

reduce

reuse

recycle



**Marriott**

SAN DIEGO  
HOTEL & MARINA

# environmental handbook

## about this handbook

This handbook is presented by the San Diego Marriott Hotel & Marina's Environmental Management Committee.

This committee is made up of managers and associates who have volunteered their time and are charged with the environmental stewardship of our hotel's sustainable business practices.

Better environmental management contributes to the community. It also improves our quality of life today without destroying it for subsequent generations.

Each week, the committee meets to discuss current progress and ideas on recycling, energy and water conservation, sustainable foods, pollution prevention, non-toxic products and education. If you have any new ideas to help achieve our goals, we would love to hear them.

Thank you,

**Steve Pagano**

*Committee Chair*



## the environmental committee's role

**Raise Awareness.** Exchange and share ideas.

**Build Commitment.** Motivate our associates and guests of the benefits.

**Create an Action Plan.** What are we going to accomplish.

**Reward, Recognize and Report.** Document and celebrate our accomplishments.

**GREEN FACT:** We save 17 trees for each ton of recycled paper. Our hotel saved nearly 1,400 trees last year.



# our recycling program

Our objective is to reduce waste generated that would be disposed in the landfill and to save money for the hotel as well. Recycling makes Cents! Reducing the amount of waste benefits not only our local landfill but also directly increases profit. Fewer dollars spent each year on waste removal can result in substantial savings. The cost for waste removal is \$450 per dumpster pull. We have reduced our dumpster pulls by 5X per week with our recycling efforts. This equates to \$117,000 in savings per year. Even better, this kept over 9,100 cubic yards of waste out of the landfill in 2007. FYI...2,000 cubic yards laid out in one yard squares would stretch over one mile!



**GREEN FACT: Most bottles and jars contain at least 25% recycled glass.**

## Here are our Recycling Victories from last year!

**PAPER AND CARDBOARD** 456 Tons

**NEWSPAPERS** 81Tons

**GLASS BOTTLES** 277 Tons

**COOKING OIL** 6 Tons

**METALS** 24 Tons

**GREEN WASTE COMPOST** 211 Tons

**WOOD PALLETS** 1,200 each

**USED LAUNDRY DETERGENT DRUMS** 2,400 each

**OLD PHONE BOOKS** 3,400 each

**FLUORESCENT TUBES** 2,212 each

**CAR AND BOAT BATTERIES** 67 each

**SMALL SIZE BATTERIES** 71 lbs



## environmentally-friendly products

When making purchasing decisions we maintain a philosophy that supports responsible products, packaging, recycling and disposal. The Environmental Committee works with all departments that make purchasing decisions and helps them make assessments when items come up for reorder. The following are environmentally-friendly, biodegradable and/or recyclable products used in the hotel:

### BATH & BODY WORKS GUEST ROOM PRODUCTS

#### Citrus Aloe Soaps and Orange Ginger Shampoo, Conditioner and Body Lotion:

Eco-friendly, made from over 90% naturally-derived ingredients and pure essential oils. Not tested on animals and biodegradable.

DISPENSER NAPKINS 100% recycled product

BEVERAGE NAPKINS 100% recycled product

LETTERHEAD 10% post-consumer waste

CORPORATE ENVELOPES 10% post-consumer waste

PAPER CUPS 10% recycled fiber

PASTRY TO GO BAGS 20% recycled fiber

COFFEE CARRYING TRAYS 100% recycled fiber

PAPER NAPKINS IN OUR ASSOCIATE CAFETERIA 100% recycled materials

PLASTIC CUPS made from recycled plastic

MILK CONTAINERS made from recycled plastic

BOXED LUNCH BOXES biodegradable

PAPER SANDWICH WRAP biodegradable

PLASTIC KNIVES, FORKS AND SPOONS biodegradable corn plant cellulose

POOL SURFACE CLEANERS biodegradable

We do not use paints containing VOC's (volatile organic compounds)

Most inks used in our printing are soy-based

Our main supplier of room's products ships in PCW packaging



**GREEN FACT:**  
The energy used to replace the 123 billion beverage containers used in the U.S. last year was equivalent to 50 million barrels of crude oil.

## great work practices

In the Gift Shop, we save and re-use all the packing materials from our merchandise shipments.

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We cut up one-sided paper and use for scrap paper.

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Double side copy whenever possible.

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We collect all packing popcorn or foam packaging and re-use in our Shipping Department.

