires that all residents recycle. Pine Street has a recycling/garbage area in the side yard. Cambridge now has single stream recycling so you can mix all of your recyclables together in the same blue recycling toter.

Recycle Containers: Please rinse.



Recycle Cardboard: Pizza boxes are OK to recycle in Cambridge.



Recycle Paper: If you can rip it you can recycle it. It's not just about newspaper. Everything from books to orange juice cartons are recyclable.



Get Off Junk Mail



Lists: Each year, 19.8 billion sales catalogs are mailed and 61 million trees (enough to forest 2,000 Central Parks) are used making these catalogs. You can get off these junk mail lists by collecting catalogs that you don't want and calling the 1-800 number on the back to ask to be taken off the mailing list. If you'd like to not have your name and address sold, register for free at www.dmachoice.org.

Laundry

Use Only A Little Detergent:

Front loading washing machines require much less detergent than a regular machine. Use 1/3 of the "scoop" that comes with most detergent or buy front loading detergent and follow the directions.



FACT: 95-97 Pine Street has washers and dryers that use very little energy and about 40% less water.



Turn Lights Off: Get in the habit of turning off lights every time you leave a room and save between \$50 and \$200 per year.



Replace 4 Bulbs: Switch out the 4 bulbs you use most with compact florescent bulbs and you'll notice savings of about \$65-\$100. Regular bulbs use **4 times** as much energy for the same light levels.



Avoid Halogen

Lights: Though these lamps may seem like a bargain when you buy them, they are expensive to run and are actually so hot that they can cause serious burns and start fires.

Turn Off the "Heated Dry"

Button: If you run your dishwasher while

you're away from home, consider turning off the heated dry function and letting your dishes air dry. It'll save money on your electric bill.

Unplug: Consider unplugging products that are rarely used. Many draw power even when off. A good example would be an older TV or stereo.

Use Power Strips: Power strips (\$3-\$15 at a hardware store) can be used to stop vampire use from clusters of products like TV clusters (TV, DVD player, VCR, game consoles) or computer clusters (computer, monitor, printer, scanner, speakers)



Buy Efficiently: Avoid

"plasma" TVs. A 42-inch plasma TV set can draw more power than a large refrigerator, even if the TV is only used a few hours a day. An LCD flatscreen gives the same high-



definition resolution and uses less energy. Look for models that don't draw energy when off.



FACT: 95-97 Pine Street has 50 Solar Photovoltaic Panels that use the sun's power to generate electricity for hallway and basement lighting.

information, visit zipcar.com.

Keep Using Public Transportation:



Public transportation is reliable, environmentally-friendly, and an inexpensive way to travel throughout Cambridge and Boston. The closest major MBTA subway stop is Central Square where you can access the Red Line and numerous bus lines. There are also nearby bus lines along Broadway and Prospect Streets.

Walk or Bike: Pine Street is located within walking and biking distance of many local businesses.



Use ZipCar: If you don't own a car, but need to make occasional car trips, ZipCar is an inexpensive alternative to renting a car. The closest pick-up location is at the corner of Harvard and Columbia Streets. For more



Locally Grown Food

Visit the Farmers

Market: Fruits and vegetables from supermarkets usually have traveled thousands of miles for days or even weeks, which results in a decline of nutritional value, freshness, and taste. Food from farmer's markets is often picked less than 24 hours before you purchase it. The Central Square Farmer's Market is held May-November on Mondays from 12:00-6:00 pm. It is held at Bishop Allen Drive by Columbia Street. WIC Coupons are accepted.



Spread the Word

Show Your Friends: Make sure to share with your friends and neighbors some of the tips you've found work for you. Even the smallest of changes can bring about a lasting impact.