

HOW TO LIVE A LITTLE BETTER @ THE SHELDON:

RECYCLING:

- **PLEASE RECYCLE:** We provide recycling for paper and commingled (glass, plastic, and metal) in the recycling room near the rear entrance.

ENERGY CONSERVATION:

- Electricity: Many vendors now offer energy produced by renewable means (wind, methane from land fills). It is a little more expensive, but is available through Pepco and other smaller providers. Check this EPA website for the latest options: <http://www.epa.gov/greenpower/locator/dc.htm>
- Heating: To save energy, please turn down the flow to your radiators when you are not at home.

DRIVING / CAR USE:

- Both Flexcar (www.flexcar.com) and Zipcar (www.zipcar.com) offer plans for periodic use of cars that are parked all around the metro DC area, including Dupont / U Street. Go to the websites to learn about the services and to join. It is a great way to have the convenience of a car, without the cost and responsibility of owning one.

WATER CONSERVATION + PRESERVATION:

- Toilet: When flushing the toilet be careful not to hold the handle down, this will keep the tray from resetting fully, and may cause water to run.
- Garbage Disposal: Use your garbage disposal only when necessary. Most food can and should be disposed of in the trash. Any food that goes down the sink has to be treated at the waste treatment facilities of the city and taxes those systems.
- Maintenance: if any fixture or appliance is running and wasting water, please notify management immediately so that we can fix it.
- Do the simple things: turn off water while brushing teeth, run the dishwasher only with full loads, etc...

COMPOSTING:

- There are many options for composting even when living in an apartment building. A great deal of trash can be composted, including: vegetable and fruit waste, pet waste, laundry lint, etc...
- The following website offers a great array of products: <http://www.composters.com/>
- If requested by tenants, management will be happy to set up a collection bin in the recycling room for composted materials to be used in the grounds. Please just let us know.

CLEANING:

- Use environmentally friendly products (see below)

LAUNDRY:

- The machines in the laundry rooms are all high-efficiency. The front-loading washer uses minimal water, and the dryers are powered by natural gas. They are the most efficient machines available.
- Use environmentally friendly products (see below)

PERSONAL HYGIENE:

- Do not use "Anti-bacteria" soaps and products. The anti-biotics get into the natural waterways of the region and are damaging to the ecosystem.
- Use environmentally friendly products (see below)

PRODUCTS:

- We recommend that you use environmentally sensitive products for all of the following cleaning uses that you may require: Kitchen cleaning, Dishwashing, Bathroom cleaning, Laundry products, Window cleaning, and All-Purpose cleaning, and Personal Hygiene. These products will not only be better for the ecological environment, but will improve your daily environment.

- Shaklee: www.shaklee.net/order-now
 - We use Shaklee products for the cleaning of all our buildings.
 - I believe Shaklee can only be purchased from the manufacturer.
- Seventh Generation: www.seventhgeneration.com
 - can be purchased at Takoma Park Co-op & Whole Foods Silver Spring
 - Visit the website to sign up for “non-toxic times” email newsletter.
- Veriuni: www.veriuni-products-store.com/
 - Can be purchased from a number of websites, just search for “Veriuni” on Google.
- Ecover: www.ecover.com
 - Can be purchased from a number of websites, just search for “Ecover” on Google.

SECURITY / SAFETY

- Camera Systems: All MOMI buildings are monitored by cameras; however, the cameras simply record and are not monitored. They are strictly intended as deterrence and as a recording device.
- Controlled Access Entry: All MOMI buildings are equipped with controlled access systems.
 - Please DO NOT let anyone into the building who you do not know.
 - If you ever have a problem with someone trying to gain entry, call the police. Their non-emergency line is 202.727.1010. And please inform MOMI as well.

These suggestions are meant to help you live with more comfort and a little less impact on the environment. By living in a MOMI managed property, you are already making a big difference. To learn more about the environmental qualities of MOMI properties please visit our website at www.momidc.com.

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