



Flik Conference Centers Sustainability Program

around the facility

Standard

- Fluorescent lighting and/or LED used throughout the facility, including guest rooms.
- Reusable cups for employee cafeteria, in lieu of disposable cups
- Wooden pallets picked up for re-use.
- Worn towels, sheets and linens donated to local shelter, university fitness facilities, local YMCA/YWCA.
- Recycling of cardboard, plastic, aluminum, glass, newspapers, magazines and office paper.
- Printer/copier paper has 35% recycled content.
- Maintenance log kept for all property vehicles, appliances & equipment
- Recycle used ink and toner cartridges, (soy based inks where available)
- Disposable coffee cups made of compostable
- Seasonal thermostat guidelines for common area spaces set and adhered to
- No Idling Policy for Hotel Vehicles and Vendor Deliveries to reduce air pollution.
- Energy efficient "appliances" and equipment installed where available, maintenance kept up to ensure efficiency.
- Perform/Order annual waste audit and use suggestions to reduce waste.

Preferred

- Use of Eco Friendly, chemical free, nontoxic, Low-VOC, biodegradable cleaning products used.
- Energy management program in place to reduce electricity consumption (eg: programmable thermostats, motion detective lighting sensors etc)

Recommended

- Composting in place for food and yard waste
- High efficiency filters installed on HVAC equipment
- Rain Water Collection

Preferred

- Supplement paper towels with reusable fabric towels in public restrooms. (not sure this is achievable?)

in the conference center and catering

Standard

- Filtered water or water bubblers with glasses in lieu of plastic bottled water
- Recycling containers available in conference rooms & public space
- Meeting room notepads made of recycled paper.
- Disposable coffee cups made of compostable or recycled material
- Reuse of plastic nametag holders
- Hard top or laminate top tables are used for meetings to reduce linen usage
- Catering linen reused if tables are untouched

Preferred

- Recycle Containers available at Break Stations
- Eliminate disposables on coffee breaks and replace with china/glass where possible. Inventory china mugs, small plates & glasses at 65% of the conference center capacity. (Vender in resource section)
- Upscale juice pitchers to eliminate the need for bottled juices
- Pens made of recycled plastic or use pencils
- Coasters made of post consumer or reusable material (i.e Chilawich)
- Local and/or organic seasonal hand fruit is available on all coffee breaks and restaurants

in the guest rooms

Standard

- Vacant guest rooms are kept at 64 degrees in winter & 78 degrees in summer.
- Low Flow Showerhead low flow (2.5 gpm)
- "Common Sense" linen program to encourage reuse of towels and sheets.
- Compact fluorescent bulbs installed in guest rooms.
- Guestroom keys made of recycled materials & biodegradable.



- Offer newspapers in Lobby, Fitness Center and Business Centers in lieu of delivering them to each guest room (except VIP rooms).
- Email client bills instead of printing them unless requested.
- Recycle Boxes or dual cans compartment waste cans in guest rooms (see resources for link)
- Guestroom toiletries made from sustainable or organic products and/or in a biodegradable container (Bee Kind).

Preferred

- Glow in the dark light switches are utilized instead of night lights.
- Low flow toilet flush (1/6 gpf), tap low flow (2.2 gpm)
- Use of Eco Friendly, chemical free, nontoxic, Low-VOC, biodegradable cleaning products used
- Recycle used bar soap
- Reusable glasses and mugs in guest rooms.

Recommended

- Use Organic Dry Cleaners free from Pert.

in the kitchens and restaurants

Standard

- Milk is RBGH Free
- Cage Free Eggs are used in all preparations (standard on the MOG)
- Seafood program utilizes Monterey Bay Aquarium Sustainable Seafood Watch "Best Choice or Best Alternative"
- Coffee is fairly traded (*REAL coffee*)
- Vegetarian products are available on all buffets
- Organic Mesclun offered daily

Preferred

- Local and/ seasonal hand fruit is available on all coffee breaks and restaurants
- Menus printed on recycled paper using soy ink, link to websites, burn to cd's or flash drives
- Local and farmed-fresh foods within a 150 mile radius represent 15% of the overall produce purchased



- Chicken is antibiotic and hormone free
- Herb Gardens are utilized at all units

Recommended

- Take Out Containers made of Biodegradable (if composting) or recycled material.
- Beef is grass fed with limited amount of grain in the diet. No Antibiotics, Added Hormones, Artificial ingredients, or artificial Preservatives,

in the office

Standard

- Recycle used ink and toner cartridges.
- Double side all print and copy jobs where applicable. Default should be set to double sided.
- Catering Menus printed on recycled paper, link to websites, burn to cd's/flash drives or downloadable
- Email tag line "Before Printing, consider the environment" in all employee's closing information.
- Use scrap paper for notes.
- Active/Established Green Committee to promote and encourage environmental awareness and actions taken at property.

Recommended

- Request removal from junk mail lists.
- Recycle all batteries in AV.
- Use Soy Based Inks where available

Resources

- USFI (Guest room keys & printing) – www.usfi.com/greenworks
- Abitibi paperretriever.com (paper recycling that donates money to your charity of choice based on volume)
- Chilawich – available through Tonya Jones tonya.jones@compass-usa.com
- Battery & Light Bulb Recycling – www.lamprecycling.com
- Green Signage – Herron Printing www.herronprinting.com - (240)399-5030 Randy Herron