

# TROLLEY SQUARE LIVING GREEN GUIDE



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**HRI**  
HOMEOWNER'S  
REHAB, INC.

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# Welcome to Trolley Square!

Homeowner's Rehab, Inc. (HRI), Trolley Square LLC, and Winn Residential are excited to have you at Trolley Square. We hope that you and your family enjoy your new home. Trolley Square is a special place to live because it combines affordable housing with environmental responsibility; the site, the buildings, and each home have all been carefully planned, designed, and constructed to create an affordable, comfortable, healthy, and environmentally friendly community that residents can be proud to call home.

## **Building Green**

Buildings have an extremely large environmental impact on the earth, its wildlife, and its natural resources. For this reason, HRI continually seeks new ways to lessen our buildings' environmental impacts through decision-making, design, construction, and operations strategies that help conserve resources.

For example, Trolley Square is located on the site of a former trolley barn for Cambridge's early bus system. Choosing to redevelop the old Trolley yard helped preserve "unspoiled" natural lands and took advantage of existing roads and nearby public transportation. Public transportation, which is easily accessible from Trolley Square from the bike path next door, makes it easy to get places without driving. As a result, fuel is saved, pollution is reduced, and you save money!

The above describes just one of the many "green" choices made when creating Trolley Square. Trolley Square contains many other features that reduce the building's environmental impact, and allow residents to save energy, water, and money. These features include the use of environmentally friendly building materials, water conserving toilets and fixtures, energy saving fluorescent lights and appliances, an efficient hot water system, electricity producing solar panels, and an environmentally-friendly elevator. Each of these elements helps create a healthier living environment, conserves valuable resources, and reduces utility bills as energy becomes increasingly scarce and expensive.

## **Building Community**

Trolley Square is intended to help foster a sense of community. Community members played a large role in the shaping its design; their input has resulted in designated indoors and outdoors community space, and the addition of public art to the nearby park. We invite residents to become actively involved in shaping Trolley Square into a place they are proud to live.

# Living Green

*“We do not inherit the earth from our ancestors; we borrow it from our children.”  
~Native American Proverb*

## **What is Living Green?**

Living Green means making environmentally responsible decisions in your daily life. These choices can be as simple as turning off the lights when you leave a room, recycling your bottles and cans, walking to work instead of driving, or teaching your friends and family about the importance of taking care of our planet.

## **Why is Living Green Important?**

It surprises many people that homes, not cars, are the biggest polluters in the United States. The average American household produces 3,500 pounds of garbage, 450,000 gallons of wastewater, and 25,000 pounds of CO<sub>2</sub> each year. On a whole, Americans consume approximately \$110,000 billion worth of energy annually. These high figures contribute to depleted natural resources, toxic and polluted air, drinking water and soils, global warming, smog, and scarcity of affordable energy.

The good news is that by Living Green, each of us has the ability to help reduce and eliminate these problems while reducing many everyday costs. Living Green helps protect our natural environment by limiting the amount of resources we consume, and ensures that future generations can enjoy benefits that we often take for granted such as clean air, clean drinking water, safe food, and inexpensive electricity.

## **What is in this Guide?**

We hope that this guide provides you with answers to basic questions about living an environmentally low-impact lifestyle at Trolley Square. Inside you will find information on Trolley Square’s amenities, suggestions on how to most efficiently use your home’s appliances and heating systems, instructions for recycling, maintenance procedures for some of the unique features of your apartment, and general energy conservation strategies to help keep your costs down. It also includes some “green” community resources if you are interested in continuing your own learning about Living Green.

## **For Kids**

The last section of this guide is intended for families with kids, but it is really for anyone who wants to get closer to the natural environment. The desire to take care of the environment begins with an appreciation of the natural world. This appreciation often begins at a young age. Look in this section for some local resources for getting your kids closer to nature and involved in “Living Green.”

## **A Green Future**

We hope this guidebook supplies useful information for creating a healthier, more pleasant, and supportive community at Trolley Square. We also hope it inspires you to explore the bike path, and venture beyond Trolley Square to parks, lakes, woods, and other natural areas that help sustain our City!