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In Sales and Events, we do paperless contract turnovers.

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We have installed many light switches with sensors to reduce energy consumption.

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In the meeting rooms and offices, we use 5-gallon water coolers instead of plastic bottles.

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Individuals in offices use coffee mugs for drinks rather than a new paper cup each day.

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We convert old sheets to rags to use in Stewarding and Housekeeping.



**GREEN FACT: 39% of the U.S. waste stream is paper.**

# energy use reduction

The Marriott Hotel & Marina's engineers suspected that there were opportunities to reduce energy use, as well as improve guest comfort. For these reasons, our hotel decided to participate in the San Diego Retrocommissioning\* (RCx) Program, a program administered by San Diego Gas & Electric (SDG&E®).

The San Diego RCx Program supported Marriott in attaining energy and cost savings by providing the Marriott Hotel & Marina with an in-depth RCx investigation. Marriott's participation in the RCx Program resulted in an 8.4% reduction in energy use at the hotel.

Through an in-depth analysis, the staff found that several operational improvements to the chillers, pumps and air distribution systems could bring dramatic savings (reduced chiller runtime, resulting in increased equipment life and more efficient operations).

The Engineering Department at the San Diego Marriott Hotel & Marina has received: ***"Outstanding ECHO Engineering Department" for 2007***

San Diego Marriott Hotel & Marina was selected because of these outstanding achievements:

- Received a San Diego Excellence in Energy Award from the Center for Sustainable Energy
- Achieved a 60% improvement in Energy Star benchmarking of energy intensity
- Chosen as the site for validation by the EPA's Climate Leaders Program
- Maintains a very comprehensive recycling program



## IN 2007, WE REDUCED:

1,093 Kilowatts = savings of \$142,000

22,010 Therms = savings of \$26,000

The MRCX cost \$186,000 to implement with a one year pay back.

- Retro commissioning: A systematic process for improving an existing building's performance by identifying and implementing relatively low-cost operational and maintenance improvements.

## LIGHTING

- By changing out 195 high pressure sodium fixtures to T8 fluorescent fixtures in the parking garages, there was not only improved lighting, but in the first year alone the savings are projected to be \$16,381.
- In 2007, the property completed the guest room lighting conversion to fluorescent saving \$112,741 annually.
- Currently we are replacing the guest corridor fluorescent lighting to more efficient bulbs which is projected to save \$4,818 annually.



**GREEN FACT:** 1 billion trees worth of paper are thrown away every year in the U.S.

## **a message from the chef** *sustainable food*

As a chef, I adhere and believe in supporting our local farming community. Sustainable food products support the long-term maintenance of ecosystems and agriculture for future generations. Organic agriculture prohibits the use of toxic pesticides and fertilizers, irradiation, sewage sludge, and genetic engineering. Local-grown foods reduce the amount of pollution associated with transportation (primarily fuels). When buying locally and in the season, we are reducing carbon emissions through shorter transportation distances. I generally look for certified organic or organic practice-growing techniques.

I do not buy unsustainable harvested fish. I keep an eye on the seafood endangered species lists and reference lists available. When I am aware of red-flagged items, I remove them from the menu.

I participate in the Monterey Bay Aquarium Seafood Watch program, the Chef's Collaborative, Slow Food, Seafood Choices Alliance and the Green Restaurant Association.

### **Local Food Products that we use in the hotel:**

**Chino Farms, Rancho Santa Fe**  
***Organic***

Romanesco, Red Scallions, Eggplant, etc.

**Cunningham Organics, Fallbrook**  
***Certified Organic***

Kumquats, Blood Oranges, Tangerines,  
Cara Cara Oranges

**Peterson Specialty Produce, Fallbrook**  
***Certified Organic***

Baby Mixed Greens, Red Scallions

**Crows Pass Farm, Temecula**  
***Organic Practices***

Squashes, Strawberries, Torpedo Onions,  
Squash Blossoms, Heirloom Tomatoes,  
Oyster Mushrooms

**Coleman Farms, Carpenteria**  
***Organic Practices***

Bibb Lettuce, Cavolo Nero, Broccoli,  
Spigarello, Passion Fruit, Various Herbs

**La Milpa Organica, Escondido**  
***Certified Organic***

Young Greens, Heirloom Tomatoes, Basil

**Fresh Origins, Temecula**  
***Certified Organic***

Micro Greens, Micro Herbs, Herbs

**Niman Ranch, Bay Area & Beyond**  
***Organic Practices***

Beef, Pork & Lamb

**Juice Evolution, San Diego**

Fresh Squeezed Juices only available  
in season

# the San Diego Marriott Marina

Is proud to be a Clean Marina as certified by the Clean Marinas California Program. The CMCP is a partnership of private marina owners, government marina operators, and yacht clubs in California. It was developed to provide clean facilities to the boating community and protect the state's waterways from pollution.

