# KENDAL AT OBERLIN
## SUGGESTIONS FOR ENVIRONMENTALLY SENSITIVE LIVING

### ELECTRICITY
- 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
- Wash only FULL loads in the dishwasher

### RECYCLING
- Recycle all paper, including mail, catalogs, magazines, cardboard in the trash rooms.
- Recycle glass, cans, plastics #1 thru #7, milk, soup and other cardboard food cartons in the trash rooms.
- Use reusable shopping bags.
- Recycle electronics by calling Facilities Services

### LAUNDRY
- Use cold water to wash and rinse
- Wash only FULL loads
- 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

### COMPUTING
- Turn off or activate sleep setting on computers
- Use recycled content paper
- Print on both sides of paper and the blank side of used paper
- Use electronic versions of documents/readings instead of printing, when possible

### GARDENING
- Use a water recycling system, e.g. rain barrel;
- Use a water reducing system, e.g. soaker hose; drip irrigation.
- Water early morning or late afternoon to reduce evaporation.
- Compost natural yard waste: leave tied up outside trash room or in paper NOT plastic bags.
**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.

Choose vegetarian, vegan and local food items when possible.

Compost all food waste – put in barrels near the loading dock area behind the kitchen.

---

**TRANSPORTATION**

Walk or bicycle to destinations when reasonable.

Car share or car pool – combine errands.

Use Kendal or public transportation.

---

**OTHER**

Turn down thermostats in winter, up in summer.

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

Clean with rags when possible instead of paper towels.

Repurpose or donate items no longer wanted.

Have the Woodshop repair items.

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 November through April at Eastwood School on East College Street.]

---

FOR MORE INFORMATION ON RECYCLING AND OTHER TOPICS SEE KORA WEBSITE

Environmental Concerns Committee 2016
Green Sheet revisions and additions:

Rags:
   a) Bring to Bike Co-op behind Keep Cottage, near First Church.
   b) Judy Riggle makes bags for Dog shelter out of rags
   c) Cat shelters can use them. (Ginko?)

Put used Computer Printer cartridges in box under printer in the Kendal Library

Composting: Put food waste (everything including meat and carbohydrates) in bins behind dining room:
Mixed Paper

- phone books
- newspapers & inserts
- magazines & catalogs
- mixed paper, junk mail & envelopes
- paper bags & paper towel rolls
- cardboard
- boxboard
- plastics #1 #7 food containers*
- clean pizza boxes
- paper egg cartons
- glass jars, bottles & lids
- plastics #1 #7 soap containers*
- cartons
- metal food cans

*Include plastic lid on or in its container and flatten.

Please:
- Empty and rinse all containers. Flatten all boxes.
- Place recyclables loose and un-bagged in your recycling cart.
Examples

The next few pages show examples of what to recycle and what to put in trash.
PAPER
PLACE IN PAPER
RECYCLING CONTAINERS
in Trash Rooms:
Mixed Paper: including cereal and other boxes, newspapers + inserts, magazines, junk mail, phonebooks, paper bags, paper towel tubes
PLACE BEHIND PAPER
CONTAINERS:
Corrugated Cardboard emptied and flattened
DO NOT RECYLE:
Colored paper, wrapping or tissue paper, carbon paper or sticky notes
CFL BULBS

PUT IN SPECIAL CONTAINERS in trash rooms
COMPOSTABLE

Put on conveyor belt in Langston
not in Trash
PACKING MATERIALS

PUT IN BINS IN TRASH ROOMS
3, 8, 10
PLASTIC GROCERY BAGS

PUT IN BINS IN TRASH ROOMS

3, 8, 10
THIS IS TRASH
PLACE IN BLUE RECYCLE CONTAINERS IN TRASH ROOMS:

Plastic: #1-#7 food, beverage, detergent & soap containers including plastic lids

Carton containers: milk, juice, wine, soup, creamer, etc.

Aluminum, Steel & Bi-metal: food & beverage cans and lids, opened with a can opener or pull-top ring

Glass: food and beverage containers

PLACE IN SPECIAL PAPER RECYCLING RECEPTACLE IN TRASH ROOMS:

Mixed Paper: including cereal and other boxes, newspaper & inserts, magazines, junk mail, phonebooks, boxboard, paper bags & paper towel tubes

PLACE BEHIND PAPER RECYCLING RECEPTACLE:
Cardboard: emptied and broken down.
PAPER
PLACE IN PAPER RECYCLING CONTAINERS in Trash Rooms:
Mixed Paper: including cereal and other boxes, newspapers + inserts, magazines, junk mail, phonebooks, paper bags, paper towel tubes
PLACE BEHIND PAPER CONTAINERS:
Corrugated Cardboard emptied and flattened
DO NOT RECYCLE:
Colored paper, wrapping or tissue paper, carbon paper or sticky notes