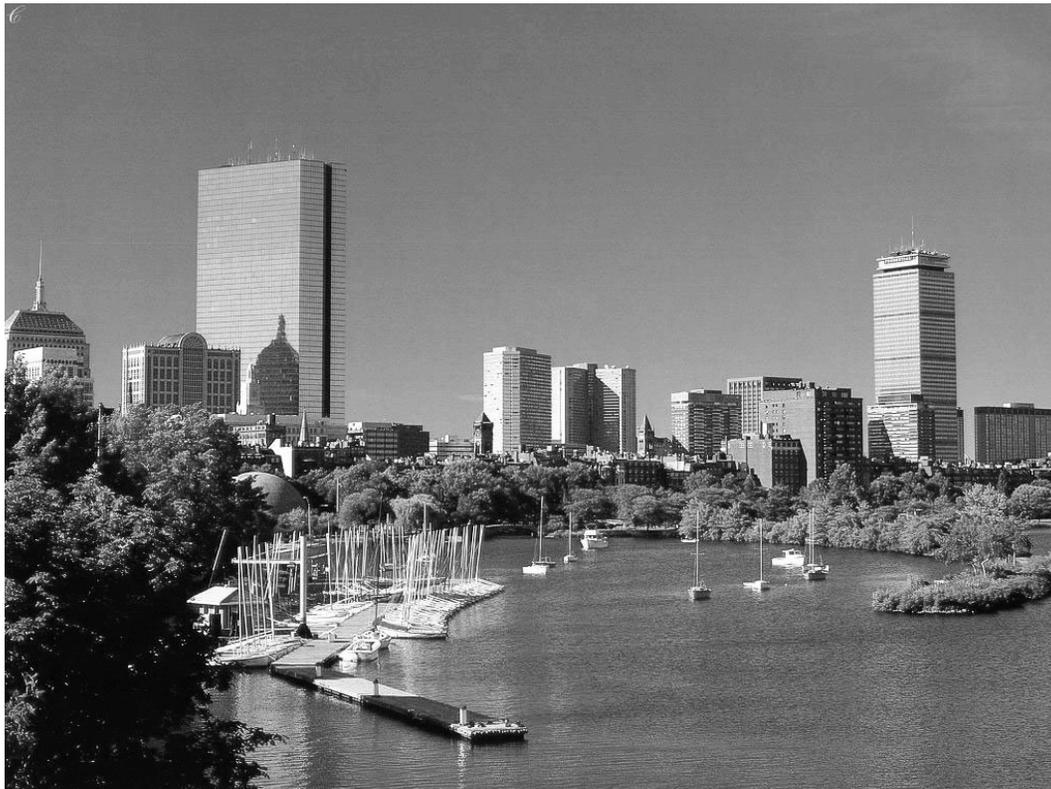
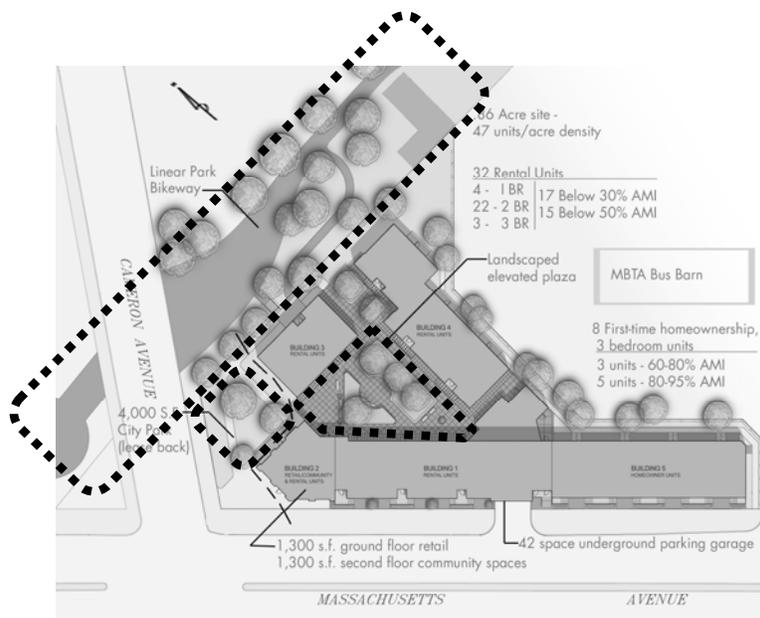


Image Source: <http://www.unicorn1972.com/Pictures/OtherArtists/Landscap/Boston.jpg>

## Our Shared Outdoor Space

*"The survival of the world depends upon our sharing what we have and working together. If we don't, the whole world will die; first the planet, and next the people."*  
-Fools Crow, Ceremonial Chief of the Teton Sioux

Trolley Square is designed to provide access to significant amount of open space for residents to enjoy. These areas include the Interior Courtyard, the city park along Cameron Avenue, and the neighboring Linear Park walking/bicycle path. Please respect the landscaping and any birds or small animals that may share this space with you.



Outdoor Space at Trolley Square

**1. Interior Courtyard:** The interior courtyard is a semi-private plaza partially enclosed by the apartments and the commercial building. It is designed to create a safe play area off the street for children that can be monitored by parents living in the surrounding apartments. Please enjoy this space by keeping it in good condition and free of litter. Thank you!

**2. The Linear Park Bicycle Path:** The Linear Park Path is wonderful for recreational bicycling, jogging, or walking, but it also provides easy access from Trolley Square to the MBTA Red Line and bus services in Davis Square. Using the bike path is a great alternative to driving for commuting to work, going to school, or running errands. The Linear Path runs through Cambridge and

Somerville and connects to other recreational paths, such as the Minuteman Commuter Bikeway and the Fitchburg Cutoff Bike Path, for longer treks. Choosing the path and public transportation over driving saves fuel costs and reduces the air pollution that contributes to global warming. It is also a great way to meet your neighbors!



Image Source: [www.york.gov.uk](http://www.york.gov.uk)

*FACT: Carbon in the earth's atmosphere traps the sun's heat and keeps the earth warm. This is good, because otherwise it would be too cold for us to live on this planet. Unfortunately, our excessive burning of fossil fuels such as coal, gas, and oil in cars and power plants increases the amount of carbon dioxide in the atmosphere and causes the earth to become warmer and warmer. This excessive heating of the earth is called "Global Warming." Global warming causes stronger storms, droughts, rising sea levels, and species extinction. The best way to stop global warming is to reduce your dependence on fossil fuels. This means driving less and conserving as much energy as possible.*

**3. Parking and Vehicles:** Open space was preserved at Trolley Square by putting parking in an underground garage. This way, the surface could be made pleasant for people and vegetation, not cars.

- The garage is for Trolley Square resident parking only.
- If you do not own a car, but need to make occasional car trips, ZipCar is a great and inexpensive alternative to renting a car. ZipCars are located all over North Cambridge. For more information, please visit <http://www.zipcar.com>.
- To protect the area's groundwater and keep the neighborhood clean, please do not change your vehicle's oil or wash your car in the garage or on Trolley Square grounds. These activities can pollute our groundwater.

*FACT: The underground garage will help lower your air conditioning bills in the summer. How? Ever notice how hot parking lots and other asphalt surfaces can get when the sun is shining? This is called the “heat island effect.” Heat islands are caused by dark asphalt that absorbs sunlight and re-radiates heat. This raises the temperatures around parking lots and other asphalt surfaces by as much as 5-10 degrees Fahrenheit, forcing your air conditioners work harder to cool your apartment. By placing parking underground, surface asphalt is minimized and more space is created for plants, which naturally help cool the air.*

