



# Minnesota Bed and Breakfast Association

## Green Journey Self Certification Questionnaire

**Sign Up for Green Journey** – Minnesota Bed and Breakfast Association’s Green Committee invites Association members that meet all the requirements under the first Green Leaf - Commitment button (see below) to become a Green Journey Inn. . Simply fill out the following information and go through the checklist to determine how many green leaves your Bed and Breakfast is entitled. Then return this form to [MBBA](http://MBBA). Under this program your Bed and Breakfast can be awarded from one to five Green leaves and an additional green plus (+).

It is the intent of the Green Committee that obtaining Green Leaves is not to be viewed as a fixed goal but rather a journey whereby you should seek to advance your environmental goals and achievements.

When you successfully complete the questionnaire your Bed and Breakfast will then receive a listing in MBBA’s website under “It’s Inn to be Green”

Bed and Breakfast (name) \_\_\_\_\_

City Bed and Breakfast is located \_\_\_\_\_



### **One Green leaf -Commitment: must accomplish all of the following:**

- Maintain a written “Green and/or Sustainable Statement.”
- Post the above statement on your websites, and/or in a prominent location in your business.
- Keep your Bed and Breakfast staff informed and updated about green practices.



### **Two Green Leaves -Operating Practices and Purchasing: Mandatory Operating practices: must accomplish all of the following.**

- Maintain a waste recycling program for both operators and guests, including paper/cardboard, glass, aluminum, and plastic beverage bottles.
- Compost plant-based kitchen waste.
- Use energy-efficient lighting that is fluorescent or better, in fixtures where aesthetics are not at issue.
- Use exclusively organic fertilizers on lawns and gardens. (except when starting grass from seed).

### **Operating practices: must accomplish a minimum of 5 the following:**

- Implement MBBA’s towel reuse program.
- Routinely wash laundry in cold water.
- Operate programmable thermostats or equivalent, where applicable.

- Instruct guests to turn off lights, etc., when their rooms are not occupied.
- Repair all leaking faucets and toilets within one week of discovery.
- Use petrochemical-based detergents and cleaning products only when other natural products have proven inadequate.
- Use chlorinated cleaning products only when other natural products have proven inadequate.
- Use no synthetic herbicides or pesticides on lawns and gardens.
- Line-dry sheets and towels, as weather permits, and minimize use of a dryer.
- Use no fossil-fuel lawn-care equipment, i.e., lawn mowers, weed whips, etc.
- Use no fossil-fueled snow removal equipment on sidewalks and/or walkways.
- Other green operating practice used from the “Green Addendum” list at the end of this questionnaire or an alternative practice approved by the Green Committee. Please list other Operating Practice used \_\_\_\_\_.

**Purchasing: must accomplish 4 of the following:**

- Purchase only toilet tissue from 100% recycled paper.
- Purchase only recycled paper for your office use.
- Purchase only phosphate-free dishwasher detergent.
- Purchase phosphate-free, chlorine-free, “nonylphenol ethoxylates”-free detergents (e.g., Seventh Generation, Ecover, RESTORE, Bi-O-Kleen) for routine use in your washing machine.
- Do not purchase drinking water in individual-use disposable bottles.
- Other green purchasing practice used from the “Green Addendum” list, at the end of this questionnaire or an alternative practice approved by the Green Committee. Please list other Operating Practice used \_\_\_\_\_.



**Three Green Leaves. Monitoring and Reduction**

**Plan Must accomplish all of the following:**

- Self-Monitoring - annually determine your business’ use of the following applicable forms of energy-
  - Electricity (KW)
  - Natural gas (Therms)
  - Fuel oil (gal)
  - LPG (gal)
  - Diesel fuel (gal)
  - Vehicle Fuel (gal)
  - Equipment Fuel (gal)
  - Other Fossil Fuel (units)
- Self-Monitor – annually determine your business’ generation of total solid waste compared to the amount of solid waste you recycle.
- Maintain and annually up-date a plan to reduce your energy usage and solid waste generation. Note - a good way to determine what can be done to reduce your buildings’ energy useage is to have an Infra-red “Energy Audit.” More suggestions can be found on the “green addendum” list at the end of this questionnaire.



**Four Green Leaves - Another Step. Must**

**accomplish two of the following:**

- Purchase 100% of non-heating electricity as green power (available from any

utility).

