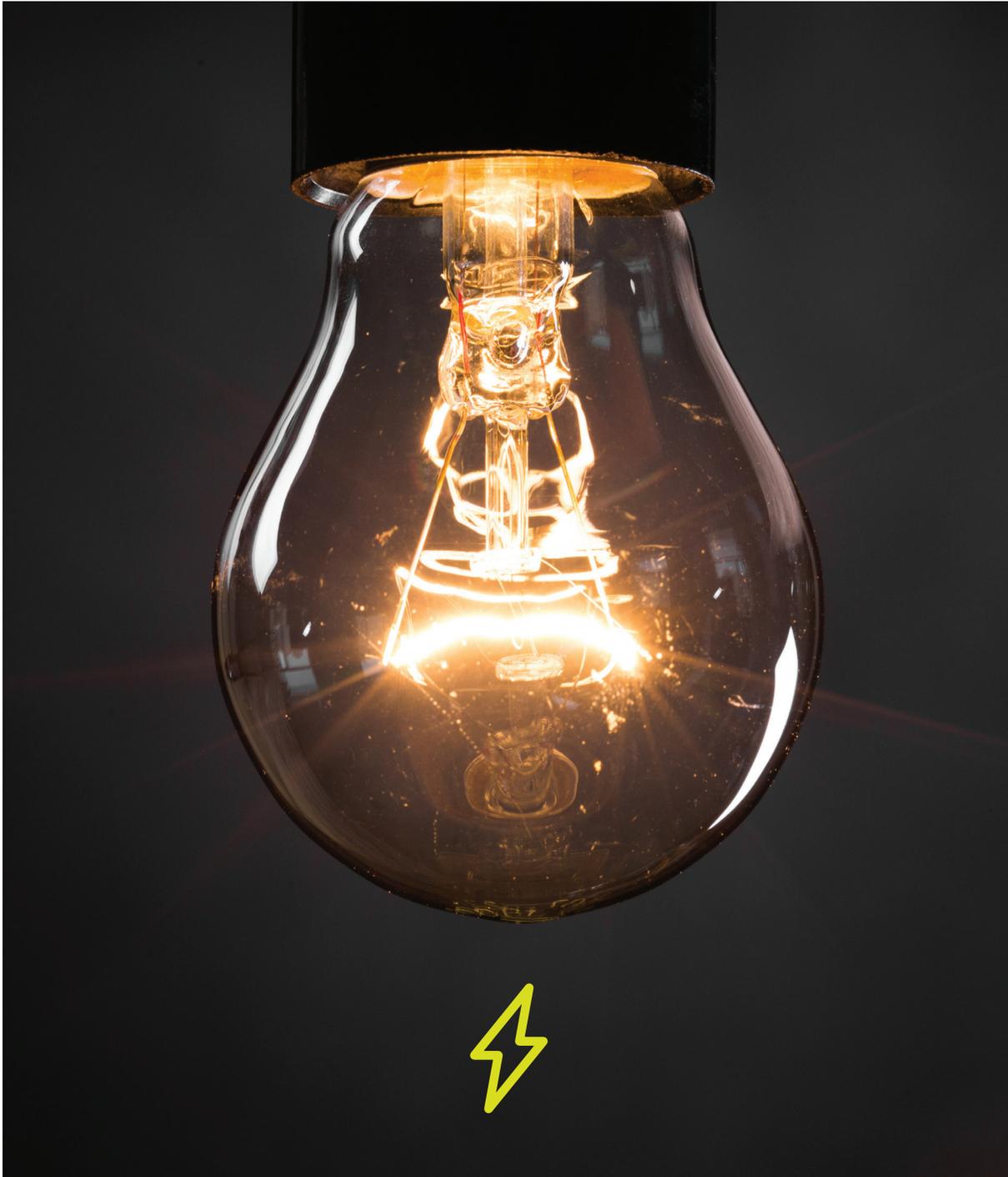


Sanctuary
Students

The

green guide





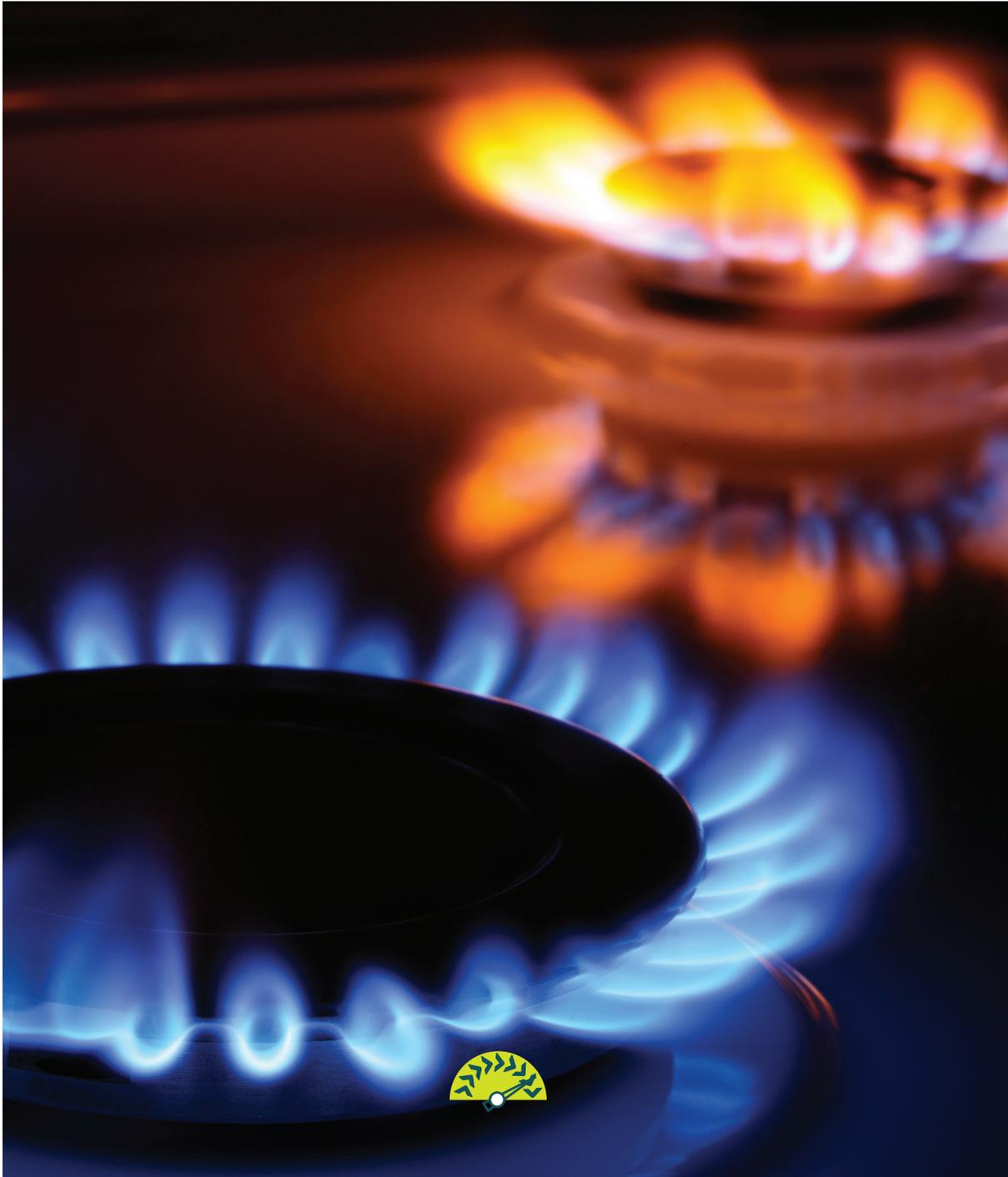
save electricity

- ▶ Turn appliances off at the wall. Some electrical appliances and chargers draw energy even when they're not being used. This 'vampire power' wastes energy and the best way to avoid this is to switch the plugs off at the wall and pull the plug out.
- ▶ Avoid leaving lights and appliances switched on when you're not in the room. It's a huge waste of energy and can also be disruptive to your flat mates.
- ▶ Switch off your monitor or entire computer when taking breaks. Screensavers continue to consume a similar amount of energy like any other programme running on the computer.
- ▶ Instead of increasing the temperature in your room when things get a little chilly, put on a jumper or jacket.
- ▶ Don't leave the fridge door open for longer than necessary. For every minute that the fridge door is open, it will take three minutes to regain the cool temperature.
- ▶ Defrost your fridge and freezer on a regular basis to keep the back clean and free from dust.
- ▶ Please don't waste any heat by having your windows open when the heating is on.

save water

- ▶ Turn the tap off while brushing your teeth, shaving or washing your face. Leaving a tap running wastes more than six litres of water a minute.
- ▶ Try to use cold water if you don't need hot.
- ▶ Turn off dripping tap. A dripping tap can waste more than 140 litres of water a week.
- ▶ Try to minimise the use of water in your flat and help us to use water wisely:
