



Sustainable Living Guide

April 2023

As the Global Leader in Rental Housing,
it is our responsibility to reduce our
environmental impact through continuous
improvement of our standards, policies,
and operating practices.

This guide shares easy ways you can save
energy, conserve water, and limit waste to
help improve our environment.

ENERGY EFFICIENCY

Decreasing your energy use reduces greenhouse gas emissions and can save you money without impacting your comfort.

HEATING & AIR CONDITIONING

- Use **fresh air** to warm and cool spaces naturally
- Keep windows closed when the heat or air conditioner is running
- Make sure pieces of your furniture or other objects are not blocking any vents
- Control daylight, heat gain, and air flow with blinds and/or curtains: In the summer, close the blinds
- This will reflect light and heat and will serve as an insulator
- Ensure you have a **draft stopper** under exterior doors
- If you have a programmable thermostat, keep temperature settings at minimum:

	WHEN YOU ARE HOME	WHEN YOU ARE OUT
Winter	68°F/20°C	55°F/13°C
Summer	75°F/24°C	82°F/28°C

THE KITCHEN

- Thaw frozen foods in the refrigerator and cover pots and pans while cooking to reduce cooking time
- Minimize the number of times the oven door is opened during baking
- Each opening can reduce the oven's temperature by 4°C
- When possible, use **smaller appliances** to cook
- To ensure food safety, **keep the refrigerator temperature set between 36°F/2°C to 40°F/4°C and the freezer at 0°F/-17°C**
- Turn off the **drying function** of the dishwasher. Leave the door open to air-dry dishes instead

ELECTRONICS

- Shut down your computer if you don't expect to use it for two hours or more. Turn off the monitor if the computer is not going to be used for 20 minutes or more
- Please do not leave any electrical appliance on standby mode
- When choosing new appliance please chose the best energy efficient devise (Toaster, Kettle).
- **Mitigate e-waste** by properly recycling cell phones, household batteries, and light bulbs

LIGHTING

- Turn off lights in unoccupied rooms
- Take advantage of **natural daylight**
- When working or reading, use task lighting, such as desk lamps, rather than lighting the entire room
- Dust lamps and light fixtures to remove layers of dust, which obstruct light emission
- Use **ENERGY** (or equivalent local efficient certification standard) LED lights

WATER CONSERVATION

Always check for leaks and dripping faucets and report immediately to property management. Even the smallest leak can lead to huge waste of water or a potential emergency.

TOP TIP

Soak pots and pans instead of letting the water run while you scrape them clean

THE KITCHEN

- Rinse your dishes and **avoid leaving the water running continuously**
- Load the dishwasher to capacity. A full load will save water, energy, and detergent
- Select the **short cycle option** or energy saving mode on your dishwasher, if available
- Keep drinking water in the refrigerator instead of letting the tap run while you wait for the water to cool
- Wash your fruits and vegetables in a pan of water instead of washing them with water running continuously from the tap
- If you accidentally drop ice cubes when filling your glass from the freezer, don't throw them in the sink. Drop them in a house plant instead

THE BATHROOM

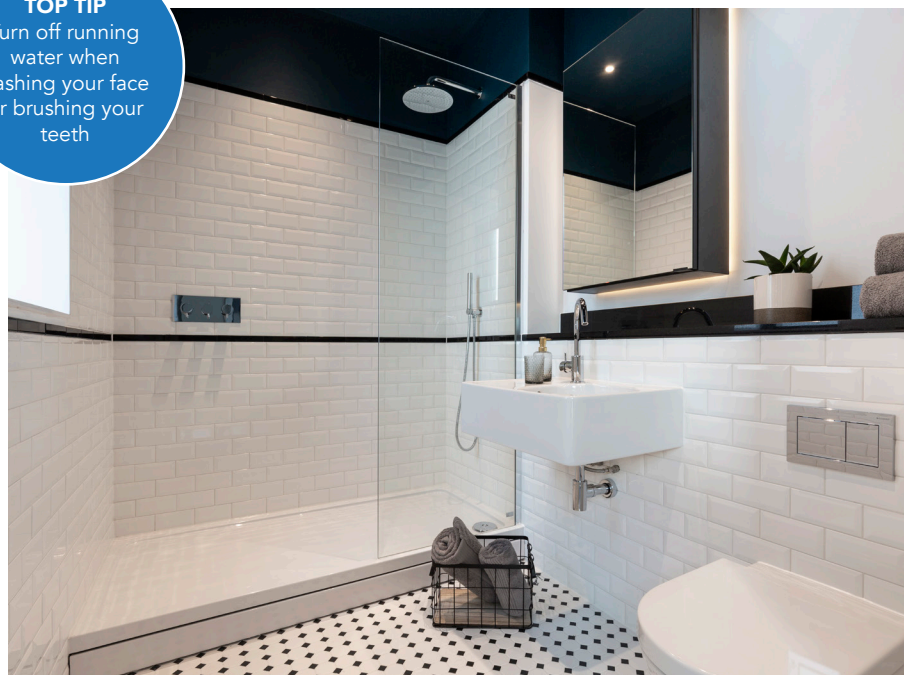
- Report in a timely manner any **malfunctioning toilets, leaks, or dripping taps** on your app
- Take **shorter showers**
- When running a bath, plug the tub before turning on the water; then adjust the temperature as the tub fills

