

Kinleaf

Sustainable Living Guide

At **Kinleaf**, our communities are designed and operate with environmental and social sustainability as a priority. Together, we can help to create a more sustainable future.

This Sustainable Living Guide offers some practical suggestions to help you live well and live greener.

In the Kitchen

- **Rinse your dishes and load them in the dishwasher rather than individually handwashing items.** A dishwasher uses about 25% of the energy that washing dishes by hand does and can save more than 26,497 litres of water each year!
 - **Use washable and reusable microfibre cloths or dishtowels,** instead of paper towels.
 - **Refrigerators should be kept at the manufacturer's recommended settings.** If in doubt, contact your property management team for assistance.
 - **Try to buy kitchen and household products in bulk** to reduce packaging waste.
 - **A clean oven** allows hot air to move freely so it can heat up faster and cook your food more evenly. This can save energy and time.
 - **Research your dish detergent and hand soap;** biodegradable products are a more environmentally-friendly option.
 - **Purchase silicone-based reusable food storage options,** instead of using single-use plastic wrap or bags. Similarly, invest in reusable water bottles instead of using single-use plastic bottles.
 - **Purchasing local, seasonal produce from nearby farmers markets** can help reduce your carbon footprint and support the local community. Remember to bring reusable shopping bags too!
 - **Make sure that you separate your rubbish items effectively,** so that items can be recycled and disposed of properly.
 - **Compost your organic food scraps** to help reduce waste at landfills that can produce harmful greenhouse gases.
 - **Avoid pouring leftover cooking oils and grease down the sink as it can cause plumbing and environmental issues.** Instead, consider recycling the oil so that it doesn't go to waste and remains part of the circular economy. To do this, collect any leftover cooking oil in a container and drop it off at a recycling point near you: <https://recyclingnearyou.com.au/cooking-oil>
 - **Meal planning for the week and cooking in bulk** is a smart strategy to reduce food waste and energy usage. Check out some recipe ideas that can help you reduce food waste: <https://www.ozharvest.org/fightfoodwaste/recipes/>
- DID YOU KNOW:** Kinleaf provides energy-efficient appliance packages in apartments to help our residents reduce their energy usage. Visit www.energyrating.com.au to learn more about the energy usage of your appliances.





In the Living Room

- **Open the windows for fresh airflow when outside temperatures are moderate.** On high humidity days, it is best to leave windows closed.
- **Use ceiling fans** to effectively circulate air in your apartment. This works in both summer and winter.
- **Make sure windows and doors are closed** when the air conditioning or heating is on.
- **Avoid blocking air vents** with furniture.
- **Purchase a thick duvet** for maximum bedtime warmth in the colder months.
- **To save energy, use your lights efficiently.** For example, try to use reading lamps rather than lighting a whole room. Remember to switch lights off when you leave the room.
- **Pull up blinds during the day** to take advantage of natural light and **close them at night** to retain heat and cool the air more effectively.
- **Use LED (Light-Emitting Diode) bulbs.**
WHY? LED (Light-Emitting Diode) bulbs provide high-quality light output, use 75% less energy compared to CFL (Compact Fluorescent Light) bulbs. LED bulbs can also last four times as long, saving money on energy bills and replacement costs.
- **Most electronics** (e.g. phones, TVs, cameras, computers) **can be dropped off at electronic or other select stores for recycling.** Visit recyclamate.com.au to find a drop-off point near you.
- **It is important to avoid disposing of electronics in general waste** as they may contain hazardous materials that can be dangerous in landfills and may pollute the air.
- **Learn more about different types of household waste** at <https://www.energy.gov.au/households/reducing-waste>

In the Bathroom & Laundry

- **Contact your property management team immediately if any leaks or drips arise** around your apartment such as running or leaking toilets/taps/shower heads.
- **To reduce water consumption**, avoid leaving the water running while you are brushing your teeth or washing your face.
- While you wait for the shower to heat up, **collect the cold water** – you can reuse it to water plants in your apartment.
- **Reuse existing containers** for soap and cleaning liquids by purchasing refills. Similarly, consider toothbrushes and shavers with replaceable heads.
- To save water and energy, **try to wash full loads of laundry**. This could save more than 12,870 litres of water each year.
- **Washing your laundry in cold water can save more than 80% in energy consumption** and keeps clothes in optimal shape and colour.
- **Use eco-friendly detergent**. Look for plant-based, biodegradable detergents that are free from phosphates. Avoid detergents with strong scents and artificial dyes, which can be harmful to the environment and your health.

DID YOU KNOW: The tapware in Kinleaf apartments meets a high level of water efficiency in accordance with the Water Efficiency Labelling and Standards (WELS).





Transport & Other

- **Your community is located nearby to public transport options** and is in walking or cycling distance to a range of lifestyle and essential amenities. Consider using these modes of transport where possible, instead of driving. Check out [google.com/transit](https://www.google.com/transit) to explore different transit options.
- If you are looking at purchasing a new car or changing your vehicle, check out: [greenvehicleguide.gov.au](https://www.greenvehicleguide.gov.au)
- **Consider donating old clothes, furniture and household goods** to community organisations that will give them a second life. Visit www.opshop.org to find a donation point near you.
- You could also **consider doing a clothes swap with friends and/or family members** to recycle clothing and reduce consumption.
- Planet Ark offers a **guide on how to recycle a variety of household items** that cannot be disposed of in your standard kerbside bin (e.g. mattresses). Visit [recyclingnearlyou.com.au](https://www.recyclingnearlyou.com.au).

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