- If heating with electricity or powering geothermal, purchase 50% of electricity as green power (available from any utility).
- Off set your vehicle(s) carbon dioxide emissions by sequestering in tree planting or other approved offset. See list of offset options in the “Green Addendum located at the end of this questionnaire.
- Serve on the MBBA Green Committee or work on other approved community environmental or sustainability committee or project.
- Use no fossil-fueled snow removal equipment (including sidewalks, walking paths, driveways, etc.).
- Capture run-off by maintaining a rain garden.
- Off set your B&Bs natural gas/propane/fuel oil carbon dioxide emission by sequestering in tree planting or other approved offset. See list of off-set options in the Green Addendum located at the end of this questionnaire.
- In the past 12 months, spend \$500- \$1000 to upgrade insulation and/or windows in your B&B, or comply with at least two of the following:
  - (a) Have at least 75% of the B&B’s exterior walls achieve a minimum R-13 insulation value (or insulated to the extent possible with blown-in compacted cellulose insulation-
  - (b) Have at least 75% of the B&B’s cathedral ceilings achieve a minimum R-30 insulation value, and 75% of attic area achieves a minimum R-49 insulation value.
  - (c) Have at least 75% of the B&B’s windows with a maximum U-0.37 heat loss rating.
  - (d) If an Energy Audit was performed on you building(s), meet or exceed at least 75% of this audit’s insulation and other recommendations.



### **Five Green Leaves - Going the Extra Mile.**

**Must accomplish one of the following; enact more and receive an additional green plus (+) sign:**

- If heating with electricity or powering geothermal, purchase 100% of electricity as green power (available from any utility).
- Operate a geothermal heating/cooling system.
- Operate a solar water heating system.
- Operate a wind-powered electricity-generating system of at least 10 KW.
- Operate a solar-powered electricity-generating system of at least 4 KW.
- Create renewable energy through hydropower.
- Operate a gray-water reuse system
- Comply with either a or b below:
  - (a) For the existing portions of your B&B, maintain exterior walls with a minimum R-13 insulation value (or insulated to the extent possible with blown-in compacted cellulose insulation<sup>‡</sup>), cathedral ceilings with a minimum R-30 insulation value, attics with a minimum R-49 insulation value, and windows with a maximum U-0.37 heat loss rating.

In any areas of new construction at your B&B, install windows with a maximum U-0.37 heat loss rating and, in accordance with the US Department of Energy “Insulation Fact Sheet - DOE/CE-0180, revised 2008”, insulate the areas shown in Figure 1 (as relevant to your B&B) to

at least the minimum standards described in Figure 2.

- (b) In the past 12 months, spend at least \$1000 to upgrade walls to a minimum R-13 value insulation (or insulated to the extent possible with blown-in compacted cellulose insulation), cathedral ceilings to a minimum R-30 value, attics to a minimum R-49 value, and/or windows to a maximum U-0.37 heat loss rating.

“Existing” means the structure as it existed the later of:

- (a) the date of initial inn licensing by the acting innkeepers; or  
(b) February 2010.

“New construction” means:

- (a) the addition of rooms, buildings, etc., that were not existing or  
(b) changes to the existing structure (removal of sheetrock, plaster, exterior sheathing, roof boards, etc.) that allow opportunity to insulate areas lacking adequate insulation.

The US Department of Energy documents are available on-line at:  
Insulation Fact Sheet =

[http://www.ornl.gov/sci/roofs+walls/insulation/ins\\_05.html#where](http://www.ornl.gov/sci/roofs+walls/insulation/ins_05.html#where)

Figure 1 = <http://www.ornl.gov/sci/roofs+walls/insulation/fig1.html> = areas of house to insulate

Figure 2 = <http://www.ornl.gov/sci/roofs+walls/insulation/fig2.html> = how much to insulate

- If an Energy Audit was performed on you building(s), meet or exceed 100% of this audit's insulation and other recommendations.

