



Bed and Breakfast/ Small Inn Green Checklist



Energy Efficiency– Over a third of all energy is used by people at home.

	Have an energy audit performed on your facility.
	Switch to CFL bulbs. CFLs use 75 percent less energy and last 10 times longer.
	Use motion sensors and dimming devices to reduce energy used for lighting.
	Install a programmable thermostat.
	Check your HVAC filters regularly to ensure efficient operation.
	Clean coils on your refrigerator to decrease its workload.
	In summer, close drapes and lower thermostats in areas that aren't being used.
	Provide guests with bicycles, walking maps and info regarding public transportation options.
	Use day lighting as much as possible and turn out lights when not in a room.
	In exit signs, use LED bulbs.
	When replacing appliances, look for energy star, high-efficiency products. Look into tax rebates in spring 2010.
	Check your insulation levels. R38 is code, but the U.S. Dept. of Energy recommends R60 for our area.
	Use ceiling fans on not-too-hot days and use them to circulate warm air in the winter by reversing the blade direction.
	Shut down electronics when not in use and use power strips. Even appliance that are not in use or are turned off can draw current (aka vampire energy loss).
	Insulate your hot water heater to decrease its workload.

Waste Management– Recycling one aluminum can saves enough energy to run a TV for 3 hours.

	When possible, buy in bulk. This reduces packaging and saves money.
	Take advantage of local recycling programs and make customers aware of their availability at your inn.
	Select products that have less packaging.
	Donate leftovers to local food banks.
	Utilize reusable linens, dishes, cutlery, etc. to reduce trash going into landfills.
	Look for products whose packaging is recyclable.
	Maintain and repair appliances.
	Compost organic materials to use on landscaping.

Air Quality– U.S. EPA studies indicate that indoor levels of many pollutants may be 25 times - and occasionally more than 100 times - higher than outdoor levels.

Use air filtration (HEPA filters) in guest rooms to improve air quality and reduce fine particulate matter.
Use nontoxic, green cleaning products.
Use low-VOC paints, adhesives, carpets, etc. when decorating or remodeling guest rooms.
Don't use wood-burning stoves on bad air days.
When possible, avoid using a leaf blower and use a rake or broom instead so that dust is not stirred.
Monitor HVAC for mold that could be spreading throughout your establishment.

Water Conservation– On average, each American uses about 100 gallons of water each day.

Install low-flow showerheads to decrease water useage and save energy.
Install water aerators on sink spigots to decrease water consumption.
Catch rainwater in rain barrels to use for landscaping and outdoor chores.
Look for laundry detergent that is biodegradable.
Only run dishwashers and do laundry when you have full loads.
Install low-flow toilets or toilets with flush options.
Fix any leaky faucets on premises. A tap dripping once per second can waste 13 liters of water per day.
Encourage guests to reuse linens and towels.
Use native or drought-resistant plants to cut down on watering.
Use mulch around plants to retain moisture.
Water landscaping early in the morning to decrease evaporation. Grass needs about 1 inch of water per week, and it is best to do it all at one watering rather than over several days.

Certifications and Green Programs in Kentucky

Bed and Breakfast Association of Kentucky Green Certification	http://www.kentuckybb.com/
KY EXCEL Environmental Leadership Program	www.dca.ky.gov/EXCEL
Green Star Program for hotels and lodges in the Bluegrass Area	http://www.ise.uky.edu/node/76

Housekeeping and Landscaping- Homeowners use up to 10 times more toxic chemicals per acre than farmers.

Make sure dryer vents are free of lint so the dryer can run more efficiently.
Try fragrance-free detergents.
Wash linens and towels in warm or cold water.
If you have housekeeping staff, make sure they are aware of your environmental commitments.
Compost food waste to use on your landscaping.
Use lady bugs for pest control–look for organic gardening websites for details.
Collect grass clippings and leaves for the compost pile.
Water in the morning.
Take part in community-supported agriculture.
Plant a rain garden on your property.
Don't overfertilize or overwater your lawn. http://www.epa.gov/nps/toolbox/other/TAPPYardBk.pdf

Green Purchasing and Other Suggestions

Purchase products with third-party certification or labels you trust.
Look for paper products with recycled content.
Purchase products that can be reused–microfiber towels vs. paper towels.
Purchase local foods.
Buy in bulk.
Find products with less packaging.
Buy organic or locally made soaps and sundry items for guests.
Purchase locally produced art and furniture for your B&B.
When marketing, watch out for greenwashing. Be truthful and don't overload clients with information.
Put together green packages at your inn.
Purchase linens that have decreased drying times or are made out of sustainable products. Just an FYI, the jury is out on bamboo. Eucalyptus is showing promise.
Properly maintain vehicles to ensure greatest fuel efficiency.
Don't let automobiles idle for more than 30 seconds.



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Bed and Breakfast/ Small Inn Resource List



Water

WaterSense- Launched in 2006, 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. www.epa.gov/watersense/

How to build and maintain a rain barrel- <http://www.portlandonline.com/shared/cfm/image.cfm?id=182095> or <http://www.dnr.state.md.us/ed/rainbarrel.html> Watch Youtube videos on barrel construction. www.youtube.com

Air

U.S. EPA's Web page on indoor air quality. <http://www.epa.gov/iaq/ia-intro.html>

Waste Management

Composting how to- <http://www.howtocompost.org/>

Recycling- Learn about recycling programs in your area. Find out if you can recycle CFLs in your area. <http://earth911.com/>

Landscaping

Rain Garden Information- <http://www.bluegrassraingardenalliance.org/>

Proper yard maintenance for healthy water. <http://www.epa.gov/nps/toolbox/other/TAPPYardBk.pdf>

Energy

Everything you need to know about energy efficiency from the U.S. Department of Energy. www.energystar.gov

Green Purchasing

This U.S. EPA site has information about environmentally preferable purchasing and how to green your supplies. <http://www.epa.gov/oppt/epp/>

General

ECOgreenhotel- Information on green lodging- <http://www.ecogreenhotel.com/index.php>

American Hotel and Lodging Association's green ideas- AHLA.com/green

U.S. EPA- Find information and resources on any environmental issue. www.epa.gov

Bluegrass Pride- <http://www.bgpride.org/about.htm>- Resources on rain gardens, rain barrels and other environmental programs.