

ENDLESS OPPORTUNITIES

SUSTAINABLE PRACTICES GUIDE



CONTENTS

- 06/ CONSIDERATIONS WHEN LIGHTING YOUR SPACE
- 08/ CONTROL TEMPERATURE WITH EFFICIENT HVAC
- 10/ SAVE MORE WATER
- 12/ REDUCE WASTE BY REUSING & RECYCLING
- 14/ TIPS FOR RETAIL OPERATIONS
- 16/ TIPS FOR FOOD SERVICE & RESTAURANTS
- 18/ TIPS FOR DESIGN & CONSTRUCTION OF INTERIORS
- 20/ RESOURCES FOR MORE INFORMATION

Sustainable Practices Create

ENDLESS OPPORTUNITIES

It's impossible not to have an impact in the world. Every company, every person, every living thing has to consume to survive. Consumption is essential to life, and its by-products are inevitable—so choices are made. Choices that reverberate far outside the instant in which they were born. It's about becoming conscious of our rote behavior. There's just a second—at the point of impact—to stop and think about the ripple we're creating. And choose to make it a positive one. The opportunities are endless.



The goal of the EDENS Sustainable Practices Guide is to educate and encourage our partners to embrace more sustainable practices in the design and operation of their business. In addition to reducing consumption of natural resources and minimizing waste production, these measures have the opportunity to create economic benefits for your business and customers by reducing operating costs and enhancing building performance.

On the following pages you will find requirements (**reQs**) and recommendations (**reCs**) specific to store design, construction and operations. These practices are intended to help you realize cost-effective solutions to energy efficiency, indoor air quality and natural resource conservation while helping to create retail facilities that are more economical, durable, efficient, and healthier environments in which to work and shop.

The EDENS Sustainable Practices Guide is not intended to eliminate or change provisions of any lease document and may not be applicable to all retailers. These **reQs** and **reCs** are not all-inclusive and may be expanded, altered or revised periodically.

Not unlike the constant change we see in the retail industry, opportunities to create a more sustainable environment emerge daily. Therefore, we are dedicated to periodically reviewing our practices and updating them accordingly.

reQs

RE.QUIRE.MENT

SOMETHING THAT IS REQUIRED;
A NECESSITY.

For EDENS, a sustainability practice requirement is expected to be standard practice and takes zero to minimal investment.

reCs

REC.OM.MEN.DATION

SOMETHING RECOMMENDS, ESPECIALLY
A FAVORABLE STATEMENT CONCERNING
CHARACTER OR QUALIFICATIONS.

For EDENS, a sustainability practice recommendation may have a longer return-on-investment and is suggested to retailers who want to take sustainability practices to the next level.

lighting

- ENERGY STAR® CFLs use 75% less energy than incandescent bulbs and last 10 times longer.
- An LED light bulb can reduce energy consumption by 90% and lasts about 100,000 hours.
- Lighting accounts for 20-50% of electricity consumption of most businesses.
- An incandescent lamp heats better than it lights with 90% of the input lost in waste heat.
- ENERGY STAR® EXIT signs use 3 to 8 times less energy than incandescent and fluorescent signs.
- The most efficient light is the light not used—dimmers, motion sensors and photocells control when and how much light is really necessary.
- Daylighting not only saves money but also improves employee productivity and store sales.
- Occupancy sensors and dimmers in back rooms, restrooms and storerooms can reduce lighting costs up to 40%.





reQs

REQUIREMENTS

- Replace incandescent lamps with Compact Fluorescent Light Bulbs (CFLs).
- Install the latest upgrades in fluorescent technology rather than replacing outdated fluorescent lighting systems if the quality of CFL light output is an issue.
- Turn off lights in unoccupied rooms.
- Turn off overhead lights at the end of the day.
- When possible, rely on small, task lighting rather than overhead lights.
- Recycle used fluorescent lamps.