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**I certify that I \_\_\_\_\_ have completed the Minnesota Bed Self Certification Questionnaire and that my Bed and Breakfast qualifies to receive \_\_\_\_\_ Green Leaves and a green plus \_\_\_\_\_ Date Completed \_\_\_\_\_**



**If your Bed and Breakfast is a member of Green Routes you will be able to display the Green Routes logo with your Green Journey Listing. Green Journey participants also receive a 10% discount on their Green Routes membership renewal.**

- Check if you are Green Routes member.**

**The Green Committee is always looking for more members and under the forth-Green Leaves one of the provisions you can check is- “Serve on the MBBA Green Committee or work on other approved community environmental or sustainability committee or project.”**

- Check if you are interested in serving on the Green Committee**

**Note- The Green Journey is not a destination but an on-going journey. The Green Committee urges you to seek to improve your green ranking at anytime. Simply re-**

**fill out this Self Evaluation Questionnaire and submit any new Green Leaf rank earned to MBBA.**

### **Green Addendum**

**Suggested Practices list** While not an exhausted list here are some suggested other things that can be done in the operation or purchasing practices under the Second Green Light Bulb. This list includes broadly expressed items that are beneficial but difficult to clearly define and quantify.

- Buy locally grown, locally produced as much as possible.
- Buy in bulk to reduce packaging
- Plant a vegetable and herb garden
- Operate no multiple-person hot tubs/whirlpools, or whirlpools/Jacuzzis larger than a standard household bathtub
- Minimize use of toxic chemicals and cleaning agents
- Use your own reusable grocery bags routinely
- Use alternatives to disposable plastic bags (e.g., wastebasket liners, food storage).
- Do not water your lawn, other than from collected rain water (except when starting grass from seed)
- Provide a program that allows customers to offset their drive up to and back from your B&B by sequestering in tree planting or renewable energy purchases. See list of offset options in the Green Addendum located at the end of this questionnaire.

### **Green Plan Suggestions.**

While not an exhaustive list, here are some suggested other things that can be done to reduce your energy solid waste generation, electricity usage, fossil fuel usage, and water consumption under the Third Green Light Bulb's reduction plan.

- Reduce annual vehicle miles traveled
- Operate Energy-Star appliances
- Operate low-flow showerheads and low-water toilets
- Choose composting instead of a garbage disposal
- Reduce the number of light bulbs in multiple-light fixtures
- Install/use dimmer switches
- Choose walking or bicycling as your default travel method
- Add insulation (to walls, attic areas, etc.) where needed- costing cost up to \$500
- Upgrade energy-inefficient windows- costing up to \$500

### **Carbon Offset**

- **Northern Minnesota Offset** for gasoline and diesel vehicles CO<sub>2</sub> emissions sequestered in the planting of trees in Cook County, Minnesota – The following formula is based on the purchasing of seedlings and planting conifers from tree nurseries certified for northern Minnesota planting at a cost a .40/tree and assumes a ten year tree survival rate of 50%.

Subquestering table used from - *Chicago Climate Exchange- Regional Estimates of Tree Annual Carbon Accumulation*

Use the follow formula to calculate you're the cost of your offset:

**1. Determine gallons of gasoline or diesel used.**

**2. Calculate CO2 produced**

Diesel produces - 22.2lbs CO2/gallon

Gasoline produces- 19.4lbs CO2 /gallon

**3. Convert pounds of CO2 to Metric tons of CO2**

lbs of co2 / 2204.6= Metric tons of CO2

**4. Plug in amount of metric tons of CO2 and calculate using following formula:**

(Metric tons of CO2 produced /4.125) x \$320 = \$ for tree planting

**5. Contribute \$ amount to one of the following Gunflint Tree Planting Projects**

- [Banadad Ski Trail \(www.banadad.org\)](http://www.banadad.org) – Planting along and nearby the Banadad Ski Trail
- [Gunflint Green-Up \(www.gunflintgreenup.com\)](http://www.gunflintgreenup.com) – Planting along the Gunflint Trail
- Jim Raml Tree Planting- Planting trees in the Ham Lake fire area around Seagull Lake

For more information contact Ted Young, [bct@boundarycountry.com](mailto:bct@boundarycountry.com) or phone: 218-388-4487.

- Other suggested carbon Off-setters See– [Carbon Offset Survey](#) for a good list of off-setters and their prices.  
[http://www.ecobusinesslinks.com/carbon\\_offset\\_wind\\_credits\\_carbon\\_reduction.htm](http://www.ecobusinesslinks.com/carbon_offset_wind_credits_carbon_reduction.htm)