

Tips for an Eco-Friendly Kitchen/Common Area



Save it:



Unplug appliances such as toasters, microwaves and coffee makers when not in use, or plug them all into a surge protector to make it easier to flip one switch.



Bulk up:

Buy environmentally safe cleaning supplies, food and other goods in bulk or concentrated form to avoid unnecessary packaging and additional transportation.



Make it last:

Use reusable dishes and cups instead of using paper or plastic. This study from Carbon Clear describes in detail the environmental impacts of single-use versus reusable cups.

Recycle:



Plastics 1-7, glass, metal and paper can all be recycled in the green bins on campus. Returnable bottles can be recycled in the blue bins. The funds are used to support the recycling program.

Share it:



Avoid using single serve coffee brewers, such as Keurig. Instead, make a pot—and make some new friends. Blue Reserve has single-serve brewers that use pods that are fully compostable if individual servings are the best option for your office.



Compost:

Start a compost bin for organics. This improves soil structure in your gardens and flower beds and reduces waste hauling impacts for the university. This Maine Department of Environmental Protection brochure shows you how to set up your own backyard compost.