



CHANGES YOU CAN MAKE IN THE KITCHEN:



Install a water filter at home.

Stop buying plastic bottles. Replace cling wrap with beeswax paper or wax paper. Cling wrap is just terrible for the environment and human beings. When heated chemicals from the wrap leeches into food. When discarded, it is just like any other plastic. It is going to be on the planet long after we have left it!



Use and recycle aluminium foil.

Aluminium foil is also a good alternative to cling film. It is also valuable in recycling terms. However the mining and production of foil is quite harsh on the planet so use wisely.



Make your own cleaning products.

Stop buying harmful chemicals that are also packaged in plastic bottles. Check out this link to find some simple, Do It Yourself recipes for cleaning:

<https://www.moneycrashers.com/homemade-natural-cleaning-products-diy-recipes/>



Use washable dish cleaning cloths/scourers.

Or a natural loofa. Replace those plastic scrubbing pads! Small particles of dishwashing sponges fall off and get washed down the drain into the waterways and become microplastics.



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CHANGES YOU CAN MAKE IN THE KITCHEN CONT/D

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Use water economically while cleaning dishes.

If you have a dishwasher, only run it when it is full. Studies show that running a full dishwasher on an economy setting can use less water than washing by hand. I'm not sure about that one, but being conscious of what you are using is key!

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Replace plastic food storage containers for glass.

Glass containers tend to cost a little more but they also last longer. The biggest added benefit to this switch is that there is no need to worry about harmful chemicals leeching into your foods. You can also see immediately what you have stored inside. Makes good sense!

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Compost your food scraps.

A great way to reduce kitchen waste. A small composter that can be set up on a small balcony can not only reduce the amount of rubbish you put out for collection but can give you some awesome fertiliser for any herbs or veggies you could grow at home. If you are lucky enough to have a garden, then more space means more fertiliser and compost for your plants.

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Grow your own herbs.

Have you noticed how even fresh herbs are packed in plastic? Even if you buy a potted herb.... the pot is plastic. Plastic pots we can reuse, but not plastic packaging unfortunately. Growing your own herbs can be a delicious way to reduce plastic.

CHANGES YOU CAN MAKE IN THE KITCHEN CONT/D



Switch your bulbs to LED.

LED bulbs use about 20 percent of the energy of a standard incandescent bulb, they last about 25 percent longer and they cost way less to operate, saving you money on your monthly electrical bill.



Eliminate paper towel waste.

Paper towels are paper - made from trees. Help save some trees by replacing those plastic packaged paper towel rolls with old fabrics to mop up any kitchen spills.



Upgrade to energy efficient appliances.

If you are looking at replacing any kitchen appliance, look at the energy efficiency rating and upgrade your appliance to downgrade your carbon footprint.



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Can you think of any more ways?



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