



Virginia Green Hotels & Lodging Facilities



Country Inn & Suites - Hampton Hampton, VA



Virginia Green is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. **Virginia Green** has established "core activities" specific to each sector of tourism, and these practices are considered the required minimum for participation in the program. However, **Virginia Green** encourages its participants to reduce their environmental impacts in all aspects of their operations, and this profile provides a full list of all their "green" activities. These are the activities that guests / customers can expect to find when they visit this facility.

Country Inn & Suites - Hampton

A 96 bedroom Hotel with a 45 person capacity of meeting room space

To inform all of our guests that we are a green facility in showing a good example of saving energy and resources

sysco foods

For more 'green' specific information : www.countryinns.com

Virginia Green Activities

This facility pledges that they:

Offer optional linen service

- Have signage in each guest room explaining the linen reuse procedures
- Change linens only upon request
- Train housekeeping staff on our process for optional linen service
- Track optional linen participation rate
- Purchase water- and energy-efficient washers and dryers
- Use non-phosphate, non-toxic and biodegradable laundry detergents
- Minimize the use of bleach and chlorinated chemicals
- Use an ozone laundry system that greatly minimizes the need for detergents and saves water

- Use a service that has environmentally-preferable wet cleaning for dry-clean only items
- Line dry linens whenever possible
- Other Activities: landscaping less water useage

Recycle

- Have in place clearly marked recycling bins or provide convenient drop-off locations for guests to recycle:

- Glass Bottles
- Aluminum cans
- Steel cans
- Newspaper
- Office paper

Other items recycled by the facility:

- Printer/ copy machine toner cartridges
- Cardboard
- Fluorescent lamps
- Batteries
- Electronics equipment such as computers, etc.

Reduce solid waste

- Track overall solid waste costs
- Have a numeric goal to reduce overall materials that go to the landfill
- Use refillable shampoo bottles rather than single-use bottles
- Instruct housekeeping staff to save and reuse unopened items
- Donate excess food from events
- Compost food waste and other compostables
- Have an effective food inventory control system to minimize waste
- Do not use any disposable containers, dishware, cutlery, or cups
- Use disposable foodservice items that are made from renewable materials (not petroleum-based)
- Use disposable foodservice items that are made from recycled content
- Use disposable foodservice items that are recyclable (in your area!)
- Use and compost disposable containers made of compostable material (corn, bamboo, potato starch, sugarcane, etc.)
- Use reusable coffee filters
- Use non-bleached napkins and coffee filters
- Provide condiments, cream and sugar, etc. in bulk
- Use water pitchers to minimize the use of single-use bottles
- Remove facility and staff names from junk mail lists when possible
- Reuse scrap paper for notes
- Reuse or donate shipping and packing supplies (peanuts, bubble wrap, etc.)
- Use refillable pens and toner cartridges

- Purchase recycled paper with a high-percentage recycled content
- Make double-sided photocopies and avoid making extra photocopies
- Use electronic correspondence and forms when possible
- Use green cleaning products that are dispensed in bulk
- Install carpet with sustainable or recycled content and low-VOC adhesives
- Use reused building materials or those from sustainable sources
- Use latex, low or no-VOC paints
- Re-use paint thinners
- Properly recycle and/or dispose of thinners and solvents
- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Use integrated pest management (IPM)
- Minimize use of pesticides and herbicides in landscaping

Use water efficiently

- Perform preventative maintenance to stop drips and leaks
- Use water-flow metering to discover leaks and areas of high use
- Have installed high efficiency dishwashers
- Have installed low flow faucets and showerheads (use less than 2.5 gallons per minute)
- Have installed low flow toilets (use 1.6 gallons per flush or less)
- Have installed composting toilets
- Have installed automatic faucets or toilets in public restrooms
- Use microfiber technology mops
- Maintain vegetative buffers around streams and ponds
- Use a nutrient management plan that minimizes the use of fertilizers

Conserve energy

- Have individual thermostats for each room; ensure they are correctly adjusted
- Have installed ENERGY STAR-rated windows and doors
- Regularly perform preventative maintenance on HVAC system
- Have installed a high efficiency HVAC system
- Keep office doors and windows closed if HVAC system is on
- Have installed geothermal heating and cooling
- Use natural lighting (i.e., open draperies and raise shades whenever adequate light from windows is available)
- Have adopted a policy/practice to turn off lights in unoccupied rooms
- Have installed high efficiency fluorescent ballasts and lamps (T-5 and T-8)
- Have installed compact fluorescent light bulbs in all rooms and canned lighting
- Have installed LED Exit Signs
- Have adopted a policy/practice to minimize the use of lighting during night cleaning
- Use ENERGY STAR qualified appliances (commercial kitchens, heating and cooling, consumer electronics)

- Have joined ENERGY STAR's Low Carbon IT Challenge
- Purchase Green Tags or Renewable Energy Certificates to support new renewable energy resources
- Are working to or have achieved LEED-EB (existing building) certification through operational changes and renovations
- Earned the ENERGY STAR label for our building

Offer a green events package

- Include the availability of "green meetings/conferences" in marketing packages (see the factsheet on Environmentally-Responsible Conferences & Events)



I love this Country.™

For more information on **Country Inn & Suites - Hampton**, see www.countryinns.com or contact RALPH FELSINGER at ralph.felsinger@countryinns.com or 757-224-9994.

For more information on the Virginia Green program, see www.deq.state.va.us/Programs/PollutionPrevention/VirginiaGreen.aspx.



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Virginia Green is a partnership supported by the Virginia Department of Environmental Quality, the Virginia Hospitality & Tourism Association, and the Virginia Tourism Corporation.