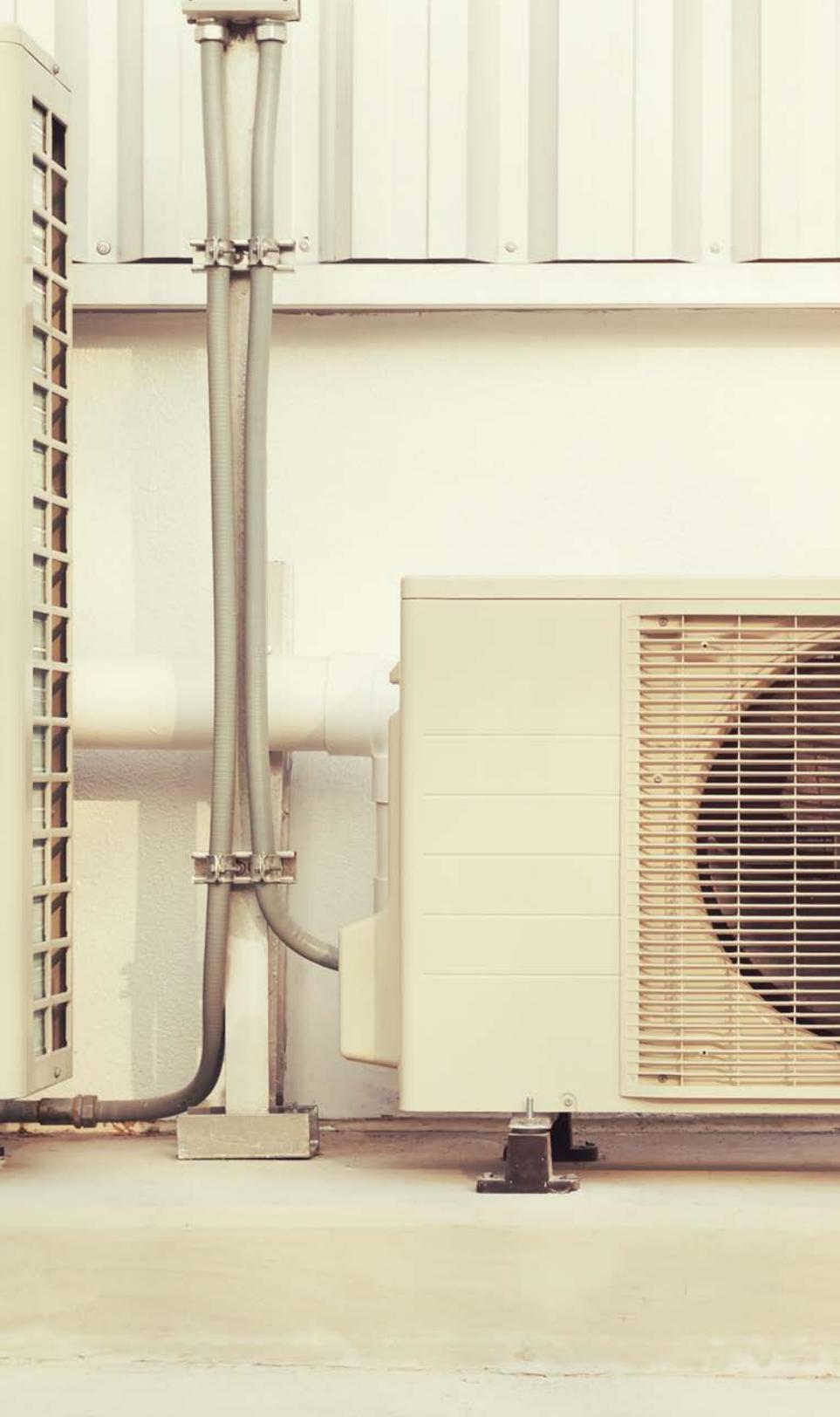
CONSIDER

Studies show that sunlight yields an increase in retail sales. Light profoundly affects our feelings of well-being and our motivation.

reCs

RECOMMENDATIONS

- Replace T12 lamps with T5 lamps.
- Install dimmers and sensors to turn off lights in unoccupied rooms, particularly in areas such as bathrooms, copy rooms and storage rooms.
- Paint dark walls and ceilings with lighter colors to maximize the effect of existing lighting.
- Install skylights or other window openings to increase natural daylight.



