



Energy Saving Tips



your homepage
your email address

TIP OF THE WEEK

KITCHEN

Kitchen, food and drinks

- **Clean the coils** behind the fridge regularly.
- Use the **dishwasher only when it is full.**
- Use **eco-friendly light bulbs.**
- **Do not heat more water** for your tea/coffee, **than necessary!**
- **Avoid disposable** cups, plates and cutlery! Keep enough mugs and plates for everyone.
- **Buy kitchen supplies in bulk** and avoid over-packaged goods.
- **Eat low carbon** - Choose local, seasonal and organic products and fair trade coffee and tea.

**PLEASE PUT A RELEVANT LOCAL
PICTURE TO THE FRONT PAGE**





Energy Saving Tips



your homepage
your email address

Kitchen, food and drinks

The office kitchen is the place where you gather for a chat and a meal, and have a break from work.

The environmentally friendly office kitchen is a bit more than that: it is the place where you try to cook and eat as green as possible, use the equipment energy-efficiently and do eco cleaning, so you save energy, save money, and also give example and inspiration to other employees who hopefully take these practices home.



Feeling at home in an office kitchen ©
Photo: Laura Pedrick for The New York Times

Equipment

1. **Clean the coils behind the fridge regularly.** Dust prevents the fridge from cooling properly. Optimal temperature for the refrigerator is 5°C and the freezer should be -18°C.
2. If possible, **do not place the fridge next to the radiator.**
3. **Unplug unused small appliances** (kettles, toaster), if they have a stand-by light on them.
4. **Use eco-friendly light bulbs** - they last longer and will save on energy bills. LED bulbs last up to 10 times as long as compact fluorescents and use only 2-17 watts of electricity.
5. When you have to change a machine, **buy energy-efficient kitchen appliances.**

Use of the equipment

6. **Do not put hot food** in the fridge.
7. Use the **dishwasher only when it is full.**
8. **Use a covered kettle or electric kettle to boil water;** it's faster and uses less energy.
9. **Do not heat more water** for your tea/coffee, **than necessary!**
10. Be water conscious and **install aerators in the taps.**

Consumables

11. **Avoid disposable** cups, plates and cutlery! Make sure there are enough mugs and glasses, plates and cutlery for everyone
12. **Buy kitchen supplies in bulk** and avoid over-packaged goods.
13. **Use biodegradable bin liners.**

Eat low carbon

14. **Avoid packaging.**
15. **Decrease your meat and dairy consumption.**
16. **Choose local, seasonal and organic** products and fair trade coffee and tea.
17. **Do not waste food!**





Energy Saving Tips



your homepage
your email address

Top tips for champions

- I. **Reduce your kitchen waste** – compost whatever and wherever you can! Urban composting may sound difficult and weird, but only until you get into it ☺ There are a lot of guides and composting systems to help you, inside or outside.
- II. **Start an office herb or vegetable garden.** You can enjoy its produce and also use your nutrient-rich office-compost as a natural fertilizer in the garden ☺. No need for huge areas - any space will do, where you can put a few pots of herbs in the light, or plant a handful of vegetables outside the building. You can also try an **upside down garden**.

You can also...

Cleaning Products

Make sure that you (or the contracted cleaning company) **do not use heavy chemicals in the kitchen!** You can make your own eco cleanser from vinegar and water (two parts vinegar and one part water in a spray bottle)!

Do not use paper towels! Keep cloth napkins for general use, washable dishtowels for your dishes and sponges for spills and cleaning purposes.

Did you know?

About one-third of our waste is compostable. If we save it from being dumped in the landfill and compost it, we can reduce carbon emissions and groundwater pollution, and we can use the compost as a natural fertilizer.

Further reading and ideas:

[10 ways to make your kitchen more green](#)

[Upgrade Your Midday Meal](#)

[How to Compost at Work](#)

[How Composting at the Office can Raise Morale](#)

Source(s):

<https://www.americanexpress.com/us/small-business/openforum/articles/18-ways-to-save-and-go-green-in-the-office-1/>

<http://www.grinningplanet.com/2005/11-15/green-kitchen-office-kitchen-article.htm>