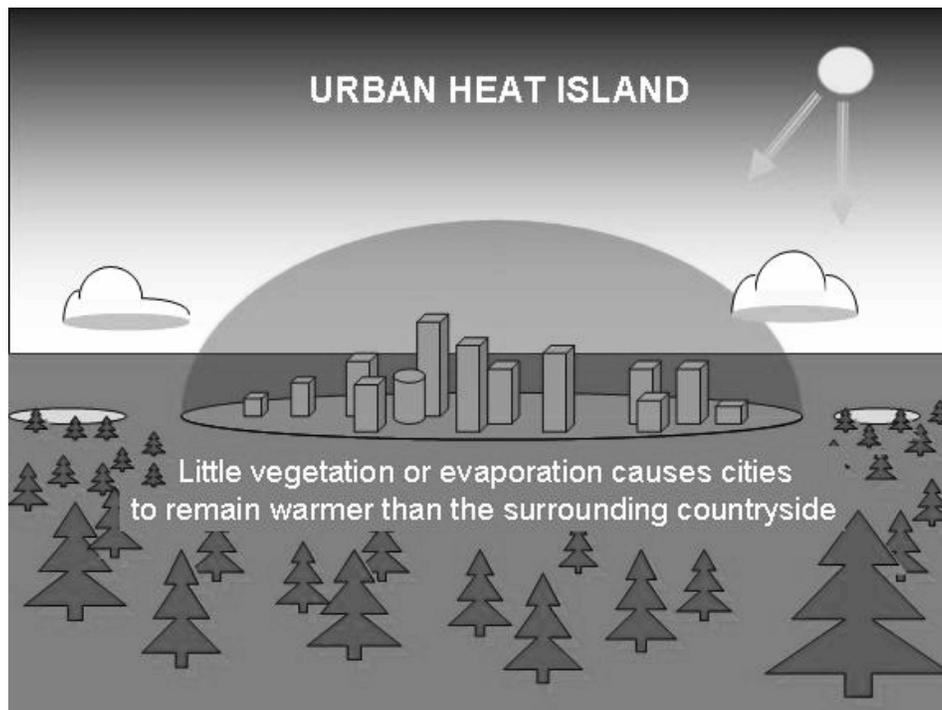


Image Source [www.weatherquestions.com](http://www.weatherquestions.com)

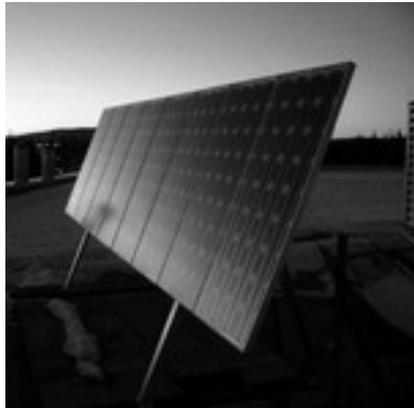
# Heating, Cooling, Ventilation, and Energy Conservation

*“When we heal the earth, we heal ourselves.”  
~David Orr*

Heating and cooling buildings consumes a lot of energy. Usually this energy comes from non-renewable fossil fuels that pollute the air, contribute to global warming, and place excessive demands on the earth’s natural resources. The average house uses 38% of its total annual energy use on heating. Trolley Square is equipped with high performance, energy-efficient heaters to minimize energy use. Below are some ways you can save even more energy, keep the air in your home comfortable and clean, and lower your monthly energy bills.

*FACT: Our energy comes from many sources. Oil, coal, and natural gas are considered non-renewable resources, meaning that we can use them up. Also known as fossil fuels, these non-renewable resources can cause pollution and global warming. Wind, solar, geothermal, and hydro-electric are called renewable energy sources. Renewable energy can not be used up and is generally better for the environment than non-renewable energy, but its production can cause some environmental damage. What is the best way to limit the environmental impact of the energy you use? Conserve as much energy as you can!*

*FACT: Trolley Square has photovoltaic solar panels on the roof that generate clean energy by transforming the sun’s rays into electricity. Since these panels are owned by Trolley Square, you don’t pay for this electricity in your monthly bill. This “free” energy is used to power the lights and ventilation in the garage.*



Wind, Solar, and Hydroelectric forms of renewable energy.

Image Sources: [www.buffalopix.com](http://www.buffalopix.com), [www.blogeko.info](http://www.blogeko.info), [www.nwp.usace.army.mil](http://www.nwp.usace.army.mil)

**1. Control Your Thermostat:** Homeowners' units at Trolley Square are equipped with automatic setback thermostats. Please review the owner's manual for operating instructions.

- During the colder months of the year, set the thermostat at 68 to 70 degrees when home. When you go to bed or leave the house for more than 3 hours, turn the temperature down to between 55 and 60 degrees.
- Trolley Square has a baseboard radiant heating system. Please do not block the baseboards with furniture or rugs as this will prevent the heat from distributing evenly throughout your apartment.

*FACT: Adjusting your thermostat down by two degrees can prevent 2000 lbs of carbon dioxide from being released into the atmosphere each year.*

**2. Air Conditioning:** Every unit at Trolley Square comes with a sleeve to install an energy efficient air conditioner if you choose.

- To ensure the air conditioner operates efficiently, be sure to change the air filters and clean the cooling coils regularly.
- Be sure to purchase an air conditioner that is properly sized for your apartment. Otherwise, you may pay for more cold air than you need! Visit [http://www.energystar.gov/index.cfm?c=roomac.pr\\_properly\\_sized](http://www.energystar.gov/index.cfm?c=roomac.pr_properly_sized) for more details.
- Please aim the drainage line away from exterior wall surfaces to avoid damaging the siding.

*FACT: Switching from a conventional air conditioner to an Energy Star rated model can reduce your energy use and energy bill by 10 percent!*

**3. Natural lighting, artificial lighting, and cross-ventilation:** The design of every unit in Trolley Square is intended to help residents maximize their use of natural daylight and cross-ventilation.

- When possible, use daylight to naturally light your home instead of using energy consuming artificial lights.

- Artificial lighting can cause a room to heat up very quickly. Try using cooler fluorescent light bulbs so you don't need to air condition a room being warmed by lights.
- Don't forget to turn off the lights, the television, and any other electronic appliances when you leave a room.
- Apartments and condos in Trolley Square have operable windows in both the front and rear of the units. On pleasant days, turn off heaters or air conditioners, open the windows on both ends of the apartment, and allow cross-ventilation to fill your home with fresh outdoor air.

*FACT: Many of the lights in your apartment come pre-installed with fluorescent bulbs that use 66% less energy than regular incandescent light bulbs and last 10 times longer (one fluorescent bulb can last 7 years!). If every household in the U.S. replaced one normal light bulb with an Energy Star compact fluorescent bulb, it would prevent pollution equal to the amount of removing one million cars from the road! Fluorescent bulbs are available for purchase from any improvement store.*

**4. Ventilation and Exhaust Fans:** Regularly cleaning fans and vents will improve indoor air quality and help prevent the spread of allergens such as dust and molds.

