



AVE Green Living Guide

A Renter's Guide to a More Sustainable Lifestyle



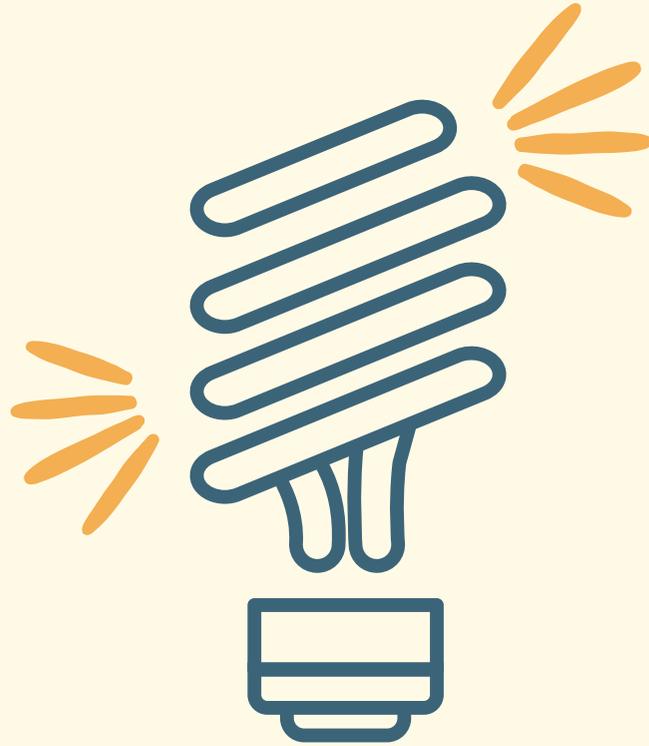
Plant with Purpose

Add a Peace Lily or Boston Fern to your bathroom – they thrive in spaces with high humidity and can reduce mold spores in the air.

BERNARDON



Light Up Energy Savings



Replace old light bulbs in your table and floor lamps with new LEDs, which are more energy efficient.

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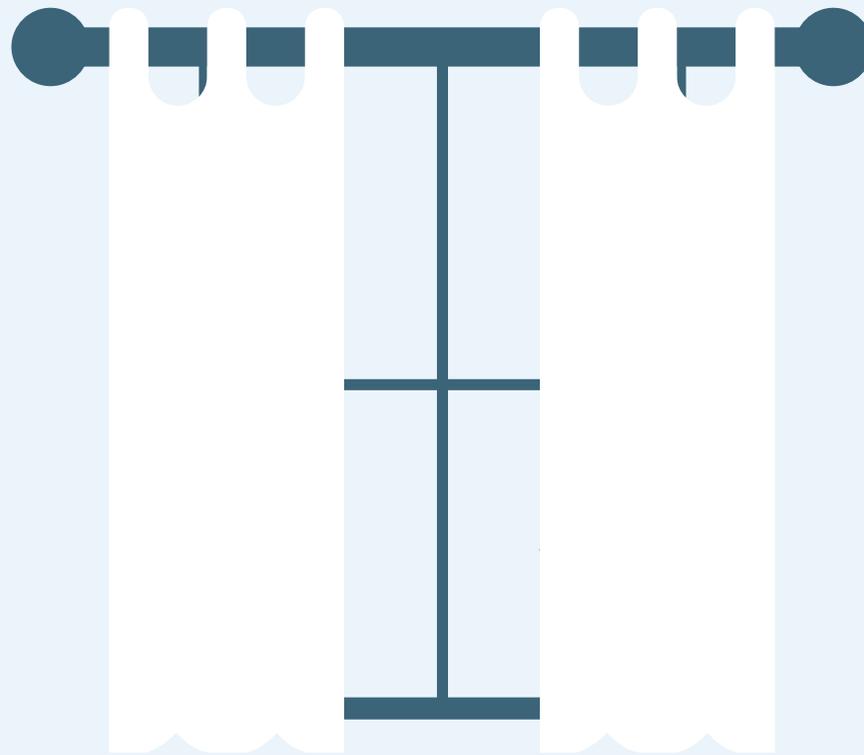


Shop Sustainably

Mount a decorative hook adjacent to your entry door to hang your reusable shopping bags to ensure you grab on your way out.

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Decorate for Energy Efficiency



Hang drapery panels with a white back-cloth to reflect the sun and prevent your space from becoming overheated in warmer weather months.

