

## KENDAL AT OBERLIN SUGGESTIONS FOR ENVIRONMENTALLY SENSITIVE LIVING

### ENERGY

Use compact fluorescent (CFL) or light emitting diode (LED) light bulbs

Use a power strip (and unplug it when not in use) for all electronic devices.

Turn off lights when leaving a room.

### WATER

Turn off water when brushing teeth

Turn off water when applying soap, shampoo or shaving in the shower. Shower for as short a time as possible.  
Use a low-flow shower head.

Don't flush the toilet after urination: "If it's yellow, let it mellow-if it's brown flush it down."

Don't run the dishwasher with a partial load.

### TRANSPORTATION

Walk or bicycle to destinations when reasonable.  
Car share.  
Use Kendal or public transportation.

### RECYCLING

Recycle all paper, including mail, catalogs, magazines, cardboard.

Recycle cans, plastics #1 thru #7, milk, soup and other cardboard food cartons.

Use reusable shopping bags.

Recycle electronics by calling Facilities Services

### COMPUTING

Activate sleep setting on computers

Purchase recycled content paper

Utilize double-sided printing. Save and print on the blank side of as much one sided printed paper as possible

Use electronic versions of documents/readings instead of printing, when possible

### LAUNDRY

Use cold water to wash and rinse

Use a drying rack or line instead of a dryer  
Use the "auto dry" setting (not timed) on the dryer

Use "green" laundry products free of phosphates, fragrances, dyes, bleach, surfactant

### DINING

Use reusable cups, mugs and eating utensils.

Carry a reusable water bottle instead of purchasing bottled water/drinks

Use cold water from the refrigerator rather than single use plastic bottles

Minimize food waste by ordering smaller portions and eating everything.

Chose vegetarian, vegan and local food items when possible

Compost all food waste by bringing it to the Kendal kitchen composting location.

### **GARDENING**

Use a water recycling system, e.g. rain barrel;

Use a soaker hose; do not water mid-day when sun is high.

### **OTHER**

Clean with rags when possible instead of paper towels

Use green cleaning supplies, i.e. free of bleach, phosphates, dyes, fragrances and organics

## ***CARRY-OUT FROM KENDAL DINING ROOMS***

**These containers are compostable: Return to kitchen for composting:**



**Return for reuse:**



Purchase locally grown and organic produce at Farm Market downtown. Open Saturday 9-1 May through October at Public Library parking lot and 10:30 to 1 from November through April at Eastwood School on East College Street.