- The kitchen exhaust fan is attached to the microwave. Change its filter regularly to prevent the spread of allergens and keep it operating effectively.
- All bathrooms are equipped with a low-energy, low-speed continuous fan that constantly refreshes bathroom air and removes moisture.

**5. Seal drafts from windows, walls, and doors immediately:** Drafts lower the insulating power of your apartment and cause heaters and air conditioners to work harder to reach a comfortable room temperature. Sealing drafts and air leaks early will save energy.

- If you rent, promptly report any drafts or leaks to your property manager.

*FACT: Trolley Square's walls have been built with additional wall insulation (made from 80% recycled newsprint), additional roof insulation, and double-paned energy efficient windows. It also has a special white, rubber coated roof that reflects more of the sun's heat than a black roof. The result is a building structure that saves 30% more energy than Cambridge building codes require!*

# Water Use and Conservation

*“When the well's dry, we know the worth of water.”  
- Benjamin Franklin, Poor Richard's Almanac.*

Although it seems like water is everywhere, only 1% of it is safe for human use. Americans use roughly 380 billion gallons of water per day, leading to water shortages and drained lakes, rivers, and streams. Rising water costs have also made it more expensive to get the water we need to live. Conserving water in your home will help reduce your monthly utility bills and help ensure that we have a clean and healthy water supply in the future.

**1. Showers and Sinks:** All of the fixtures in Trolley Square use less water than traditional fixtures. For example, while normal showerheads use 5 gallons of water every minute, “low-flow” fixtures use only 2.5 gallons per minute. Aerators on the sinks reduce water usage from 2-3 gallons per minute to 1.5 gallons per minute.



- Try not to leave water running when not in use.
- A 5 minute shower uses less hot water than a bath. Short showers save \$\$\$!

**2. Dual-Flush Toilets:** The toilets in Trolley Square are called “dual-flush” toilets because they use different amounts of water to flush liquids and solids.

- Dual-flush toilets operate a little differently than normal toilets. For liquid waste, push the left button (half-filled circle). For solid waste, push the right button (fully-filled circle). Refer to the owners guide for further instructions.



Image Source: Caroma

- Avoid using harsh chemicals to clean the toilets. Instead try one of the natural products listed in the “Environmentally Friendly Housekeeping” section of this guide.

*FACT: 60% of the average American family's water bill is spent in the toilet and shower. Proper use of a dual flush toilet can lower your toilet water use by nearly 67%, while low-flow showerheads can reduce water use in the shower by 50%!*

**3. Hot Water:** The hot water in Trolley Square’s rental apartments comes from shared water heaters in each building. These water heaters are set at 120 degrees Fahrenheit to conserve energy and protect residents from accidental scalding.

- Homeowners units each come equipped with their own boilers. Although these units may be adjusted, we recommend keeping a setting of 120 degrees to save energy.

**4. Fix any leaky faucets, toilets, or pipes immediately:** Fixing leaks early will save water and prevent water damage to your home.

- Apartment tenants should report leaks or drips to the property manager.

**5. Don’t pour any hazardous chemicals or paints down the drain or into the ground:** These chemicals will eventually find their way into the ground and pollute the groundwater and soil.

- Save any products that are unsafe for disposal for hazardous waste disposal days. The City of Cambridge holds three hazardous waste disposal days per year. Please visit [http://www.cambridgema.gov/TheWorks/schedules/hse\\_hazard.html](http://www.cambridgema.gov/TheWorks/schedules/hse_hazard.html) for more information.

*FACT: The landscaping at Trolley Square uses only plants local to New England’s climate. This makes it more likely the plants will live a long time, and requires less irrigation to keep them alive. When the landscaping does need watering, Trolley Square has a special “drip” watering system that captures, stores, and spreads rain water without using any of the City’s drinking water supply.*

# Household Appliances and Conservation

*“Take care of the earth and she will take care of you.”*

*~Author Unknown*

Household appliances are major consumers of both energy and water. Following some of the suggestions below can help increase their energy efficiency.

## **1. Refrigerator/Freezer:**

- Maintain refrigerator at 37 to 40 F.
- Maintain stand alone freezer temperature at 0 F.
- Check the refrigerator and freezer periodically for signs of deterioration, particularly around the gaskets.

## **2. Dishwasher:**

- Make sure dishwasher holds a full load before using it.
- The energy used during the “dry” cycle on dishwashers can be saved by propping the dishwasher door open and air-drying dishes.
- Use liquid dishwasher detergent instead of powder soap. Powder will not dissolve completely in Trolley Square’s 120-degree hot water system.

## **3. Stove, Microwave, and Oven:**

- Matching the size of pan to heating element size on the stove, using flat bottom pans, and covering pans will increase cooking times and decrease energy usage.
- Use small cooking appliances, electric frying pans, toaster ovens, and others whenever possible.

## **4. Computers and other Electronics:**

- Shut off computers, TVs, and other appliances when they are not in use.
- Replace aging electronics and appliances with newer, more energy efficient models.
- Choose appliances with automatic shut off switches or install timers to automatically shut off devices after certain amounts of time.

**5. Laundry:** Homeowner’s units in Trolley Square come equipped with washer and dryer hook-ups. Renters may use the Energy Star rated laundry facilities located in the garage near the elevator.

- When purchasing a washer and dryer, look for an Energy Star front loading washer instead of a top loading machine. Front loading washers use less water and some rebates may be available for Energy Star models. Look for a model with variable temperature settings. Don't buy a drier with a load size larger than the washer's maximum load size.
- Washing one big load of laundry is less expensive and uses less energy than two small loads. Make sure your load is full before running the machine.
- Wash full loads of laundry with cold water. Washing clothes in hot water costs more and does not sterilize clothes.
- Use non-toxic soaps and alternative cleaners.
- Periodically check to make sure the dryer vent is not obstructed or stuck.
- Clean the lint screen in your dryer before every load to make sure that air can pass through the machine.
- Please do not overload the dryer.