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Repurpose & Upcycle

Shop for furnishings secondhand to reduce items going to landfills. Some pieces can be repurposed or given new life with a little paint or new hardware.

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A small orange horizontal bar is positioned below the first letter of the word 'BERNARDON'.

Clean Green



Keep your vinyl plank floors looking their best with a simple, homemade, pH neutral solution. Mix 1/4 cup distilled white vinegar with 1 gallon of warm water.



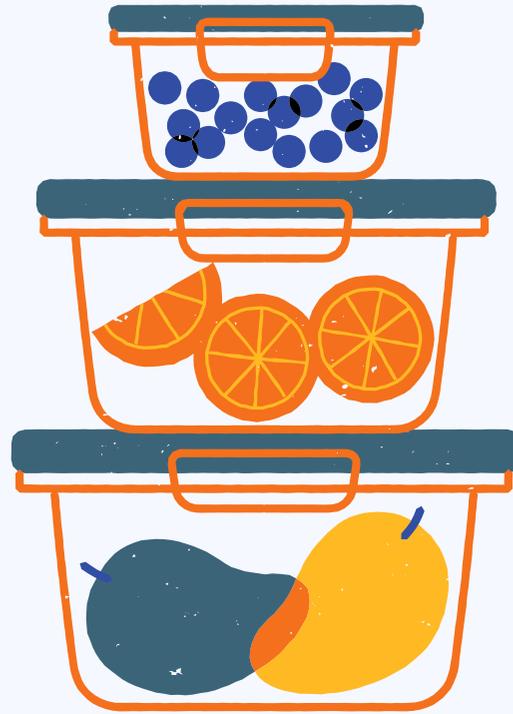


New Uses

Care for your vinyl wood plank flooring without the need for cleaners by buffing out light scuffs with a tennis ball.



Use Glass Containers



Store leftover food in glass containers, which are better for the environment and don't emit chemicals when heated in the microwave.



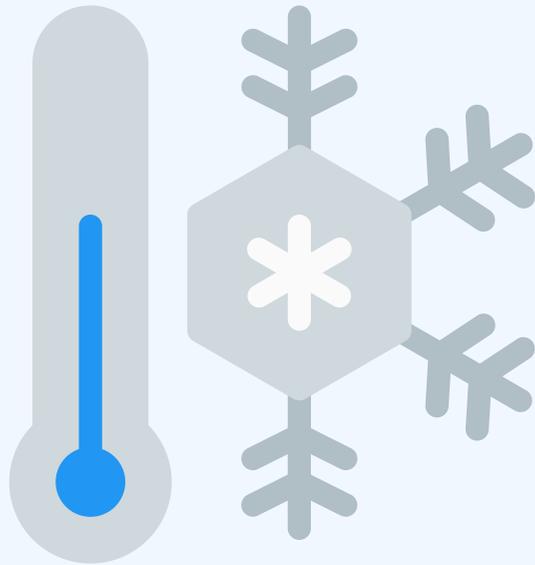


Keep Your Fridge Clutter-free

When you have too much in your fridge, foods often go bad as they get pushed to the back shelf.



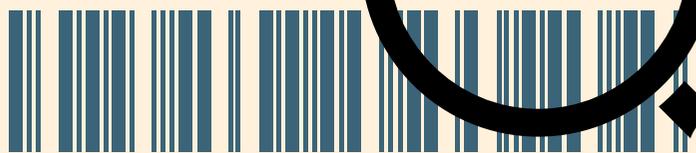
Freeze



When you prepare too much food or fear your produce will go bad before you get a chance to eat it, just freeze and eat later.



USE BY DATE: 01/01/2021



Keep an Eye on Expirations

Remember to use your food before it expires to avoid throwing it away. Liquids such as juice, salsa, and condiments can grow mold if left open and unused, even if they have a longer shelf life.



Compost If You Can



Countertop composting systems and community composting systems allow for your food scraps to turn into energy for plants rather than sitting in a landfill. Coffee grounds are actually a great fertilizer for plants and a wonderful mosquito repellent.