HVAC

- Heating, ventilation and air-conditioning (HVAC) systems account for 40% of the electricity used in commercial buildings.
- Even if your air conditioner is only 10 years old, you may save 20% on your cooling energy costs by replacing it with a newer, more efficient model.
- Every one degree of cooling increases energy use by 4-5%. e.g. Cooling to 73 degrees instead of 76 degrees uses 12-15% more energy.
- Installing an ENERGY STAR® programmable thermostat to automatically control temperature settings will save 10-70% on heat and cooling costs.



reQs

REQUIREMENTS

- Use high-efficiency filters.
- Maintain HVAC equipment by performing scheduled maintenance and preventive maintenance checks.
- Clean condenser coils regularly.
- Replace air filters regularly.
- Check insulation on ducts and pipes for damage.
- Keep vents closed in unoccupied areas to prevent heating and cooling of storage areas and closets.
- Set thermostat below 70 degrees in winter and above 75 degrees in summer.

reCs

RECOMMENDATIONS

- Add an AC variable drive.
- Install programmable thermostats to ensure air temperatures are regulated.
- Install thermostat that can schedule fan operation and heating and cooling settings independently.
- Protect thermostat settings by installing tamper-proof covers.
- Install ceiling fans to reduce the need for air conditioning.

CONSIDER

62% of adults are either equally as likely or more likely to visit a business that focuses on being green, regardless of distance or effort required.



water

- A faucet leaking just a tenth of a gallon of water a minute wastes 50,000 gallons or more of water per year.
- Repairing a leaky water pipe can save thousands of gallons of water annually.
- A 125-seat restaurant serving 225 meals per day uses about 200,000 gallons of water per year.
- Installing waterless urinals can save 40,000 gallons of water annually.
- By 2013, more than 70% of U.S. states will experience local, regional or state-wide water shortages.
- By 2025, 4 billion people – half the world’s population— will live in severe water stress conditions.
- Installing an inexpensive, water-efficient aerator in faucets can save as much as a gallon of water per minute.



reQs

REQUIREMENTS

- Check for leaky toilets by placing a small amount of food coloring in the tank. If you see the coloring in the toilet bowl 20-30 minutes later, you have a leak.
- Lower the water heating thermostat by a few degrees or to the lowest effective temperature.
- Maintain hot water fixtures and plug leaks as they occur.
- Insulate hot water pipes and tank.
- Flush out storage-type water heater tanks annually to prevent sediment build-up.
- Turn off hot water heater when not in use (i.e. on weekends in some facilities) or when hot water use is not needed for two days or more.
- Train store employees to use water conservatively, especially hot water.
- Install/use foam soap dispensers.
- Install inexpensive, water-efficient aerators in faucets.

reCs

RECOMMENDATIONS

- Install faucets and flush valves with sensors.
- Install tankless water heaters.
- Install dual flush toilets and waterless urinals.
- Filter tap water which reduces use of bottled water.
- Use native plants in planters.
- Use EPA WaterSense-labeled plumbing fixtures.
- Use low-flow aerator lavatory faucet (1.0 gpm) with motion sensor.

CONSIDER

67% of U.S. adults who consider themselves buyers of green products have maintained their level of green purchases; and 25% of those adults have increased their green buying.



waste

- Americans throw away enough aluminum in three months to rebuild all of our commercial airplanes.
- The energy saved by recycling one aluminum can runs a television for three hours.
- Between 1970 and 1991, paper consumption in the U.S. doubled. Decomposing paper sitting in landfills releases methane gas which is 20 times more potent than carbon dioxide.
- Every year Americans throw away enough office and writing paper to build a wall 12 feet high from LA to New York City.
- Recycling one ton of paper saves one acre of trees.
- More than 30 million trees are cut down to create one year's worth of newspapers.
- The energy saved from recycling one glass bottle can light a 100-watt bulb for four hours.
- By using plastic in packaging, American product manufacturers save enough energy each year to power a city of one million homes for over three years.
- The post-consumer plastics recycling industry provides jobs for more than 52,000 American workers.



reQs

REQUIREMENTS

- Provide recycling containers in all workspaces.
- Recycle used fluorescent lamps – a law in most states.
- Reuse/recycle cardboard boxes, plastic containers and glass bottles.
- Use coreless toilet paper.
- Turn in old cell phones and accessories to programs operated by charitable groups to prevent them from ending up in landfills, or recycle with cellular providers if a take-back program exists.
- Print on both sides of paper.
- Buy products that are manufactured using recycled materials.
- Recycle old and/or used computer monitors, hard drives and systems with equipment manufacturers or stores; many have take-back programs that offer cash rebates or discounts on new equipment.

reCs

RECOMMENDATIONS

- Encourage customers to bring/use reusable bags.
- Do not provide plastic shopping bags.