*FACT: When purchasing any home appliance, compare the difference between different products' energy use and costs by reading the big yellow Energy Star label on the product's package. All appliances in Trolley Square have been selected for their high Energy Star ratings.*

## Caring for your Environmentally Friendly Floors

Trolley Square contains special flooring that does not contain hazardous chemicals. Properly taking care of these floors will keep your home looking clean and new for years to come.

**1. Carpet:** The carpets at Trolley Square are free of chemicals and use hypo-allergenic carpet cushions made from recycled material.

- Vacuum your carpet regularly to prevent the build up of dust and other allergens.
- Please remove spots and spills promptly before they set. Baking soda and water naturally removes many stains.
- Do not store bicycles on carpeted surface since they bring in oil on their tires.
- If you rent your apartment and you have a stain you cannot remove, contact your property manager and a professional carpet cleaner will be sent. Please do not shampoo your own carpets.

*FACT: Many flooring products contain chemicals known as Volatile Organic Compounds (VOCs). VOCs are found in many paints, glues, and carpets and may be a health hazard. The carpets, paints, sealants, and glues used at Trolley Square were chosen for their low-toxicity and low VOC content to ensure that the air quality inside your home remains healthy. When purchasing these products yourself, look for the Green Seal on paints and the Green Label on carpets and rugs to make sure that what you buy is low in VOCs.*



**2. Marmoleum Flooring:** The marmoleum flooring in your home's kitchen is made of natural materials, contains no VOCs, and was selected for its high durability. **SPECIAL CLEANING INSTRUCTIONS MUST BE FOLLOWED IN ORDER TO MAINTAIN THESE FLOORS PROPERLY.**

- Clean your floor regularly by sweeping/dust mopping or vacuuming. If the floor is muddy it can be cleaned with a SLIGHTLY damp mop, making sure the dirt is rinsed out of the mop and not spread back on the floor. Use ONLY Marmoleum Concentrated Floor Cleaner for heavy cleaning (Available for purchase at <http://www.themarmoleumstore.com>).
- Tough dirt should be removed with a scrubbing sponge (i.e. SOS, Scotch-Brite) or nylon brush. Small rotary floor machines and wet vacuum cleaners such as the Bissel system are also very good at cleaning and removing ingrained dirt.
- For spills, scrape or blot as much as possible and as quickly as possible. Mop with diluted Marmoleum Concentrated Floor Cleaner. Damp mop with clean water. Repeat steps 3 & 4 if necessary.
- DO NOT apply wax furniture polish or silicone products to the marmoleum or use too much water when cleaning. Use only a slightly damp mop.
- Protect your floor from sharp furniture legs by placing furniture caps or similar protectors on them. If moving a heavy object across the floor, place a piece of carpet (or similar) underneath it.

*FACT: Marmoleum floors are made of linseed oil, rosins, wood flour, jute and ecologically responsible pigments. These resources are called “rapidly renewable resources,” meaning they can be re-grown very quickly without hurting the environment or endangering the species.*

**3. Ceramic tile:** The ceramic tile in your bathroom was selected for its durability in moisture prone areas.

- Clean the ceramic regularly with a non-toxic cleaner to prevent mildew and fungal growth.

# Environmentally-Friendly Housekeeping

*“Every day is Earth Day.” ~Author Unknown*

Most household cleaners contain harsh chemicals that are not safe to touch and give off fumes that are not safe to breathe. Below are some inexpensive alternative household cleaning products that do not pose strong health hazards.

**1. Use simple, natural cleaning products:** You may not realize it, but many ordinary household items are effective for standard household chores and cleaning up many different stains. For more tips, visit <http://housekeeping.about.com/cs/environment/a/alternatclean.htm> and <http://dep.state.ct.us/wst/p2/individual/house.htm>

- *Baking Soda:* A baking soda and water paste can be as effective as standard commercial abrasive cleaners for getting stains out of clothes, cleaning kitchen appliances, cleaning pots and pans, deodorizing the garbage and refrigerator, and eliminating other household odors. When mixed with Borax, baking soda can replace expensive detergent for your automatic dishwasher. Mix with vinegar and rubbing alcohol for a streak free glass/mirror cleaner.
- *Vinegar:* Mix one part vinegar with one part water in an empty spray bottle and use it on most hard surfaces in your home (never use on marble or marmoleum) instead of a harsh chemical spray. Use on toilets, sinks, showers, counters, and kitchen appliances. Any scent of vinegar will disappear after the surface has dried. Vinegar may also be used as a fabric softener in your laundry.
- *Lemons:* Lemon juice can be added to either vinegar or baking soda to increase its cleaning power. Try cutting a lemon in half and using it to scrub dirty dishes instead of using traditional dish soap.

**2. Purchase non-toxic cleaners:** Many companies now offer versions of traditional soaps, sprays, and abrasives without toxic chemicals. Please see Appendix A for a list of commercially available “green” cleaning products and web sites providing more information on green cleaning products.

- Look for products that are free of phosphates, EDTA (ethylene diamine tetraacetic acid or ethylene dinitrilotetraacetic acid) or NTA (nitrilotriacetic acid), petroleum, and nonylphenol ethoxylate, chlorine, and artificial fragrances and colors.

- Choose products with no or low VOC concentrations (less than 10%).
- Do not buy products with “Danger” or “Warning” labels.
- Use products that come in concentrated form to reduce the amount of packaging used.
- Buy products sold in biodegradable packaging or that are themselves biodegradable. After they are disposed of, they will breakdown without polluting soil.

*FACT: Chemical cleaners and packaging can stay toxic for many years after they have been disposed of, polluting soil and water. Biodegradable packaging and cleaning supplies break down over time and decompose into non-toxic elements that don't harm the environment.*

- 3. Purchase cleaning products made of recycled content:** Look for cleaning products made with recycled materials or packaged using recycled content. Don't forget to recycle packaging when you are done using it!



- 4. Look for cleaning products with third-party verification of their non-toxicity.** Look for the “Green Seal” or other certification proving a cleaner is environmentally acceptable. A list of “Green Seal” products is available at <http://www.greenseal.org/findaproduct/index.cfm>.

