

**IDEFORD SUSTAINABILITY GROUP - A-Z.**  
**K is for Kitchen**



Here are a few suggestions for being more sustainable in your kitchen.

- Use paper towels sparingly. Use a cloth for wiping up spills instead of reaching for the paper.
- Reduce use of Cling film - maybe just try using less of it! Try Beeswax paper or reusable cling film (Agreena 3-in-1 wraps) to replace a whole range of kitchen products including foil and baking paper.
- Don't throw away plastic bags after one use. Most can be washed and re-used - (but not advisable if raw meat or fish has been stored in them).
- Embrace left overs and reduce food waste.
- Opt for eco friendly cleaning products that are biodegradable and free of phosphates.
- Clean your fridge coils. Dust significantly reduces the appliances energy efficiency. Once a year unplug and if accessible use a vacuum or duster round the coils.
- Buy local food when you can.
- Try composting your peelings and raw fruit and veg. Food in landfills releases methane, a potent greenhouse gas. Once rotted down the compost is beneficial on your garden.
- Run the dishwasher only when full.
- When boiling water in a pan put a lid on it.
- When cooking a small amount use a microwave or air fryer which uses less energy than heating up a full size oven.
- Use LED Lighting and energy efficient appliances.

**Remember every little bit of action helps**