

GREEN TIPS.

SAVE THE PLANET. SAVE MONEY.

OUR APARTMENTS ARE SUSTAINABLE, ENERGY-EFFICIENT DEVELOPMENTS AND WE ASK OUR TENANTS TO ALSO BE CONSIDERATE TO THE ENVIRONMENT BY BEING CAREFUL WITH ENERGY USAGE.

THIS GUIDE CONTAINS A NUMBER OF SUGGESTIONS THAT COULD SAVE YOU MONEY AND, COLLECTIVELY, MAKE A DIFFERENCE TO THE ENVIRONMENT. IT'S GOOD TO BE GREEN!

IN THE KITCHEN

Keep a jug of water in the fridge to prevent wasting water every time you wait for the tap to run cold.

Don't overfill the kettle. By boiling only as much water as you need, you could save enough energy in a week to run a TV for 26 hours.

Put a lid on your saucepan to reduce the amount of time and energy it takes to boil.

Allow food to cool before putting it in the fridge.

Don't leave the fridge door open for longer than necessary.

Fix a dripping tap – If you've got a dripping tap, ask our maintenance team to fix it. A dripping tap can waste 90 litres of water a week.

BE LAUNDRY EFFICIENT

Only use the washing machine when you have a **full load** – doing a half load uses more than half the energy of a full one.

Wash your clothes at **30 degrees** – modern washing detergents are designed to get your clothes clean at this temperature and you will use around 40% less electricity this way.

Use a clothes airer to dry your clothes. Not only can a dryer damage your items, it's also a waste of energy. If you do need to use the dryer, use it for small items only, e.g. underwear.

SWITCH OFF STANDBY

Switch off your laptop, TV and appliances completely when you're not using them rather than leaving them on standby – especially overnight as electricity is still being used on standby.

When your mobile is fresh and ready to go, **unplug the charger** as it is still using electricity when it's not charging.

DON'T WASTE WATER

The average person in the UK uses 150 litres of water a day. By making small lifestyle changes you can reduce the amount of water you waste:

Turn the tap off whilst you clean your teeth and you could save as much as nine litres of water a minute.

Keep your shower short. Time yourself to see how long you take.

Wash your fruit and veg in a bowl rather than under a tap to reduce the amount of water you waste.

Don't overfill the kettle when making a cup of tea. Only fill and boil what you need.

Keep a plastic bottle of water in the fridge to prevent wasting water every time you wait for the tap to run cold.

Wash only full loads in the washing machine to save water and energy.

LIGHTS OFF

When you walk out of a room always **turn the lights off**.

Lights in communal areas will automatically turn off after a period of inactivity.

KEEP WINDOWS CLOSED

Our buildings have a **heat recovery ventilation** system. This provides air to the building by reusing heat that otherwise would have been lost. The system is designed to keep the heat out of your apartment in the summer and keep the heat in in the winter.

It's important to **keep windows closed** to allow the system to work properly. Opening your windows in the summer will actually make your apartment warmer as the system becomes unbalanced for the rest of the building.

RECYCLE

Please recycle as much of your waste as possible and dispose of your waste in the correct refuse and recycling containers in your communal bin area.

DID YOU KNOW?

On average, every person in the UK throws away their own body weight in rubbish every seven weeks.

The energy saved from recycling one glass bottle will power a colour TV for 15 minutes or a computer for 20 minutes.

100,000 tonnes of plastic bags are thrown away in the UK every year – that is the weight of 70,000 cars. Carrier bags dumped in landfill take 100 years to decompose.

If you recycle your paper, in just seven days it could come back as your newspaper. _ 50% of food purchased in the UK goes to waste.

The UK produces enough waste every two hours to fill the Albert Hall.

The UK produces more than 434 million tonnes of waste every year.

Glass bottles can be recycled into house insulation. Plastic bottles can be recycled into fleece jackets.

Register with the Mailing Preference Scheme to avoid receiving junk mail: www.mpsonline.org.uk