TOP TIP

Turn off running water when washing your face or brushing your teeth

LAUNDRY & CLEANING

- Always adjust your washer's load setting to match your laundry load size
- Use **lower temperature setting** to wash clothes
- Choose biodegradable and non-toxic detergents

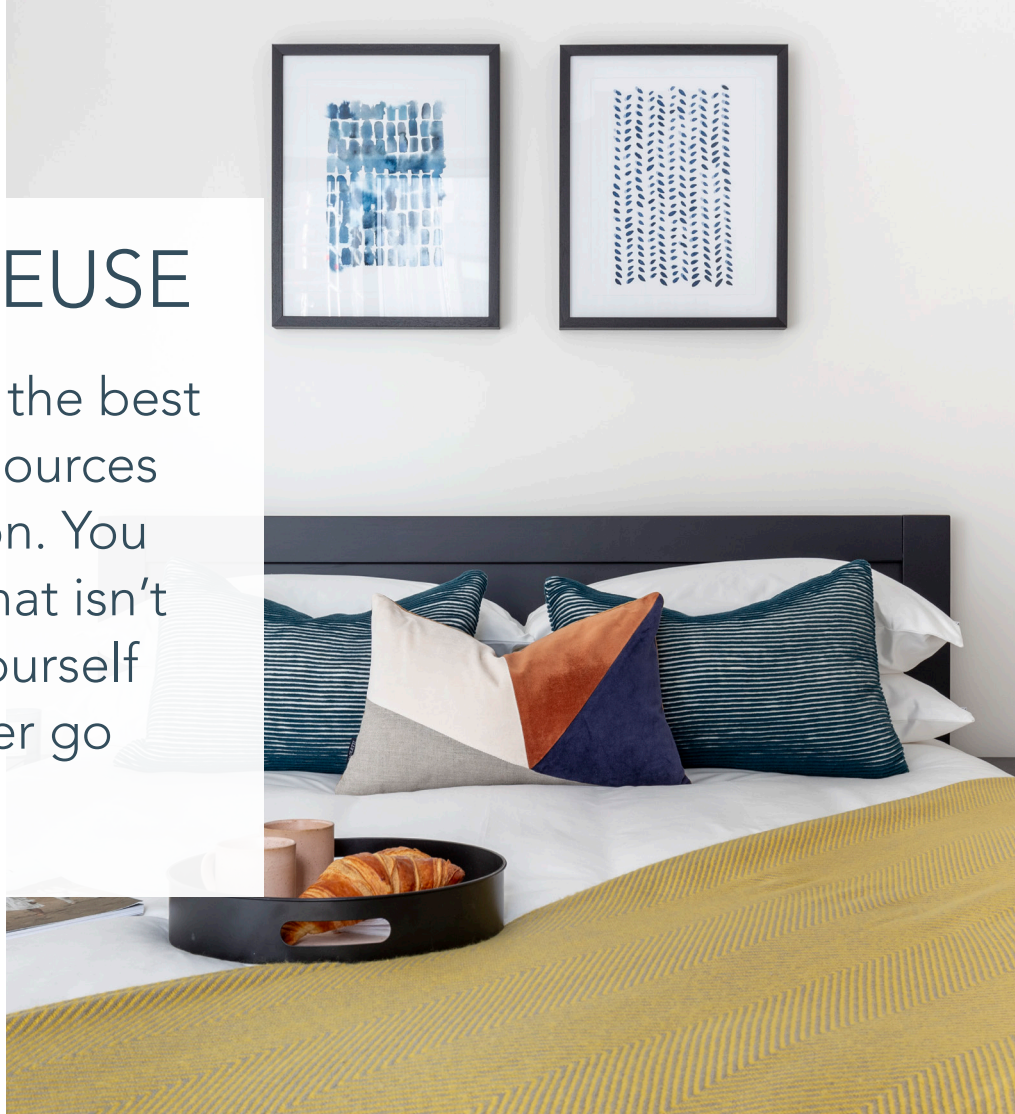


REDUCE & REUSE

Source reduction is the best way to conserve resources and reduce pollution. You can't throw away what isn't there! Challenge yourself to find ways to either go without or reuse.

TOP TIP

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.



