



Sustainability in halls

A typical student's kitchen

Kettle

Only boil the water you need. If a million people did this over a course of a year, the energy saved is the equivalent of taking 20,000 cars off the road.

Microwave

They use between a $\frac{1}{3}$ to a $\frac{1}{2}$ of the energy as a conventional cooker.

Pots & Pans

When cooking use the right size of pan for the job, keep lids on pans and do not over fill.

Electric/Gas Hobs

Use the right size hob for the job.

Oven

Keep the door closed when cooking and keep the glass clean on the door so you do not have to keep opening it: each time the door is opened about 20% of the heat is lost.

Fridge/Freezer

Make sure it is set at the right temperature. The optimum temperature is between 1.7 to 3.3 degrees C for the fridge and -18 degrees C for freezer.

Water usage

Do not keep the tap running.

Cook for Friends

It may or may not help to increase your popularity – but large quantities of food use less packaging than with individual portions and take less time and energy to cook.