CONSIDER

More than one-third of U.S. consumers say they would pay more for environmentally-friendly products.



operations

- Rechargeable batteries can be recharged hundreds of times, saving a significant amount of money.
- Laptop computers consume 90% less energy than desktop computers.
- Ink-jet printers consume 90% less energy than laser printers.



reQs

REQUIREMENTS

- Replace incandescent lamps with Compact Fluorescent Light Bulbs (CFLs).
- Install the latest upgrades in fluorescent technology rather than replacing outdated fluorescent lighting systems if the quality of CFL light output is an issue.
- Turn off lights in unoccupied rooms.
- Turn off overhead lights at the end of the day.
- When possible, rely on small, task lighting rather than overhead lights.
- Recycle used fluorescent lamps.

CONSIDER

80% of a retailer's sales volume is generated by 20% of the customers. A shared belief system is a primary driver of consumer loyalty.

reCs

RECOMMENDATIONS

- Replace T12 lamps with T5 lamps.
- Install dimmers and sensors to turn off lights in unoccupied rooms, particularly in areas such as bathrooms, copy rooms and storage rooms.
- Paint dark walls and ceilings with lighter colors to maximize the effect of existing lighting.
- Install skylights or other window openings to increase natural daylight.



restaurants

- By leaving the broiler turned off for one extra hour a day, a restaurant can save \$450 annually.
- If a restaurant cuts its energy costs by 20%, profits could increase 30% or more.
- If every U.S. restaurant cut its energy consumption by 20%, the industry could reduce its energy costs by \$1.6 billion per year.
- An ENERGY STAR®-qualified refrigerator and freezer can save over 45% of the energy used by conventional models.
- Low-flow spray valves can save a restaurant up to \$1,000 per year, and some states require pre-rinse spray valves for new purchases.
- Restaurant cooking oil can be converted to biodiesel fuel for powering automobiles which is why many restaurants are already using their own leftover oil and grease as fuel to run their delivery trucks or store vehicles.
- Over 25% of all prepared food goes uneaten every day. This waste is reduced by donating edible food leftovers to shelters, soup kitchens and food pantries which saves space in landfills and generates goodwill and potential tax benefits.



reQs

REQUIREMENTS

- Recycle kitchen grease.
- Do not run faucets while washing dishes, filling water glasses, etc.
- Lower the water heating thermostat a few degrees or to the lowest effective temperature.
- Maintain hot water equipment and fixtures and plug leaks as they occur.
- Insulate hot water pipes and tank.
- Flush out storage-type water heater tanks annually to prevent sediment build-up.
- Turn off hot water heater when not in use (i.e. on weekends in some facilities) or when hot water use is not needed for two days or more.
- Turn off cooking hoods when not in use.
- Implement a set start-up and shut-down schedule for the broiler, fryer and range which reduces both pre-heating and idle times.
- Every time a dishwasher, washing machine or oven is used, make sure it is full.
- Install ENERGY STAR appliances, electronics and other EPA-tested equipment.

reCs

RECOMMENDATIONS

- Install low-flow spray valves.
- Recycle cooking oils for biodiesel fuel reuse.
- Buy local foods and produce.

CONSIDER

Currently, most restaurant employees are between the ages of 20 and 30. This demographic and age has proven to be very environmentally aware.



interiors

- Buildings consume 72% of our electricity and 14% of our potable water in the U.S.
- 39% of carbon dioxide emissions are produced by buildings in operation.
- In the U.S., people spend, on average, 90% or more of their time indoors. Green buildings typically have better indoor air quality and lighting.
- The benefits to building green include decreased operating costs, increased building value, higher return on investment and enhanced productivity and morale.