**Certification includes using best management practices in the following areas:**

Marina has an Emergency Action Plan

Marina has a Fuel and Oil Spill Prevention & Containment Plan

Enforces rules and regulations regarding boat maintenance in the slip

Requires immediate cleanup of chemical, fuel and hazardous material spills

Marina participates in recycling program providing collection points at all access gates

## Mission Statement

*Clean Marinas California Program is an ongoing endeavor by a marina industry alliance, determined to provide environmentally clean facilities and protect the state's coastal and inland waters from pollution through compliance of Best Management Practices.*

### Better Halfshell, San Diego

Local Fish Monger, Member of Monterey Bay Fish Aquarium Seawatch

### Honolulu Fish Company, Hawaii

Past contact from living on the islands, they understand our requirements for safer fish harvesting practices

### Santa Monica Seafoods, Los Angeles

Regional Fish Monger that promotes & financially backs sustainable fishing projects in impoverished regions



#### GREEN FACT:

Substituting a compact fluorescent light for a traditional bulb will keep a half-ton of CO<sub>2</sub> out of the atmosphere over the life of the bulb.



**GREEN FACT:** Glass never wears out. It can be recycled forever.

# true green

## Here's How Marriott® Helps

**We all play an important role in protecting the environment. At Marriott, we are working toward more sustainable environmental practices.**

- By conserving energy, our hotels around the world are on track to reduce our greenhouse gas emissions by nearly 1 million tons over 10 years — 2000 to 2010. That's equivalent to taking 140,000 cars off the road.
- We've decreased our energy use and saved 65% on our hotel lighting costs by replacing 450,000 light bulbs with fluorescent lighting in 2006.
- Marriott received the 2007 ENERGY STAR Sustained Excellence Award from the U.S. Environmental Protection Agency for three years of outstanding performance and has earned more ENERGY STAR labels (245) than any other hotel company.
- We've reduced our hot water usage by 10% by replacing 400,000 showerheads.
- We've conserved water, use of detergents and saved energy on hot water by encouraging guests to reuse their linens and towels during their hotel stays.
- Marriott also pitches in on volunteer clean-up projects in our communities through Clean Up the World, a global environmental organization — to join in, visit [www.cleanuptheworld.org](http://www.cleanuptheworld.org).
- Learn more about Marriott's green programs by visiting [Marriott.com/truegreen](http://Marriott.com/truegreen).



# true green

## Here's How You Can Help

### At Home:

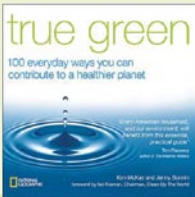
- Replace standard bulbs with fluorescent light bulbs, which use 70% less energy
- Turn off lights when you leave a room and close off vents in unused rooms
- Unplug chargers for cell phones, laptops and other electronic devices
- Install low-flow showerheads and toilets and clean lint filter in dryer after each use

### At Work:

- Use a coffee mug instead of disposable cups
- Avoid screensavers; put your computer in "sleep" or "stand by" mode
- Carpool or take public transportation
- Print double-sided to use less paper

### At Play:

- Leave wildlife and their habitats undisturbed
- Do not purchase products made from endangered plants or animals
- Leave only footprints and not garbage
- Volunteer for community clean-up projects



### More Tips From *true green*

*true green*, a new book from the co-founder and director of Clean Up the World, features "100 everyday ways you can contribute to a healthier planet."

**To Purchase** Visit [Marriott.com/truegreen](http://Marriott.com/truegreen) to purchase a copy of the book. A portion of the proceeds benefit Clean Up the World.

### Calculate Your Carbon Footprint

Measure your own carbon emissions by visiting the U.S. Environmental Protection Agency's personal emissions calculator at: [http://epa.gov/climatechange/emissions/ind\\_calculator.html](http://epa.gov/climatechange/emissions/ind_calculator.html).