



EQUITON LIVING



RESIDENT GUIDE TO SUSTAINABLE LIVING

You can make a difference!



Equiton Living is committed to providing healthy, sustainable, inclusive, and engaging homes for all residents. Join us in our sustainability efforts by utilizing the strategies in this handbook to live a more eco-friendly lifestyle in your home and community.

Explore this Resident's Guide to Sustainable Living, which offers a wealth of strategies for embracing eco-friendly practices. Within these pages, you'll find practical methods to conserve energy, preserve water, reduce waste, enhance your living environment, and minimize your ecological footprint.

It's essential to bear in mind that the collective impact of even small efforts can be significant when everyone plays a part.

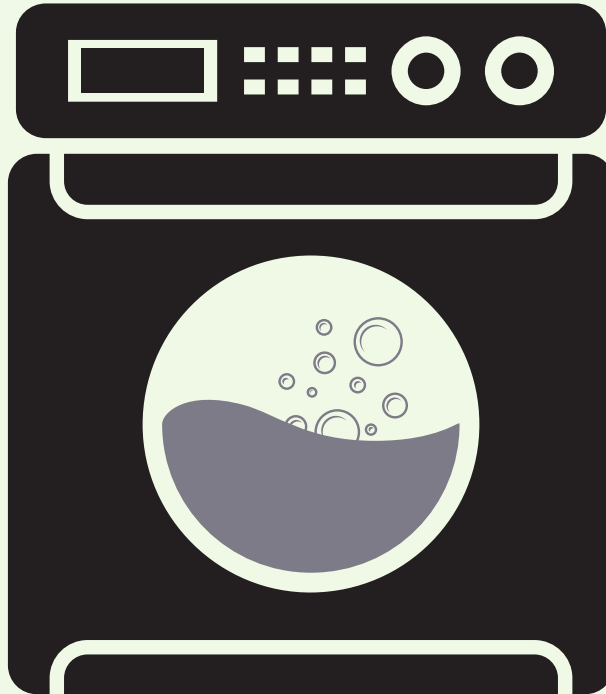
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ECO-FRIENDLY LIVING TIPS

Save Water

Water is a precious resource that we should strive to conserve. As population and development increase, the demand for water is also rising. It is essential that we take steps to reduce our water consumption and be mindful of how much water we use.

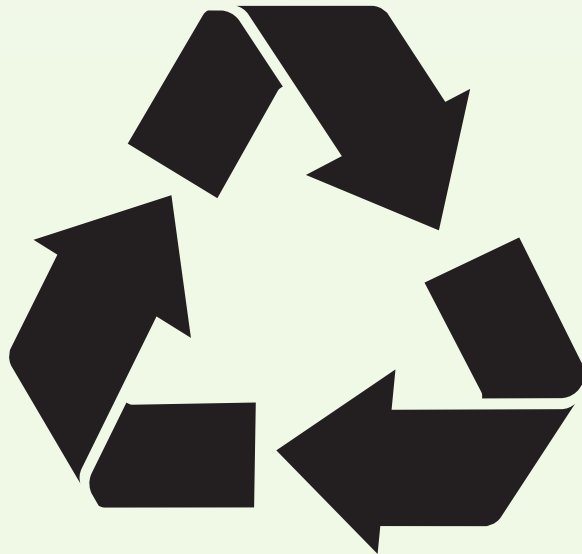


- Report **leaks or a dripping faucet** as soon as they occur.
- Take **shorter showers**, perhaps even using a timer, to reduce water waste.
- When doing laundry, **use cold water** whenever possible.
- Consider doing **laundry during off-peak hours** or when other households use energy less frequently.

ECO-FRIENDLY LIVING TIPS

Reduce Waste

You can have a positive impact on the environment by reducing the amount of waste in our landfills. Be mindful of your actual needs versus wants – when you have less, you use what is necessary and, in turn, produce less waste.

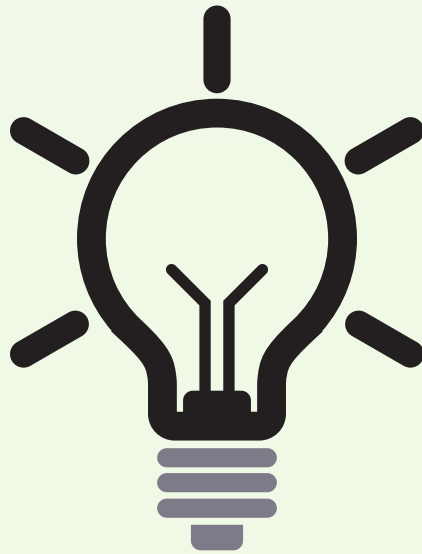


- Try using **glass containers** over plastic bags and choose to purchase items with minimal packaging.
- Keep **reusable mugs and bottles** close to the door for easy grab-and-go refills and ensure your car is stocked with **reusable grocery bags** to avoid forgetting them when you head to the store.
- Consider the eco-friendly approach of buying **second-hand clothing** and donate unwanted or unused items instead of throwing them away.
- By **recycling** you can conserve natural resources, save landfill space and reduce water and air pollution. Separate waste from recyclables and always use the proper bins.

ECO-FRIENDLY LIVING TIPS

Optimize Energy Use

There are several simple things you can do to minimize energy waste in your apartment. Sometimes many little changes can add up to a big environmental impact.



- Promptly report any **drafts or broken windows** to your Resident Manager.
- Use long-lasting **LED lightbulbs**, which consume 90% less energy than incandescent lights and generate less heat.
- **Unplug** small appliances and computers when not in use for extended periods.
- Use an **electric kettle** for hot water instead of the stovetop.
- Ensure that **air vents remain unobstructed** by furniture or rugs to maintain smooth airflow, which can help reduce the need for additional heating or air conditioning.
- If you control your thermostat, **lower the temperature** when you're away or sleeping and turn off the heat when you have windows open.
- **Turn off the lights** before leaving your apartment.