REQUIREMENTS



- Use only Gypsum Wall Board (GWB) manufactured in the U.S. and mold resistant GWB in areas exposed to moisture.
- Use formaldehyde-free, high recycled content fiberglass batt insulation.
- Use low volatile organic compounds (VOC) paints, coatings adhesives and sealants on all interior surfaces. (GREENGUARD and Green Seal-certified products are acceptable.)
- If existing ceiling tiles are not salvaged and reused, use new ceiling tiles that have at least 50% recycled content.
- Use urea/formaldehyde-free composite products for solid surfaces.
- Use high-efficiency fluorescent T-5 or T-8, CFL, or LED fixtures.
- Use motion-activated switches in restrooms and storage areas.
- When installing new HVAC equipment, use a packaged rooftop unit (RTU) with gas or electric heat that meets or exceeds ENERGY STAR or local energy code.

reCs

RECOMMENDATIONS

- Use materials, furniture and fixtures that contain a recycled content above 50% and are produced within a 500-mile radius of center.
- Use Forest Stewardship Council (FSC) certified wood whenever possible.
- Use Carpet & Rug Institute Green Label/Green Label Plus-certified carpet, pads & adhesives.
- Use non-toxic products from renewable sources in hard-surface flooring which includes concrete, linoleum, cork, ceramic/porcelain tile, wood, bamboo or rubber.
- Use GREENGUARD-certified solid surfaces and furnishings.
- Install entryway systems that prevent dirt and particulates from entering the space. Use a permanent walk-off mat or a roll-out mat (cleaned weekly and made of a sustainable material).
- Use LEED Accredited Professional (AP) whenever feasible.
- Connect toilet room exhaust fans to the light switch to ensure shut off.
- Use electric, tankless water heaters in restrooms.

CONSIDER

Employee buy-in and involvement can make or break your company's efforts to conserve energy.

RESOURCES

ONLINE INFORMATION FOR SUSTAINABLE PRACTICES

Website	Link	Why it's a good resource	General	Electric/Energy: Lighting & HVAC	Water	Waste	Retail Operations	Restaurant Operations	Building Interiors
CalRecycle Waste Reduction Tip	calrecycle.ca.gov	California has the strongest legislation for waste reduction and this ca.gov site is the most comprehensive resource for recycling tips.				●			
CarbonFun.org	carbonfund.org	A carbon offset provider and non-profit organization providing information on how to reduce and offset climate impact through clean energy solutions		●	●				
Conserve by National Restaurant Association	conserve.restaurant.org	Conserve Solutions for Sustainability, an Environmental Initiative of the National Restaurant Association						●	
Database of State Incentives for Renewables & Efficiency	dsireusa.org	Comprehensive source of information on state, local, utility and federal incentives and policies that promote renewable energy and energy efficiency		●	●				
Electronic Product Environmental Assessment Tool	epeat.net	EPEAT is a system that helps purchasers of computer equipment evaluate, compare and select electronic products based on their environmental attributes.				●	●		
Energy Star	energystar.gov	Energy Star provides tips and resources for improving energy efficiency in buildings of all types.		●	●				
Environmental Leader	environmentalleader.com	Energy & Environmental News for Business	●						
Food Service Technology Center	fishnick.com	The FSTC is the industry leader in commercial kitchen energy efficiency and appliance performance testing.		●	●	●		●	
Greening Retail	greeningretail.ca	The goal of the Greening Retail program is to help retailers reduce their environmental impact and at the same time, save money and improve the bottom line.	●				●		
U.S. Environmental Protection Agency (Dedicated Retail Portal)	epa.gov/retailindustry	Dedicated Retail Industry Portal by U.S. Environmental Protection Agency	●				●		
U.S. Green Building Council (USGBC)	usgbc.org	The USGBC is the non-profit organization behind LEED (Leadership for Energy and Environmental Design), a Green Building Rating System for design, construction and operation of high performance green buildings.							●
WaterSense	epa.gov/watersense	WaterSense is an EPA-sponsored partnership program that seeks to protect the future of our nation's water supply by promoting water efficiency and enhancing the market for water-efficient products, programs, and practices.			●				