Why this is important

- Reducing energy, water and waste consumption will decrease the amount of harmful greenhouse gas emissions.
- Many items that are disposed of may be recycled or remanufactured, reducing the amount of waste that goes to landfill.
- Many products found in the kitchen have a more environmentally friendly option available. Purchasing sustainable products is better for the environment and reduces an office’s ecological footprint.

WHAT YOU CAN DO

- Place a co-mingled recycling bin alongside the general waste in kitchens and break rooms.
- Provide reusable mugs, dishware and silverware for staff and visitor use.
- If required, purchase napkins and paper towels made of recycled products.
- Use environmentally preferred dishwashing soap.
- If a dishwasher is available, completely fill, then use it.
- Purchase fair trade food and support local farmers.
- Minimise what you put down the drain. Everything will end up in waterways and seas.
- Buy energy and water efficient appliances.
- Turn off kitchen lights when not in use during the day and at night.
- Unplug microwaves, coffee makers, and other small appliances at the end of the day or program them to shut off through a timer.

The kitchen can contain a wide range of power hungry appliances and produce a large amount of waste, but there are many ways to create a sustainable kitchen.