



CANADIAN APARTMENT  
PROPERTIES • REIT

# Resident Sustainability Guide

As part of CAPREIT's commitment to sustainability, this guide aims to help you manage your sustainability impact.

ENERGY  
EFFICIENCY

WATER  
MANAGEMENT

ALTERNATIVE  
TRANSPORTATION

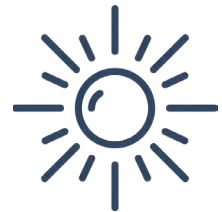
WASTE  
MANAGEMENT

INDOOR AIR  
QUALITY

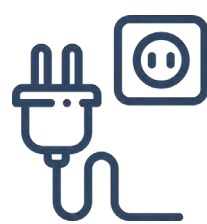
# Energy Efficiency



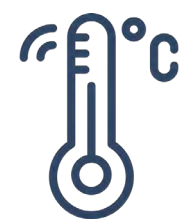
Purchasing products that yield energy efficiency savings will help manage your energy footprint.



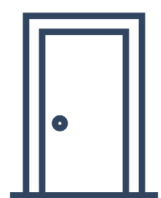
Remember to switch the lights off when you leave rooms. Make use of natural lighting whenever and wherever possible.



Unplug devices if they are not being used and activate energy-saving options on your computer and other devices.



Consider switching to lower temperatures for energy-savings during nighttime or when you are not in the home.

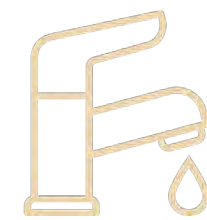


Remember to check if doors and windows are properly closed to prevent heat loss.





# Water Management



Check for leaky water faucets, showers, and toilets. Create a maintenance ticket in the Resident Portal.



Considering running appliances like dishwashers and washing machines only when full. Use eco-cycles if available.

If you wish to have greater control over your energy and water footprint, we encourage exploring submetering. If you would like to know more about submetering, please reach out to your property management team to discuss options.

# Waste Management



Familiarize yourself with your apartment's waste collection/drop off sites and locations. Practice waste segregation (dividing your waste into organics, recycling, garbage) practices/guidelines.



Reduce paper and plastic footprint wherever possible (i.e. switch to paperless billing). Please join the Resident Portal to minimize paper notices.

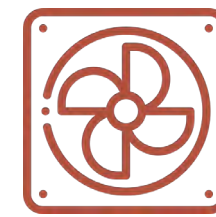


Follow municipal guidelines for the disposing of batteries and electronic waste in your city.

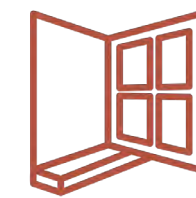




# Indoor Air Quality



Use and clean bathroom and kitchen fans regularly.



Open windows, whenever possible and weather permitting, for fresh air and to increase ventilation. Check that baseboards and heating vents are not obstructed by furniture.



If possible, install air purifiers in your home to help manage allergens and indoor air quality.



Regular cleaning, vacuuming, dusting, mopping and organizing can help control and reduce dust and allergens.

# Alternative Transportation



Consider biking and walking whenever possible for trips within the neighborhood such as grocery stores etc.



Whenever possible, use public transit such as buses and trains and carpooling and ridesharing options to reduce emissions.





# Contact

We look forward to hearing from you. If you have questions or suggestions, please write to us at [wecare@capreit.net](mailto:wecare@capreit.net).

# Sources

[Do Air Purifiers Work? Research, Best Practices, and More](#)

[Improve Indoor Air Quality in Your Home](#)

[Let the Air in: Low-cost Ways to Improve Your Indoor Air Quality](#)

[Easy Ways You Can Improve Indoor Air Quality](#)

[Green Transportation Ideas: 11 Epic Transport Solutions](#)

[Household Guide to Water Efficiency](#)

[Homeowners Guide Energy Efficiency](#)

[Energy Efficiency Toolbox](#)