



## SUSTAINABILITY IN EVERYDAY LIFE

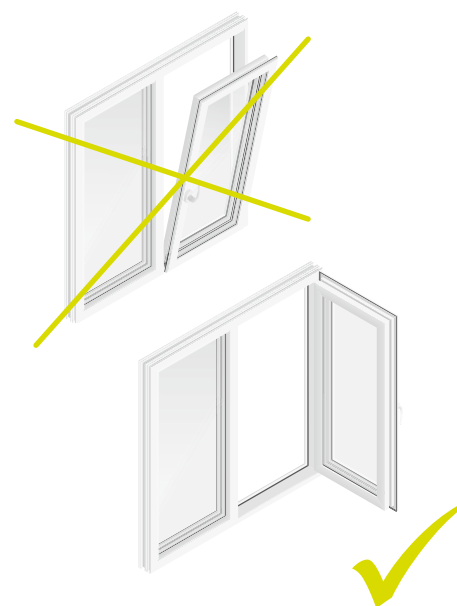
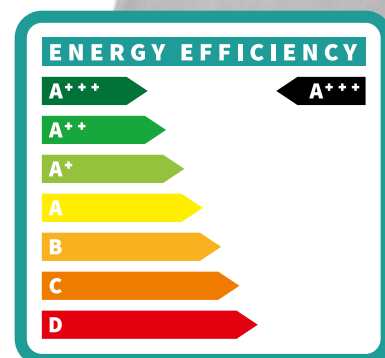
### – PRACTICAL IDEAS MADE EASY

#### General Everyday Tips

- Tote bags or backpacks are long-lasting everyday companions – a far better choice than single-use plastic bags.
- Choose products with little or no packaging. Farmers' markets or local suppliers are ideal – you'll often find fresh produce without any packaging waste.
- Buy beverages in returnable bottles rather than single-use ones – and carry a reusable water bottle whenever possible.
- When purchasing electronics, check for high energy efficiency (e.g., class A or B).
- Don't throw away clothes that are still in good condition – donating, swapping, or recycling helps extend their life cycle.
- Take advantage of second-hand options – it saves resources, costs less, and can even be more unique and stylish.

#### Energy Efficiency at Home

- Setting your radiator to a medium level (2-3) is usually enough for a comfortable room temperature
- If you're away, lower the heating to maintain a basic room temperature of around 19°C (66°F)
- Keep radiators clear (e.g., avoid placing furniture in front of them) – this significantly improves heat circulation
- Close the shutters in the evening to keep the warmth inside
- Ventilate briefly but thoroughly (3-5 minutes, windows wide open) rather than keeping windows tilted open for longer periods
- Keep interior doors closed to heat rooms more efficiently
- Use power strips with a switch – and turn them off when not in use
- Unplug chargers from the socket after charging – this saves electricity and extends the lifespan of batteries and devices
- Activate energy-saving modes on electronic devices whenever possible





## Saving Energy in the Kitchen

- Cook with a lid on – saves 30-50 % energy and reduces cooking time
- Use the convection (fan) setting – it saves up to 15 % energy and allows baking on multiple racks
- Preheating is often unnecessary – saves time and energy
- Use an electric kettle instead of the stove – saves up to 30 % energy (except with induction stoves)
- Set your fridge to 7°C (44.6°F) – this is sufficient and energy efficient
- Close the fridge door quickly – the 3-second rule is a good guideline
- Defrost the freezer regularly – even 5 mm of ice can increase energy use by up to 30 %
- Store food in the appropriate temperature zones inside the fridge
- Cooking together is fun, brings people together, and helps use energy and resources more efficiently



## Sustainability in the Bathroom & Laundry

- Water-saving shower heads can reduce water usage by up to 50 %
- Short showers with moderately warm water (around 37°C or 98.6°F) can save up to 10 % energy
- Always run the washing machine with a full load when possible – or use an eco or quick wash cycle for smaller loads
- Wash lightly soiled clothes at 30-40°C – better for the environment and helps clothes last longer
- Use detergent sparingly – and consider skipping fabric softener altogether or switching to eco-friendly alternatives

### Did you know?

**Fabric softeners** can harm the environment – they often contain chemicals that end up in wastewater and are difficult to break down. It's best to skip fabric softener when washing jeans – it can damage elastic fibers, causing stretch jeans to lose their shape more quickly.

The same applies to any textiles with a high stretch content.



## Sustainability in the Workplace

- Shared workspaces like coworking spaces or office hubs can help reduce resource consumption – especially through shared infrastructure
- Use recycled paper or switch to digital notes
- Think before you print — only print what's really necessary
- Laptops consume significantly less power than desktop PCs
- Turning off your Wi-Fi router at night also helps save energy



## Avoiding Waste & Proper Disposal

- Sort your waste carefully – use the correctly labelled bins or collection containers
- Take old electronics or furniture to the recycling centre
- Dispose of used batteries at collection points in shops
- Expired medication should go in the general waste bin – dispose of packaging (e.g. blister packs, cardboard) separately; some pharmacies may still accept medication voluntarily
- Avoid single-use products and aluminium packaging whenever possible

