

# SUSTAINABLE LIVING: HOW TO BE AN ECO-FRIENDLY TENANT





# INTRODUCTION



**Living sustainably** in a rental is easier than you think. Small changes in your daily routine can create a big impact, both for the planet and your utility costs.



# 01

## Save energy without any upgrades

Even if you cannot upgrade appliances or add insulation, you can still reduce energy waste at home. Focus on daily habits and simple switches that cut unnecessary use.

### *Start with:*

- Use energy-efficient LED bulbs instead of incandescent lights
- Unplug chargers and electronics when not in use
- Keep furniture away from vents or baseboard heaters to improve airflow
- Close blinds during hot afternoons and open them for natural light in winter
- Use power bars to fully switch off multiple devices with one button

If your apartment has electric baseboard heat, get a portable fan to circulate air more efficiently.

# 02

## Simple ways to conserve water

Water waste often happens quietly, but a few simple practices can prevent it. Try this instead:

- Turn off the tap while brushing your teeth or doing dishes
- Run full loads in the dishwasher and washing machine
- Limit showers to 5–7 minutes
- Keep a jug of drinking water in the fridge to avoid running the tap
- Report any leaks, drips, or running toilets immediately

In summer months, if you have a patio or garden space, water plants early in the morning or evening to reduce evaporation.



## 03

### Are you recycling properly in Kingston?

Recycling in Ontario follows specific rules, and sorting your waste properly helps reduce landfill use and contamination.

***Check these Kingston-specific guidelines:***

- Paper, cardboard, cans, and plastics must go in blue and grey boxes – no plastic bags
- Organic waste or compost may be managed by your building, but not all rentals include green bin service
- Electronics, batteries, and household hazardous waste must be dropped off at designated city depots
- Soft plastics and black plastic trays are not recyclable in most areas – check local lists

Find full sorting instructions and drop-off locations at [CityofKingston.ca](https://www.cityofkingston.ca) under “Waste and Recycling.” You can also download the Kingston Waste app for collection reminders.





# How Can You Support Local Green Initiatives?

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Your neighbourhood is part of a larger ecosystem. Participating in community-based sustainability projects is a great way to meet others and support local goals.

## Look for:

- Clothing swaps or zero-waste markets
- Repair cafés where you can fix broken household items
- Tree planting or clean-up days organized by local groups
- Community garden projects open to renters and newcomers
- Sustainability workshops hosted by the City or university programs

Follow community groups on Instagram or check your library's bulletin board for free events.

Begin with one small habit and practice it consistently. Over time, these actions lead to meaningful change. Share what you learn with others — sustainable living works best when it becomes a shared effort.