# Recycling and Garbage

*“Waste not the smallest thing created, for grains of sand make mountains.” ~ E. Knight*

Much of the waste households produce, from soda cans to paper bags to glass bottles to plastic containers, can be reused or recycled. Reusing and recycling drastically reduces the amount of natural resources needed to produce new products. For example, every Sunday, Americans throw away 90% of newspapers that could otherwise be recycled to save 500,000 trees every week! Recycling is one of the most simple and effective things that you can do for the environment. Below are some simple recycling suggestions:

**1. Separate garbage from recyclables:** The City of Cambridge requires that all residents recycle. Trolley Square has a recycling center where you may leave all of your recyclables for pick-up.

The following items may be recycled:

- *Glass, Metal & Plastic Containers:* Please rinse before putting into recycling bin.
  - aluminum (pie plates, trays & foil), empty aerosol cans, glass containers (any color), metal cans (tin, steel & aluminum), stiff plastic containers, #1-7, (no plastic bags/ Styrofoam), plastic plant pots (#1-7, must be clean)
- *Paper:* Collect in paper bags before putting in recycle bin.
  - paperboard (cereal & tissue boxes, paper towel rolls), magazines & newspapers (glossy paper is ok), phone books & junk mail, (no CDs or plastic wrap), milk/juice cartons, (aseptic containers are ok), soft cover books, all office paper (no blueprints)
- *Cardboard:* Please flatten or cut so it is no larger than 3' x 3' and place next to recycling bins.

*FACT: Recycling can help prevent global warming. Trees naturally reduce the carbon dioxide levels in the atmosphere by transform carbon dioxide into oxygen. Unfortunately, entire forests are being cut down to make paper. Without these forests, carbon dioxide levels increase and global warming intensifies. The more we recycle, the fewer trees we need to cut down.*

**2. Reuse items instead of disposing them:** Many items we throw out can be used again. Visit <http://www.p2pays.org/recycleguys/tips.asp> for more tips.

- Donate old clothes to Goodwill or bring to a thrift shop.
- Bring canvas, cloth, or old plastic bags with you to the store instead of bringing home new ones.
- Use silverware instead of disposable cutlery and paper plates.
- Pack your lunch or leftovers in a reusable container.

**3. Purchase products made from recycled materials:** Many products, such as plastic containers, paper towels and toilet paper, notebooks, and glassware come from recycled materials. Purchasing these products shows manufacturers that you support recycling efforts and can reduce the amount of natural resources we consume.

- Use recycled, non-chlorine bleached paper and bath products when possible. These products are far less polluting than products containing bleach.

*FACT: Every ton of 100% recycled paper saves an estimated 4,100 kilowatt-hours of energy, 7,000 gallons of water, and 60 pounds of air pollutants. If all paper towels were made with 100% recycled materials, approximately 1 million tons of used paper would be kept out of our waste stream.*



## Healthy, Locally Grown Food

Fruits and vegetables bought at farmers markets, farm stands, and food co-ops can be less expensive than buying at the supermarket, often contain fewer pesticides than grocery store produce, and help support local farmers. Below is a list of nearby places where you can buy locally grown foods. All are accessible by public transportation.

### **Arlington Farmers Market**

Russell Common parking lot  
Arlington Center  
Arlington, MA 02174  
June-October  
Wed. 2:00 pm-6:30 pm  
WIC Coupons  
T: 77 Bus to Arlington Ctr.

### **City Hall Plaza Farmers Market**

Boston City Hall Plaza  
Boston, MA 02202  
May-November  
Mon/Wed-11:00 am-6:00 pm  
WIC Coupons  
T: Green Line to Gov't Ctr.

### **Copley Square Farmers Market**

St. James Avenue  
Boston, MA 02202  
May-November  
Tues/Fri,-11:00 am-6:00 pm  
WIC Coupons  
T: Green Line to Copley

### **The Harvest Co-op**

581 Mass. Ave. Central Sq  
Cambridge, MA 02139  
617-661-1580  
T: Red Line to Central

### **Brighton Farmers Market**

Brighton Ctr-Bank of America  
Brighton, MA  
July-October  
Saturday, 12:00pm-4:30 pm  
WIC Coupons  
T: Check bus schedules

### **Brookline Farmers Market**

Center St West parking lot  
Coolidge Corner  
Brookline, MA 02146  
June-October  
Thursday, 1:30 pm-dusk  
WIC Coupons  
T: Green Line Coolidge Cnr

### **Cambridge Central Square Farmers Market**

Bishop Allen by Columbia  
Cambridge, MA 02143  
May-November  
Monday, 12:00 pm -6:00 pm  
WIC Coupons  
T: Red Line to Central

### **Cambridge Charles Square Farmers Market**

Charles Hotel at Harvard Sq.  
Cambridge, MA 02138  
May-November  
Friday, 1:00 pm-6:00 pm  
Sunday, 10:00 am-3:00 pm  
WIC Coupons  
T: Red Line to Harvard

### **Cambridgeport Farmers Market**

Morse School parking lot  
Magazine St & Memorial Dr.  
Cambridge, MA 02139  
June-October  
Saturday, 10:30 am-3:30 pm  
WIC Coupons  
T: Red Line to Central, 47 Bus to Memorial Dr.

### **Somerville Farmers Market**

Davis Square  
Day & Herbert Streets  
Somerville, MA 02143  
May-November  
Wed., 12:00pm-6:00 pm  
WIC Coupons  
T: Walk to Davis Square

*FACT: Fruits and vegetables from supermarkets usually have traveled thousands of miles for days or even weeks, causing its nutritional value, freshness, and taste to decline with time. Food from farmers markets is often picked less than 24 hours before you purchase it!*

## Green Community Resources

*“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.”*  
~Chief Seattle, 1855

Cambridge is home to many community groups and organizations that offer valuable information and services about “living green” to Cambridge residents. Below are some resources for accessing these services or for joining a local organization.

**1. Meet Your Neighbors:** One of the best ways to learn about your community is by asking the people that know it best – people who live there. Knowing your neighbors can also make Trolley Square a safer, cleaner, and more enjoyable place to live.

**2. Trolley Square’s Community Space:** Trolley Square has approximately 1200 square feet of indoor space designated for community use. It is located on the second floor at the corner of Mass Ave and Cameron Street. Residents are encouraged to use this space.