ECO-FRIENDLY LIVING TIPS

Houseplants = Clean Air

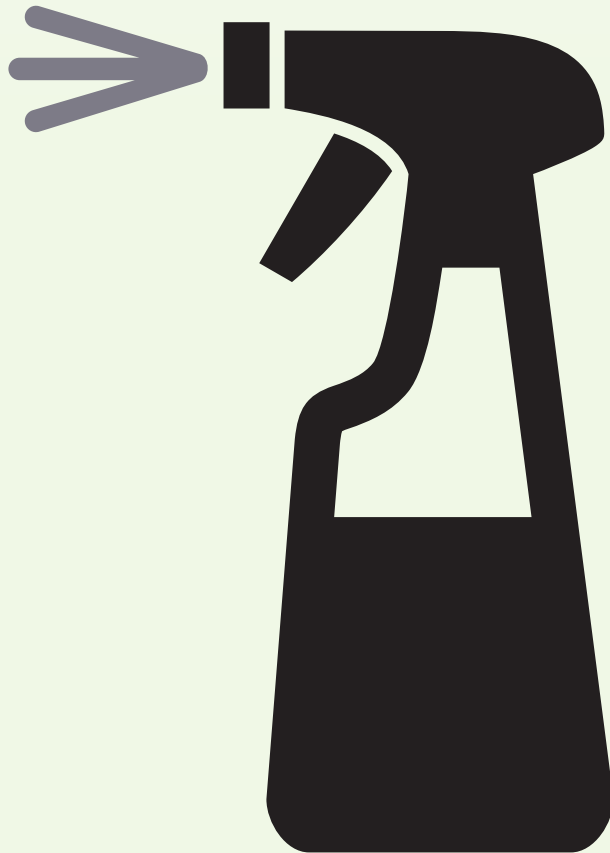
Adding green indoor plants to your home comes with a lot of environmental benefits.



- Plants detoxify the air and make it fresh and oxygenated. The top purifying plants are **aloe vera**, **Chinese evergreen**, **Boston fern**, **English ivy**, **spider plant**, **peace lily**, and **bamboo palm**.
- Plants help to keep the balance of **humidity in the indoor air stable** and at a healthy level.
- As a bonus, plants add a **pop of vibrant colour** to your apartment décor. You can even grow herbs and use them in your recipes.
- If you're a pet owner, always ensure any plants you choose are **safe for your pet**.

Practice Healthy Cleaning

Many cleaning products have been found to include toxic chemicals in the ingredient list which can cause adverse side effects not just to human health but also to the health of nearby ecosystems and the ozone layer.



- Consider switching to **natural, non-toxic cleaning supplies** that are safer for the environment, and healthier for everyone in your home.
- As an alternative, you can **make your own natural cleaners** using inexpensive pantry items you may already have on hand.

Embrace Sustainable Habits

In addition to the tips above, you can make a positive impact on the environment by developing sustainable habits. Adopting a more environmentally friendly lifestyle can include:



CONNECTING WITH NATURE: Taking a stroll along nearby walking trails and parks in the community can boost your mental health and physical well-being. Spending more time in nature may also encourage you to reduce the negative impact you have on it.



GOING CAR-FREE: Most of our properties are within walking distance of public transportation, making it easier to leave your car at home, which helps reduce harmful exhaust emissions. Walking and biking are also eco-friendly alternatives to driving everywhere.



SHOPPING LOCALLY: Local consumption can really help reduce your greenhouse gas emissions and your overall environmental impact. Buying items from farmer's markets as opposed to buying from supermarkets is incredibly less energy intensive and an easy way to live more sustainably.

EQUITON LIVING'S ENVIRONMENTAL INITIATIVES:

Leading by Example

Equiton Living's environmental initiatives are woven into daily business operations at each of our properties. We continuously audit and benchmark properties to identify conservation opportunities and act swiftly to address any issues. Below are some key highlights we are proud to share, but we are always looking for new ways to manage our properties more sustainably.



WASTE MANAGEMENT

We provide recycling bins, educate Residents on proper waste disposal, and enforce regulations on waste management. Furthermore, we work with private waste handlers to ensure that they are compliant with local regulations and that we are properly disposing of waste.



GOING DIGITAL

Striving to be paperless has been a crucial step for Equiton Living to become more efficient and environmentally conscious. By reducing the need for paper documents, we have saved money on printing costs, reduced our carbon footprint, and streamlined our operations.



ENERGY EFFICIENT APPLIANCES

To reduce our environmental impact, whenever we purchase new appliances for our rental suites, we always purchase Energy Star certified appliances. Using these upgraded appliances reduces utility costs and greenhouse gas emissions without compromising performance.



WATER CONSERVATION

In 2022, we launched a pilot program at one of our properties which resulted in an annual reduction of 29% in water consumption by replacing all shower heads and installing a flow management device. We continue to look for opportunities to implement similar strategies across our entire portfolio of properties.



SOURCING SUSTAINABLE SUPPLIES

Our Resident Managers are encouraged to use eco-friendly cleaning products in common areas of our buildings, and when we update our suites, we always use low-volatile organic compound (VOC) paint which is a much safer and environmentally friendly option than traditional paint.

Thank you for being a part of our journey

You have the power to shape a more sustainable future right from your doorstep. By embracing eco-conscious habits, reducing your environmental footprint, and fostering a stronger connection with your community and nature, you will make a lasting impact on our planet.

Together, we can build a greener, brighter, more sustainable world, one small change at a time.



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