 - ▶ Only fill kettles and saucepans with the water that you need
 - ▶ Don't run showers longer than you need them
 - ▶ Use a washing up bowl in the kitchen sink
 - ▶ Rinse dishes under cold rather than hot water
- ▶ Only let water go down the drain. Let fats, oils and grease cool after use and put them in the bin once they solidify.
- ▶ Feed any leftover water to your plants.
- ▶ Avoid flushing cotton wool or make-up wipes. Throw them in a bin to cut down on the amount of water wasted with every flush.





save energy

- Opening your oven door during cooking to check if food is ready reduces its temperature by 25 degrees. Try and open the door minimal times during cooking.
- Use the correct size ring on the hob for saucepans and frying pans. Avoid placing a small pan on a large ring.
- Use lids on saucepans to speed up the cooking time. Putting a lid on your saucepan reduces the amount of energy required to cook your food by up to 90% and this will also cook your food quicker.
- As soon as a pan is boiling, turn it down to simmer.
- Leave food to defrost before cooking as this uses less energy than cooking from frozen (it also reduces the risk of bacteria growing that's generated when you cook straight from frozen).
- Use an electric toaster rather than a grill.
- Try using the oven at the same time as your flatmates to share the heat.
- Try to avoid cooking in the oven and instead use other ways of cooking such as boiling, stir frying or grilling.



got some energy
tips of your own?

Send your energy saving ideas to more@sanctuary-students.com

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