- The community space may be used to hold workshops, meetings, or social events. It contains a community room, small office, restrooms, and a kitchenette. Please contact your property manager if you are interested in reserving this space for community function.
- Certain nights of the week, the community space is reserved for use by neighborhood community organizations. Many of these groups welcome your participation in their functions. Please check the schedule posted in the community room for meeting times.

**3. Community Resources:** Below is a partial list of “green” services and resources that you might find useful for learning more about “living green” in your community.

- *Cambridge Recycling Department:* Information on how to recycle in Cambridge.  
<http://www.cambridgema.gov/TheWorks/departments/recycle/materials.html#>
- *Cambridge Bicycle Committee:* Composed of community members working to improve conditions for bicyclists in Cambridge.

- <http://www.cambridgema.gov/cdd/et/bike/> Contact: Stephanie Anderberg, [sanderberg@cambridgema.gov](mailto:sanderberg@cambridgema.gov), (617)349-4671
- *Cambridge Pedestrian Committee*: Works to improve access and create a pleasant and safe environment for pedestrians in Cambridge.  
[http://www.cambridgema.gov/cdd/et/ped/plan/ped\\_com.html](http://www.cambridgema.gov/cdd/et/ped/plan/ped_com.html) Contact: Rosalie Anders, [randers@cambridgema.gov](mailto:randers@cambridgema.gov), (617) 349-4604
  - *Cambridge Climate Protection Initiative*: City initiative to create a more environmentally friendly community.  
<http://www.cambridgema.gov/cdd/et/env/climate/climate.html> Contact: John Bolduc, [jbalduc@cambridgema.gov](mailto:jbalduc@cambridgema.gov), (617)349-4628
  - *Office of Workforce Development*: Offers many youth and adult job training and placement programs to Cambridge residents.  
<http://www.cambridgema.gov/DHSP2/owd.cfm>, 617-349-6234.
  - *City Sprouts*: After school and summer programs for children centered on urban gardening and outdoor education. <http://www.citysprouts.org/> Contact: Jane Smillie, Director, [jsmillie@citysprouts.org](mailto:jsmillie@citysprouts.org), (617) 349-6562 x208
  - *The Food Project*: The Food Project engages young people in sustainable agriculture. Each year, over a hundred teens and thousands of volunteers farm 31 acres in rural Lincoln and several lots in Boston.  
<http://www.thefoodproject.org>.
  - *EPA Region I Air Quality Index*: During warmer months, issues air quality alerts and online mapping of ozone and particulate levels.  
<http://www.epa.gov/region01/aqi/index.html>.
  - *Energy Star*: Information about energy efficient appliances and products including a listing of retailers. <http://www.energystar.gov/>
  - *Massachusetts Interfaith Power & Light*: Organization working to help places of worship improve the energy efficiency of their facilities and to support energy efficiency of congregation members. <http://www.mipandl.org>.
  - *ACEEE Green Guide to Cars and Trucks*.  
<http://www.greencars.com/indexplus.html>
  - *EPA Green Vehicle Guide*. <http://www.epa.gov/greenvehicles>
  - *EPA Personal Greenhouse Gas Emissions Calculator*  
<http://yosemite.epa.gov/oar/globalwarming.nsf/content/ResourceCenterToolsGHGCalculator.html>

## Kids and Nature

*“You must teach your children that the ground beneath their feet is the ashes of your grandfathers. So that they will respect the land, tell your children that the earth is rich with the lives of our kin. Teach your children what we have taught our children, that the earth is our mother. Whatever befalls the earth befalls the sons of the earth. If men spit upon the ground, they spit upon themselves.” ~ Native American Wisdom*

The desire to “live green” and protect our planet begins with an appreciation of the natural world. One of the best ways to give children this appreciation is by exposing them to nature and letting them explore the outdoors. Below are some ways to help increase your kids’ interest in nature. The more they love and respect the environment, the more likely they will want to protect it!

**1. Explore the Great Outdoors:** There are many places both nearby to Trolley Square and further away that are accessible by public transportation and provide lots of open space for children to explore and play.

- *Visit a nearby park:* **Russell/Samp Field** (Follow Linear Park westward), **Tobin Field** (Cedar and Dudley St), **Raymond Park/Corcoran Field** (Walden and Raymond St), **Ring Field** (Yerxa and Pemberton St), **Danehy Park** (New St behind Fresh Pond Mall).

For a complete map of all Cambridge Parks and their available activities, please visit: <http://www.ci.cambridge.ma.us/CDD/cp/parks/osmap.pdf>.

- *Take a hike or a bike ride:* **Cambridge Linear Park** (right outside!), **Fresh Pond Reservation** (Concord Ave and Fresh Pond Pkwy), **Middlesex Fells** (Orange Line to Oak Grove), **Arnold Arboretum** (Orange Line to Forest Hills), **Charles River Recreation Path** (Red Line to Charles Street), **Revere Beach** (Blue Line to Wonderland), **Lincoln Reservation/Walden Pond** (Fitchburg Commuter Rail to Lincoln), **Emerald Necklace** (Green Line D to Longwood), **Back Bay Fens and Victory Gardens** (Green Line to Hynes/ICA) **Chestnut Hill Reservoir** (Green Line C to Cleveland Circle), **Boston Harbor Islands** (Ferry Service from Long Warf).

There are many other areas open to hikers that are both on and off public transportation. Please visit <http://www.geocities.com/Yosemite/Trails/1171/>

for more information on these and many more hiking and biking opportunities.

- *Join a Community Garden:* Gardening is a great way for kids and adults to see up close how nature works. Below are some community gardens located in and around North Cambridge. For more information about any of these or other community gardens groups in the greater Boston area, please visit [http://www.bostonnatural.org/community\\_gardens.php](http://www.bostonnatural.org/community_gardens.php).

