

# SAVE ENERGY & OTHER RESOURCES IN THE STAFF KITCHEN

## *How many green steps can you take?*



Use only the amount of detergent that you need- more bubbles isn't better!

Turn taps off firmly and report leaks so they are fixed quickly

Turn off lights when not in use

Boil only the amount of water you need in the kettle

Make sure you recycle or dispose of waste correctly

Open a window to allow airflow instead of using heating or cooling



Wash dishes in a shallow basin of water, not under a running tap

Run the dishwasher only when it is full

Turn appliances off at the wall when not in use

Use a dishcloth or hand towel instead of paper towel when possible

Use food scraps in a compost bin or worm farm

Take your own bags to the shops with you to save getting plastic bags



Catch run-off water from rinsing fruit or waiting for hot water, and use it on the garden

Set the temperature in the fridge between 3°C and 5°C and freezer between -18°C and -15°C

Wash and reuse containers and plastic bags instead of throwing them out

Use containers instead of plastic wrap to store and transport your food and left-overs

When purchasing, consider where products are made, how long they will last, whether they have an energy or water rating, and their related waste products

### How you are helping:

- Reducing energy use
- Reducing water use
- Reducing waste

Sometimes you save more than just the resources that you see. Using resources wisely also helps protect the environment, including biodiversity, water quality and animal habitats.

For example, using less detergent means that less chemicals flow from our drains in to our waterways, which helps conserve our rivers and oceans, and the wildlife that call them home. It also reduces packaging waste as products need to be replaced less often when used in moderation.

*Find out more about how you can help save resources in the Little Green Steps Resource Folder*



# SAVE ENERGY & OTHER RESOURCES IN THE LAUNDRY

## *How many green steps can you take?*



Use only the amount of detergent that you need- using more doesn't result in a better clean 🗑️

Set the washing machine to the correct load size every time 💧 (⚡)

Wash laundry in cold water ⚡

Turn laundry taps off firmly and report leaks so they are fixed quickly 💧 (⚡)

Turn off lights when not in use ⚡

Make sure you recycle or dispose of waste correctly 🗑️



Wash full (large) loads of laundry instead of a number of smaller washes when possible 💧 ⚡

As a minimum, dry fitted sheets on a clothesline or airer ⚡

Turn appliances off at the wall when not in use ⚡

Consider using environmentally friendly cleaning agents such as borax, bicarb soda, vinegar, lemon juice or eucalyptus oil to wash or treat laundry items 🗑️



Dry all laundry on a clothesline or airer instead of using a dryer ⚡

Purchase concentrated laundry detergents made from biodegradable and renewable plant ingredients (not palm oil which is often cultivated in an unsustainable way), and are phosphate free (to help protect our waterways)

When replacing washing machines and dryers, look for machines with the highest number of stars in their energy and water ratings. Front loading washing machines use less water and energy than top loaders. 💧 ⚡

### How you are helping:

- ⚡ Reducing energy use
- 💧 Reducing water use
- 🗑️ Reducing waste

Sometimes you save more than just the resources that you see. Using resources wisely also helps protect the environment, including biodiversity, water quality and animal habitats.

For example, manufacturing washing detergent is energy intensive and generates large amounts of greenhouse gas. Reducing your use of laundry detergent or using natural alternatives reduces the impacts caused by sourcing ingredients, producing the product and disposing of grey water.

*Find out more about how you can help save resources in the Little Green Steps Resource Folder*

