



# Green Common Rooms and Kitchens

Common rooms and kitchens are hubs for energy and water use and waste, however **creating a sustainable living space** is possible if everyone makes a few small changes.



## Why this is important

- Every year, approximately one third of global food production is lost or wasted.
- Every time food is thrown in the bin, resources such as energy and water that were required to produce that food are also wasted. Food waste is considered a significant source of greenhouse gas emissions.
- Local produce avoids greenhouse gas emissions from transportation.
- Appliances on standby power can account for up to 4% of the average home's energy use.
- Reduce, reuse, recycle minimises the amount of waste that ends up in landfill and the environment. It also saves on costs from purchasing single-use products.

## WHAT YOU CAN DO

- Only take a portion of food that you know you will eat to minimise food waste.
- Avoid using serving trays, as using crockery alone has been shown to reduce food waste.
- Use a durable mug or thermos for take away coffee or tea.
- Buy local and seasonal food, as well as fair trade.
- Switch off lights and fans/heaters when no one is in the common room and turn off the television and other devices when no one is watching it.
- Unplug small kitchen appliances when not in use.
- Only fill the kettle with the amount of water required.
- Wait until you have a full load before tuning on the dishwasher and use eco-settings where possible.
- Use environmentally friendly dishwashing detergent.
- Minimise what you put down the drain.
- Avoid bottled water, as it requires high amounts of energy and water to produce just one bottle and most discarded bottles end up in landfill.
- Use reusable plates, cups and cutlery or encourage residents to bring their own.
- If necessary, purchase recycled kitchen products such as paper towels and napkins.
- Place a co-mingled recycling bin alongside general waste in common areas.



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