



# Green tips guide

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Helpful tips on how to conserve energy whilst living in your apartment

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All our apartments are designed and built to be as sustainable and energy efficient as possible, which is why we also ask our residents to be considerate to the environment whilst they stay with us and be careful with their energy usage.

## Staying green in the kitchen

- ▶ Do not overfill the kettle and only boil as much water as you need – this 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 used to boil the water.
- ▶ Allow food to cool before putting it in the fridge.
- ▶ Do not leave the fridge door open for longer than necessary.
- ▶ Keep a jug of water in the fridge to prevent wasting water every time you wait for the tap to run cold.
- ▶ If you have a dripping tap, ask our maintenance team to fix it – a dripping tap can waste 90 litres of water per week.
- ▶ Wash your fruit and veg in a bowl rather than under a tap to reduce the amount of water you waste.

## Staying green in the laundry room

- ▶ Only use the washing machine when you have a full load of clothes, as doing half a load uses more than half the energy of a full cycle.
- ▶ Washing your clothes at 30 degrees will use roughly 40% less energy than a normal cycle.
- ▶ Using a clothes airer to dry your clothes will help prevent wasted energy and reduce the risk of damaging your clothes. If you do need to use the dryer, use it for small items only.

## How to save electricity

- ▶ Make sure you switch off your laptop, TV, and any appliances completely when you are not using them, especially overnight, as placing them on standby will unnecessarily use energy.
- ▶ When your phone has charged, be sure to unplug the charger from the wall as it will continue to use electricity even when not charging your phone.
- ▶ When you leave a room, remember to always turn the lights off – any lights in the communal areas of the building will automatically turn off after a period of inactivity.

**Note** - Many of our buildings have a heat recovery ventilation system, meaning this will provide air to the building by reusing heat that otherwise would have been lost, and to maintain the efficiency of this system, it is important to keep your windows closed. Opening your windows in the summer will make your apartment warmer, as the system will become unbalanced for the rest of the building.

## Reduce, reuse, recycle

Please take care to recycle as much of your waste as possible and dispose of your waste in the correct refuse and recycling containers in your building.

To avoid receiving junk mail, you can register with the Mailing Preference Scheme, [here](#).

## Did you know?

- ▶ On average, every person in the UK throws away their own body weight in rubbish every seven weeks.
- ▶ The energy save from recycling one glass bottle will power a TV for fifteen minutes, or a laptop for twenty minutes.
- ▶ 100,000 tonnes of plastic bags are thrown away in the UK every year, which is the weight of 70,000 cars.
- ▶ Plastic bags that make it to landfill take over one hundred years to decompose.
- ▶ 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.





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### Thank you for renting with us at Manchester Apartments

If our comprehensive green tips guide hasn't answered all your questions, please give us a call, message us on WhatsApp, or drop us an email and we would be happy to help.

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