

SUSTAINABILITY IN EVERYDAY LIFE

Even in simple things, in the activities of everyday life you can make a difference and choose to adopt sustainable behaviors. Get inspiration from the simple tips that you can find on this page



TURN OFF THE ELECTRONIC DEVICES.

Don't leave them on stand-by. Also disconnect cellphone chargers and transformers from the grid: they consume even when they are not connected to any device or when connected devices are turned off.



USE ECO-SAVE BULB.

Consume little and work long. Remember to clean lamps and light bulbs at least once a year you will have more light at no cost.



REDUCE FOOD WASTE.

Favor good food preservation: in your fridge there's a right shelf for each food, check the manual. Check expiration dates: "best consumed before" is different from expiry date.



DON'T WASTE WATER.

Don't let the water run unnecessarily, for example while you soap or you are brushing.



COOKING LOW IMPACT.

Put the lid on the pan when you cook, you can save up to a quarter of the energy needed for cooking. Prefer the microwave to electric ovens: it consumes less energy and saves you time.



USE APPLIANCES FULLY LOADED.

Also favor low temperature washing (change from 90 °C to 60 °C allows you to save up to 30% of electricity).



GROW IN YOUR VEGETABLE GARDEN A SMALL BALCONY.

You will produce zero food miles. Then Introduce plants in your rooms: they increase the absorption of carbon dioxide and restore the oxygen concentration.



SETS CORRECTLY HEATING SYSTEM.

Don't set the heating system at high temperatures but keep the temperature around 20°C. If in your room it's too hot, do not open the windows but lower temperature by regulating thermostat.



CLIMB THE STAIRS.

Avoid using lift and favor climbing of the stairs so in addition to saving energy is also good for your health!



DISPOSE ONLY THE NECESSARY.

Before throwing good, consider to donate it to others or resell it, in order to increase the reuse practices. If it is to be thrown away, make separate waste collection.