



Virginia Green Hotels & Lodging Facilities



The Forget-Me-Not Bed & Breakfast Bedford, 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.

The Forget-Me-Not Bed & Breakfast

The Forget-Me-Not is a one room B&B in an old Victorian home ten miles off the Blue Ridge Parkway with its own bathroom and door to the front porch. We have a water garden with goldfish and lotus, and also a working fish farm where we grow tilapia, bass, and trout. We are able to accommodate special diet needs and healthful eating desires.

We want to be a part of Virginia Green because we believe humans have a great responsibility to this environment that we've taken for granted for so long. We hope that our involvement helps promote awareness in the efforts we should all be involved in.

Our breakfast menu always includes foods that have been grown within a few miles from our home, including eggs, berries, apples, honey, potatoes, garlic, greens... We point our guests to locally owned shops and restaurants. And we also let them know how we, even though we are small, are trying to make a healthful and earth-friendly difference!

Virginia Green Activities

This facility pledges that they:

Offer optional linen service

- Have signage in each guest room explaining the linen reuse procedures
- Train housekeeping staff on our process for optional linen service
- 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

Recycle

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

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

Other items recycled by the facility:

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

Reduce solid waste

- Track overall solid waste costs
- Use bulk soap dispensers instead of individual soaps/shampoos in guest rooms
- Compost food waste and other compostables
- Use disposable foodservice items that are recyclable (in your area!)
- Use cloth napkins
- Use non-bleached napkins and coffee filters
- Provide condiments, cream and sugar, etc. in bulk
- Use bulk soap dispensers in public restrooms
- Purchase recycled-content paper-towels and toilet paper
- 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.)
- 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
- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Minimize use of pesticides and herbicides in landscaping

Use water efficiently

- Track overall water usage and wastewater costs
- Perform preventative maintenance to stop drips and leaks
- Have installed low flow toilets (use 1.6 gallons per flush or less)
- Have landscaping that utilizes native species

Conserve energy

- Track overall energy bills
- Regularly perform preventative maintenance on HVAC system
- Keep office doors and windows closed if HVAC system is on

- 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 adopted a policy/practice to turn off fans, computers, monitors and other devices in unoccupied rooms at the end of the workday or when otherwise not being used



For more information on **The Forget-Me-Not Bed & Breakfast**, see www.forgetmenotbnb.com or contact Kathy Graham at forgetmenotbnb@verizon.net or 540-650-4568.

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



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