FIRST FIX

- Favourite pair of jeans ripped? **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

PAPER

- Stop junk mail and unsubscribe from catalogues you don't read
- Utilize email and pay bills online
- Use **electronic apps for all your paperless bills including Energy and Phone**
- Avoid buying wrapping paper – reuse gift bags, magazines, or newspaper
- Buy in bulk to reduce packaging
- Only **print when necessary**
- Print double-sided, always review a document in Print Preview to check for mistakes

REDUCE AND REUSE

- Keep **reusable shopping bags** for your next trip to a shop
- Avoid buying water in disposable plastic bottles
- Use reusable or **paper straws** instead of plastic
- Insulated cups and **reusable mugs** keep liquids hot longer and reduce the amount of non-biodegradable Styrofoam from entering the landfill
- Pack your lunch in a **reusable lunchbox** and use **reusable sandwich bags**
- Most batteries end up in landfills despite being hazardous waste. **Rechargeable batteries** will save you money and help prevent toxic waste from entering landfills. Please ensure you dispose of your batteries in the appropriate manner



RECYCLING

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

GREASE

- Do not pour your used cooking oil down the sink. This practice can back up your sink and cause problems throughout the sanitary sewer system
- If you must throw grease away, allow the oil to completely cool and place it in a sealable container, such as a peanut butter jar, and place in the recycling area

RECYCLING EVERYTHING ELSE

- Check with your property manager for guidance on recycling of **plastic**, **paper**, **aluminium**, and **glass**. We encourage you to visit the re-cycling areas on site

ELECTRONIC "E"-WASTE

- Used cell phones and accessories can be recycled at most major phone retailers or through non-profit organizations
- Most large national electronics stores offer recycling drop off for TVs, cell phones, cameras, computers, and appliances
- Send old iPods, iPhones, mobile phones, Macs, or PCs to Apple for free where they will recycle them
- Most major office supply stores offer rebate programs on used ink and toner cartridges



TOP TIP
Return the **hangers** and **plastic bags** to your dry cleaner on the next visit



SHOPPING

Buying sustainable and local products has positive impacts on your health, the environment, the local economy, and your wallet.

GENERAL

- Shop local, support small businesses
- 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

FOOD

- Buy organic fruit and vegetables if possible
- Look for Fair Trade-certified items
- Local, organic, free-range eggs are generally higher in vitamins and minerals than mass-produced eggs
- Choose dairy products with no artificial hormones or antibiotics
- Avoid buying plastic-coated boxed foods like juice boxes, boxed broths or soups, and juice pouches as they cannot be recycled

TOP TIP

Please check out the ever growing number of second hand shops in Dublin



TRANSPORTATION

Making better choices about how you get from place to place reduces dependency on fossil fuels and decreases your impact on the environment.



WALK OR USE ALTERNATIVE TRANSIT

- Bicycling is a **completely clean** form of transportation. Check out Dublin Bikes for local self-service bike rental www.dublinbikes.ie
- Use your smart phone to find nearby **walkable** shops, restaurants, services, and activities
- Discover your area's **public transit** by checking online public transit trip planners

YOUR CAR

- Turn off your engine when your vehicle is stationary
- Keep your tires properly inflated for optimum gas mileage
- Consider **carpooling** or **ridesharing**



CLEANING

Cleaning sustainably by using products you already own like baking soda and vinegar helps keep toxins out of the air, water, and soil, and saves you money.



TOP TIP

Sprinkle baking soda into a toilet bowl or sink; allow to sit for 10-15 minutes and then scrub



VINEGAR USES

- Choose **white vinegar**, as brown vinegar will typically stain porous surfaces
- Lightly spritz your home with vinegar to freshen the air (the smell will quickly vanish)
- Use to clean out deposits clogging a steam iron or coffeemaker
- Add 60ml to the washer to remove mildew smells from towels and sheets
- Run 250 ml through a cycle (without clothes) to clean your washing machine
- Clean the microwave by heating 120ml vinegar and 120ml water in a microwave-safe bowl and wipe

BAKING SODA USES

- A box or bowl of baking soda in the refrigerator, freezer, or cabinet absorbs odours
- Sprinkle baking soda in the bottom of an empty kitchen **trash bag** before you fill it
- A paste of baking soda and water will make **stainless steel** appliances shine
- Sprinkle baking soda into a toilet bowl or sink; allow to sit for 10-15 minutes and then scrub
- To create a **tub-scum cleaner**, mix baking soda and liquid soap to a thick consistency
- To remove scuff marks from the floor, sprinkle with baking soda and wipe with a damp cloth
- To remove **carpet odour**, sprinkle with baking soda, let stand for 15 minutes, then vacuum



HEALTH

Health and wellbeing is not separate from the health of our surrounding environment, but rather interconnected. It is critical that we take care of ourselves while also taking care of our planet.

WELL-BEING

- Use vacuums and air purifiers with **HEPA filters**
- Get **houseplants** to freshen and remove toxins from the air
- Go **smoke-free**. Please note all out apartment and public areas are non smoking
- Use aluminium-free deodorants

HOW TO PROGRAM YOUR HEATMISER SLIMLINE METER

- You can view an instruction video on programming your time clock using the following link [here](#)

ENERGY EFFICIENCY

- Heating & Air Con - Add some info on the settings of the HIU (Any change in settings can lead to an increase in your usage/bill)
- Added links on how to set the heating -
- Kaizen link for [Be ready for Winter](#)



THANK YOU

GREYSTAR™