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Built Green© LIVING

Environmentally Friendly Operations and Maintenance

Welcome to your Built Green Home! This information sheet contains information on keeping a healthy and comfortable home.

What is Built Green? Built Green is a non-profit green building certification program, whose mission is to encourage and foster environmentally sound design, construction, and development practices in King



and Snohomish counties' cities and communities. A Built Green certified project focuses on four area of sustainable development: site and water development, energy efficiency, indoor air quality, and material efficiency. The more green materials and processes used during construction of the home, the higher the point total for the

overall project. The total points achieved during the project translates to a star level rating from 1-Star to 5-Star (the higher the star rating the "greener" the home). For more information on Built Green, please visit www.builtgreen.net.

Why a Green Home? Homes have a very significant environmental impact. According to the U.S. Department of Energy, all homes in the U.S. account for:

22% of the total energy consumed; and

21% of carbon dioxide emissions.



Also, certain indoor air pollutants can often be four to five times higher than outdoor levels. Construction and demolition waste (including both residential and commercial buildings) represents 40% of the solid waste in the U.S. Homes also have a significant impact on the amount of water consumed, on the amount of chemicals (e.g., fertilizer, pest control chemicals) that can damage nearby water bodies, and other consequences.

Shifting towards the design and construction of more sustainable homes can have enormous benefits for the environment, as well as for the occupants.

What Can You Do? There are several important things you can do to protect your health, the integrity of the building and the environment.

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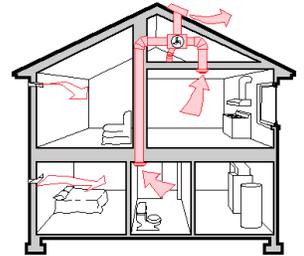


Reduce Energy Use: Simple measures to reduce the amount of energy used in your household are effective ways to reduce the environmental impact in your community. Turning down the heat when you are sleeping and not home are easy. Making sure any water leaks or running toilets are reported to the building manager promptly will help maintain the integrity of the building and reduce water use.



Take off your Shoes! One of the most effective ways to reduce indoor air contaminants is removing your shoes when you enter your home. The majority of dirt and dust found in homes is tracked in on occupants' shoes. The debris carried on shoes can contain lead, asbestos, pesticides, and other hazardous materials. Shoes can also track in moisture which can lead to mold growth on carpeting near entryways. Having a walk-off mat near your front entry, with an area to store shoes and let them dry off is a great start.

Whole House Fan Ventilation: Your apartment is equipped with a whole house exhaust fan. This exhaust fan provides a negative pressure within the apartment, which forces fresh air into the unit through the small vents in your windows. Open these vents for increased fresh air. It is very important that your whole house fan is working properly and is kept clean. It will accumulate dust over time which can block the vent and decrease the ventilation. For good indoor air quality, notify your building manager if your fan is not working properly.



Green Cleaning Products: Many cleaners and chemicals used in the home can be hazardous to your health. But there are lots of green and safe alternatives! Simple products like baking soda and vinegar can be used to clean almost anything. Many grocery stores now carry cleaning products that are safe for the environment and better for indoor air quality. The following links provide information on green cleaning products:

At home do-it-yourself cleaning products:

<http://www.treehugger.com/files/2007/01/how-to-go-green-cleaning.php>

Green Seal Certified Products:

<http://www.greenseal.org/FindGreenSealProductsAndServices.aspx>

Recycling Information: The Take it Back Network is a partnership among government agencies, retailers, repair shops, charitable organizations and recyclers that provides consumers with options for recycling certain wastes – and their hazardous components – in a safe and cost effective manner. Take it Back Network locations will accept electronic products such as computer, TVs, cell phones and certain household electronics.



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Fluorescent light bulbs including compact fluorescent bulbs and straight tubes can also be recycled at certain Take it Back Network locations. Please use this link for more information:

<http://your.kingcounty.gov/solidwaste/takeitback/index.asp>.

Reduce Junk Mail: The U.S. Postal Service delivers more than 90 billion pieces of direct mail every year. A major portion of this is unwanted advertising mail, or "junk" mail. Recycling junk mail is a good start, but reducing the amount of junk mail you receive saves landfill space and conserves natural resources. Here's how you can reduce junk mail. Please use this link for more information on how to reduce junk mail:



<http://your.kingcounty.gov/solidwaste/wasteprevention/junkmail.asp>.



Reduce Your Carbon Footprint: A carbon footprint is a measure of the impact our activities have on the environment and in particular climate change. It relates to the amount of greenhouse gases produced in our day to day lives through burning fossil fuels for electricity, heating and transportation to name a few. What we eat also has an impact. It is estimated that eating less red meat and dairy has the equivalent effect of obtaining all your food locally. You can now calculate your carbon footprint and see what changes you can make to reduce your impact on the environment. On more information on how to calculate your carbon footprint please visit: <http://www.carbonfootprint.com/calculator.aspx>



Commuting: Try commuting by alternate mode of transportation as much as possible. Even if it's just once a week of walking, biking, and carpooling you can prevent the release of more than 1500 pounds of CO₂ based on the average commute distance of 30



miles per round trip! American drivers now make an average of 3.4 vehicle trips per day and many of these trips are destinations within 1 mile. Why not take the opportunity and replace some of these trips by walking or biking? It not only reduces your carbon footprint, but it helps you save some cash and stay healthy.

Alternative Transportation Resources:

Bus and Monorail Schedules

King Country Metro Website: <http://metro.kingcounty.gov/>

Sound Transit Website: <http://www.soundtransit.org/>

Community Transit Website: <http://www.commtrans.org/>

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Bicycling Guide Maps and Local Bicycling Events

Bicycling Guide Map: <http://www.kingcounty.gov/transportation/kcdot/Roads/Bicycling.aspx>

Cascade Bicycle Club: <http://www.cascade.org/Home/>



Eating Local: It's a way of eating that supports sustainable environments and economies. When you support local farms, you take part in keeping local economies viable and thriving. Since most food travels an average of 1,500 miles to reach you, local food has less of an impact on our environment. And by selecting foods that come from the region you live in, you get the freshest, healthiest, and most flavorful products of the season.

Eating Organic: The benefits of eating organic food do not just add to your health and longevity but also positively affect the environment. By not using chemical fertilizers and pesticides, soil and water pollution are avoided which, in turn, reduces the overall environmental pollution by a significant proportion. It improves soil quality by retaining the natural minerals and soil erosion is also checked to a great extent. Organic farming and organic food production also saves a lot of energy and costs as natural fertilizers are naturally occurring and require minimum processing to make them suitable for agricultural purposes.

Organic Grocery Stores:

PCC Natural Markets

600 N 34th Street
Seattle, WA 98103

Trader Joe's

4555 Roosevelt Way NE
Seattle, WA 98105

Whole Foods Market

1026 NE 64th Street
Seattle, WA 98115

Local Farmer's Market Resources:

Washington State Farmers Market Association

<http://www.wafarmersmarkets.com/washingtonfarmersmarketdirectory.php>

Puget Sound Fresh

<http://www.pugetsoundfresh.org/>