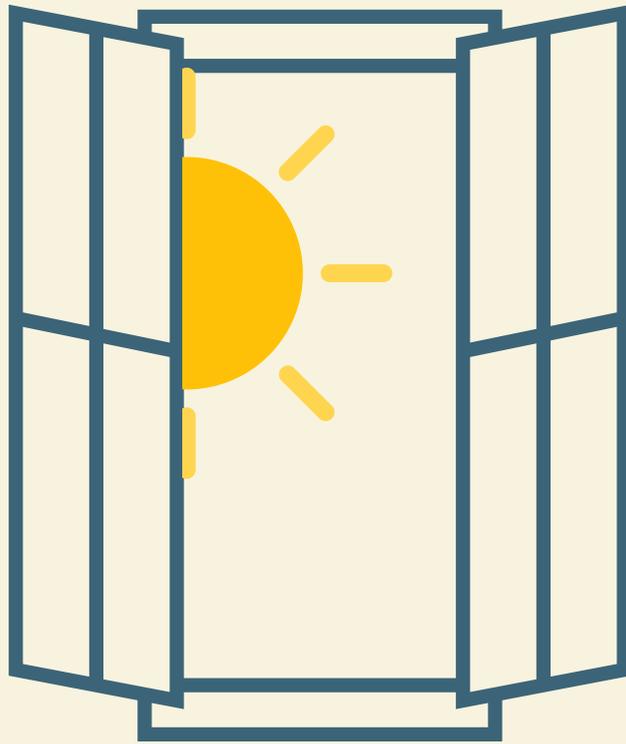


Open Your Windows



Ventilation helps your apartment rid itself of moisture, cooking odors, and indoor pollutants. Natural ventilation is a great alternative to air conditioning in moderate climates.





Increase Natural Light

Sitting by an open window can help provide the necessary sunlight needed to help our bodies produce Vitamin D, which is essential for promoting bone growth and maintaining good health.

Invest in Safe Materials

When cleaning your windows, choose "zero-VOC" and "low-VOC" options to minimize the potential for common pollutants to impact the air quality in your apartment, helping reduce health risks to you and your family.

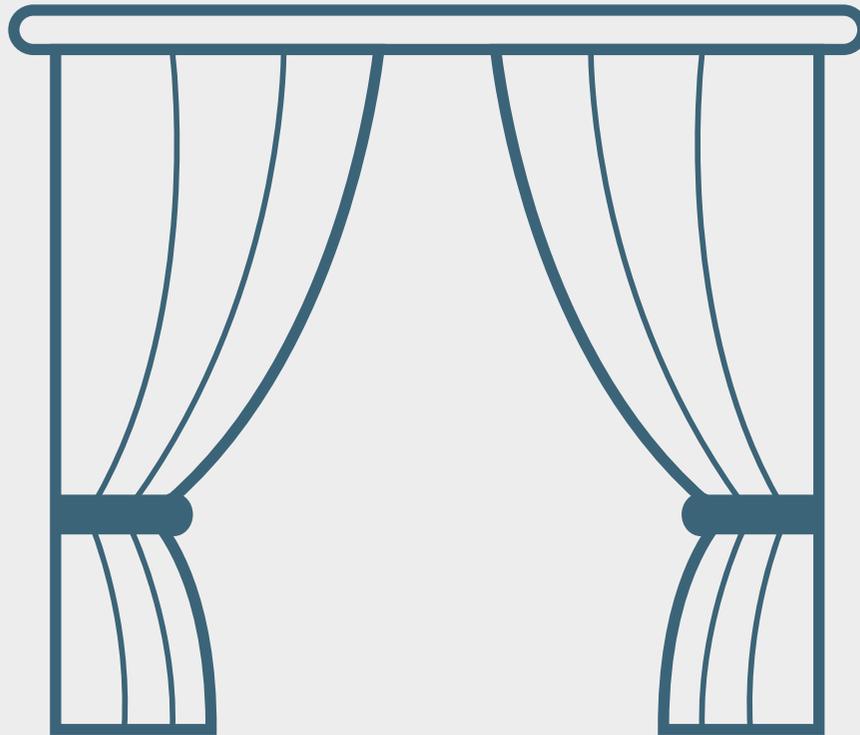


Introduce Biophilic Design

Plants act as natural air purifiers, absorbing toxicants and converting indoor carbon dioxide into oxygen. Before purchasing, research a plant's optimal conditions and place near windows offering the right exposure to limit pollutants in your apartment.



Eliminate Dust



Accumulated dust can irritate the eyes, lungs and skin and further aggravate the symptoms of people living with allergies. Consider selecting machine washable curtains and use a wet dusting method.