



Technical



<ul style="list-style-type: none"> ✓ Shut off lights when not needed ✓ Turn off PC monitor, printer and copier when not in use ✓ Turn off or down the heating, cooling and ventilation when not in use ✓ Use energy saving equipment and products 	<ul style="list-style-type: none"> ✓ No running water ✓ Keep track of leaking pipes, dripping taps and running toilets ✓ Use the water-saving function on toilets ✓ Use water-saving aerators on taps and showers ✓ Keep track of the water, heat and power consumption at least once a month 	<ul style="list-style-type: none"> ✓ Take only as much food as you can eat ✓ Drink water from the tap ✓ Less meat and more vegetables ✓ Recycle food waste 	<ul style="list-style-type: none"> ✓ Write e-mails instead of letters ✓ Reduce printing ✓ Use minimal packaging and plastic ✓ Recycle waste such as food, paper, bottles, cans, toxic, paint etc.
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