



## Manomet Grocery Stewardship Certification's TOP 30 countdown...

1. Draft an environmental policy statement
2. Create a green team, with a leader
3. Draft a commitment letter for employees to encourage employee support and engagement
4. Recycle printer laser or ink jet cartridges
5. Printer default set to duplex
6. No litter around compactor, inspected at least twice per week
7. No litter in truck bay, inspected at least twice per week
8. Participate in EPA's GreenChill Program
9. Documented SOP for Universal Waste.
10. Preventative maintenance specified in maintenance contract.
11. All hot water pipes located are insulated
12. Recycling signage for associates
13. Donation of food
14. Establish a "Zero Waste" program.
15. Communicate with your customers what you are doing.

The common element among 15 of the top 30 strategies from moving towards more sustainable practices is.....these 15 recommendations cost nothing to implement.

The next 9 practices have a minimal cost associated with implementation...

16. Signage encouraging delivery trucks to avoid unnecessary idling
17. Storm drain grates cleaned off at least monthly
18. Display outdoor signs to remind customers to bring in re-usable bags
19. Use of pleated Merv 8 rated filters. Not metal mesh filters
20. No coal tar based asphalt sealants used in lot.
21. Uses recycled paper (e.g., letterhead, stationary, copy paper, envelopes, invoices, business forms, etc.) that contain a minimum of 30% post-consumer recycled content.
22. Use hand soap that Lists all ingredients, Does not contain palm oil, Does not test on animals.
23. Third party certified paper towels and toilet tissue
24. Use 3<sup>rd</sup> party certified green cleaner cleaners and detergents

The next 6 recommended practices have a cost associated with implementation, but will end up paying for themselves...

25. Doors on refrigeration
26. Heat recovery from refrigeration systems.
27. Eliminate ice making
28. Non-ozone-depleting refrigerants;
29. Variable speed/ frequency drives installed on motors (not running motors at full speed all the time). Describe how many and when the replacement took place:
30. Variable speed/ frequency drives installed on motors (not running motors at full speed all the time).

#### About Manomet

Manomet is a nonprofit sustainability organization with over 40 scientists and support staff working from the north slope of Alaska to the southern tip of Argentina. Our headquarters are in southeastern Massachusetts.

#### CONTACT

##### **PETER COOKE**

Program Manager of the Manomet Grocery Certification (GSC)

14 Maine Street, Suite 410

Brunswick, ME 04011

207-409-6732

[pcooke@manomet.org](mailto:pcooke@manomet.org)

[www.manomet.org](http://www.manomet.org)



Science at Work  
*for a*  
Sustainable World