



Sustainable Living Guide

Where you **belong**

Fresh. 

A woman with blonde hair, wearing a blue t-shirt and a silver bracelet, is pouring water from a large coconut shell into a potted plant. The coconut shell is cut open, and water is flowing out of it. The background is a blurred indoor setting with a window and some greenery.

Welcome to your new home

Fresh are committed to having a positive social and environmental impact. We can achieve this with your help by focusing on:

Reducing
Energy
Consumption

Preserving
Water
Supplies

Reducing
Waste

Reducing our
Carbon
Footprint

As a whole we try to limit our negative impact on this planet by following the guidelines we have set out in this report and hope you will join us in bringing in a brighter tomorrow.

Remember, here at Fresh we are dedicated to creating sustainable living so if you have any questions or suggestions, please drop by for a chat, you're always welcome!

So let's get started!

Energy Use

We don't normally realise it but energy use is one of the major causes of pollution. In fact, 83% of the world's air pollution comes from the production and use of electricity. Here's how we can reduce this:

Don't leave phones plugged in

Charging a phone all night will still draw power once it's full and continuous charging also affects the performance of your battery. This means you will have to charge more often and use more energy.

Turn off Computers, Laptops & TVs

Even when you are not using them, they will continue to draw small amounts of power even in sleep mode.

Activate power saving modes

Make sure power saving mode is activated on computers. As screens use the majority of a computer's energy, they should be set to go in to sleep mode after a determined amount of time.

Turn lights off

Sounds simple, but please make sure you turn off lights when not in use or during the day.

Keep the heat

Please don't waste heat by having your windows open with the heating on, and switch controls to a low setting if you're leaving.

Check how heating controls work in your home, or ask one of the Fresh staff if you're not sure.

For more tips on how to save energy, check out:
www.energysavingtrust.org.uk

Water Use

Preserving water supplies is important, not only due to the uncertainty of its availability, but also because 90-95% of the water that we use at residential sites ends up going in to the drains. If we reduce the water that we use for drinking, cooking and washing, we can also reduce the discharge to the sewerage system.

Here's what we can all do to help reduce water use:

Report a Leak

Report any problems with dripping taps or leaks to the Fresh Team, as quickly as possible. A leak of only one drop per second wastes about 10,000 litres of water per year.

Turn the tap off

Turn off the tap while you are brushing your teeth and doing the dishes.

Shorten your shower

Every minute less spent in the shower, saves up to 9 litres of water.

Dual Flush

Utilise the dual-flush function when available on toilets to reduce usage.

Save a flush

Try to avoid flushing away rubbish, such as cotton balls or make up tissues - simply throwing them in a bin will cut down on the amount of water wasted with every flush.

Only take what you need

When cooking or making a drink, only fill your kettle/pan with enough water for your needs. Also, putting the lid on saucepans reduces the amount of water lost, so you don't have to put as much in. It also helps your veg cook quicker.

Use a washing bowl

When washing up, use the sink or a washing up bowl, and don't wash your plates and cutlery with a running tap.

For more tips on how to save water, check out:
www.waterwise.org.uk

Waste

On average every person in the UK throws away their own body weight in rubbish every 7 weeks. In less than 2 hours the UK could fill the Albert Hall with its waste.

Try these tips to cut down on waste:

Recycle

Make sure that you use the recycling bins provided. Place each type of recycling in an appropriate bin, and don't mix them up or contaminate with food waste.

Re-use

Where possible re-use items such as bags, bottles and containers or find alternative uses for them.

Donate to Charities

When you leave at the end of the year, please donate any unwanted clothing, bedding, crockery, pans etc. to charities.

Inks and toners

Purchase re-manufactured ink and toner cartridges and recycle them rather than throwing them away. Millions of cartridges find themselves in landfills every year.

Know what you're buying

Did you know that 16% of the money you spend on a product pays for the packaging?

Try purchasing products that have minimum packaging where possible. Also, try to buy products that are made from recycled materials.

Pass it on

Try to encourage others to recycle or show them methods of recycling.

For more tips on how to reduce your waste, check out:
www.recycling-guide.org.uk

Carbon Footprint

Public transportation provides personal mobility and freedom for people from every walk of life. It gives people transportation options to get to Uni, visit friends or go to a doctor's office.

Here are some measures we can take to reduce your carbon footprint associated with transport:

Public Transport

Take public transport as often as possible. A full bus is the equivalent to taking 40 to 60 cars off the road.

Walking & Cycling

Walk or cycle to university if you are able to. Doing so will benefit both the environment and your health.

Secure it

Secure cycle storage spaces are provided in the building but we would also suggest you invest in a strong reliable D-lock to keep your bike secure when you are out and about.

Buying a Car

When choosing a car, make fuel efficiency one of the deciding factors in your selection process.

Sharing is caring

Don't forget to ask around when you are going places as you may be able to car-pool rather than go alone. Alternatively, if you can offer someone else a lift this will help as well.

Get more info

Look at your university travel guide for advice; ask the Fresh team; or go online at the website below for more information about getting around your local area.

For more tips on how to travel sustainably, please visit:
www.travelline.info