**Corcoran Park Garden** - Walden St./Corcoran Park

**Don McMath Park Community Garden** - Pemberton Street, off Sherman

**Fresh Pond Parkway Garden (MDC)** -Located near Fresh Pond/

**Neville Manor Garden**- Fresh Pond/Neville Manor

**Sacramento Street Garden**- Sacramento St., off Mass. Ave.

**Whittemore Ave. Garden** - Whittemore Ave., near Alewife

*FACT: Recent studies have shown that giving children time to play in and experience nature has helped reduce the symptoms of Attention Deficit Disorder.*

**2. Visit a Museum or Interpretation Center.** Boston is home to many museums and educational centers that explore different elements of the natural world.

- **The New England Aquarium** (Blue Line to Aquarium)
- **Franklin Park Zoo** (Orange Line to Forest Hills, 16 Bus to zoo)
- **Boston Nature Center** (Orange Line to Forest Hills, 31 Bus to Morton/Harvard streets): Two miles of wheelchair accessible trails and boardwalks through meadows and wetlands. See coyotes, pheasants, and many species of migratory birds.
- **Habitat Education Center and Wildlife Sanctuary** (Commuter Rail to Belmont Center or 74/75 Bus from Harvard Square, 1 mile walk): Nature Center and 2.5 miles of trails through forests, meadows, ponds, and wetlands.
- **Drumlin Farm** (Fitchburg Commuter Rail to Lincoln): Explore a working farm and wildlife sanctuary.
- **Blue Hills Trailside Museum** (Milton, MA): Exhibits featuring wildlife within the reservation's 150 miles of trails.

**3. Join an outdoors camp or after school program.** Several organized camps and after school programs in the area help kids explore and learn about nature

and the outdoors. Visit Baby Zone Parent Resources for more information at <http://boston.babyzone.com/parentresources.asp?prid=863>.

- **City Sprouts:** After school and summer programs for children centered on urban gardening and outdoor education. <http://www.citysprouts.org/>
- **The Food Project's BLAST Program:** BLAST (Building Local Agricultural Systems Today) brings youth and adults together to build sustainable food systems and help create new leaders. <http://www.thefoodproject.org/blast>

4. **Read.** Many books, including the one below, discuss ways to help get children to gain a greater appreciation for nature and the environment.

- Louv, Richard. Last Child in the Woods: Saving our Children from Nature Deficit Disorder. Algonquin Books: Chapel Hill. 2006.

5. **Environmental Websites for Kids:** The following websites offer environmental information and resources for kids.

- **U.S. Environmental Protection Agency Kids Club:** <http://www.epa.gov/kids/>
- **Youthnoise:** <http://www.youthnoise.com>
- **Dr. E's Energy Lab (U.S. Dept. of Energy):** <http://www1.eere.energy.gov/kids/>
- **Energy Kid's Page (U.S. Energy Information Administration):** <http://www.eia.doe.gov/kids/>
- **Kids Saving the Planet:** <http://www.kidssavingtheplanet.org>
- **Kaboose – Earth Day Every Day:** <http://www.kaboose.com/features/earth-day/index.html>
- **Leaders of Waste Reduction – Recycling for Kids:** <http://www.vironleader.org/kids.html>

## APPENDIX A: Environmentally Friendly Cleaning Supplies

<b>Company</b>	<b>Product Name</b>	<b>Available at</b>
OdoBan Commercial	Earth Choice Degreaser	<a href="http://www.hdsupply.com">www.hdsupply.com</a>
OdoBan Commercial	Earth Choice Neutral Floor Cleaner	<a href="http://www.hdsupply.com">www.hdsupply.com</a>
The Clean Environment Company	The Natural Glass & Hard Surface Cleaner (N-13)	<a href="http://www.cleanenvironmentco.com">www.cleanenvironmentco.com</a>
Alfa Kleen	GreenMagic, All-Purpose Cleaner (AK-013)	<a href="http://www.alfakleen.com">www.alfakleen.com</a>
The Clean Environment Company	The Natural All Purpose Cleaner	<a href="http://www.cleanenvironmentco.com">www.cleanenvironmentco.com</a>
The Clean Environment Company	The Natural Heavy Duty Degreaser/Cleaner	<a href="http://www.cleanenvironmentco.com">www.cleanenvironmentco.com</a>
OdoBan Commercial	Earth Choice Glass and Surface Cleaner	<a href="http://www.hdsupply.com">www.hdsupply.com</a>
Alfa Kleen	ScentMagic, Air Freshener (AK-045)	<a href="http://www.alfakleen.com">www.alfakleen.com</a>
Alfa Kleen	CarpetMagic, Carpet Cleaner (AK-024)	<a href="http://www.alfakleen.com">www.alfakleen.com</a>
Seventh Generation	Toilet Bowl Cleaner--Natural Mint	<a href="http://www.amazon.com">www.amazon.com</a>
Seventh Generation	Carpet Cleaner--Natural Citrus	<a href="http://www.amazon.com">www.amazon.com</a>
The Clean Environment Company	Super Citrus Cleaner	<a href="http://www.cleanenvironmentco.com">www.cleanenvironmentco.com</a>
Naturally Yours	Basin, Tub & Tile Cleaner	<a href="http://www.naturallyyoursclean.com">www.naturallyyoursclean.com</a>
Seventh Generation	Carpet Cleaner--Natural Citrus	<a href="http://www.shopnatural.com">www.shopnatural.com</a>
Naturally Yours	Cleaner Degreaser Concentrate	<a href="http://www.naturallyyoursclean.com">www.naturallyyoursclean.com</a>
Naturally Yours	All Purpose Cleaner Concentrate	<a href="http://www.naturallyyoursclean.com">www.naturallyyoursclean.com</a>
Naturally Yours	Clinging Toilet Bowl Cleaner	<a href="http://www.naturallyyoursclean.com">www.naturallyyoursclean.com</a>

Other Sources of Green Products:

- [www.greenseal.org/findaproduct/index.cfm](http://www.greenseal.org/findaproduct/index.cfm)
- [www.mass.gov/epp/products.htm](http://www.mass.gov/epp/products.htm)
- [www.simplepureclean.com](http://www.simplepureclean.com)
- [www.ecomall.com/biz/cleaning.htm](http://www.ecomall.com/biz/cleaning.htm)
- [www.seventhgeneration.com](http://www.seventhgeneration.com)
- [www.greenlivingnow.com](http://www.greenlivingnow.com)

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Trolley Square, LLC logo design by Ingrid Nunez



