

## HEALTHY HOMES – ECOVER LAUNCHES EASY GUIDE TO ENCOURAGE A GREENER LIFESTYLE

The impact each of us has on the earth's resources has never been as high and the UK media is awash with articles about how we all need to be adopt greener lifestyles.

To make a greener life easier for us all to take on board and adopt, a book has been written crammed with useful hints and tips on ecological living. *Healthy Homes* has been written by the people at Ecover, pioneers in effective ecological household cleaning products, and is available via their website ([www.ecover.com](http://www.ecover.com)) this spring.

This simple guide clearly explains the impact that each of us plays in using up the earth's precious resources and gives useful advice on how each of us can take simple steps that will collectively have an impact

### In the Kitchen...

The kitchen is the heart of the home and one of the best places you can start to make a difference.

#### COOKING

- ◆ Always use lids on pot and pans, this reduces heat loss and energy consumption, it also reduces condensation.
- ◆ If you have a freezer buy good local food in season and either freeze it or make healthy dishes to keep for the future - much nicer than filling the freezer with prepackaged junk food.

#### SAVING ENERGY & RESOURCES

- ◆ Save energy the Italian way! When you cook pasta, bring to the boil and continue simmering for two minutes. Then turn off the heat, cover and leave to cook until the pasta is as you like it - you'll need to experiment with the timing on this. It works for vegetables too.
- ◆ Don't spark up the oven to warm plates - if you leave pasta or vegetables with the heat off you can warm plates over the pan - swap the plates for the pan lid - but be careful the plates are not too cold or you might crack one. If you use an ovenproof dish you can use the same trick to keep food warm on top of a pan.



◆ Turn down the heat as soon as anything boils - a gentle boil and a seething cauldron actually run at the same temperature, a gentle boil uses much less energy.

◆ To use the minimum amount of energy the bottom of your pan or pot should be the same size as the burner or hotplate.

◆ Surprisingly - it's more efficient to use a small gas burner on a higher setting than a larger gas burner on a lower setting.

◆ A gas burner on a cooker should burn with a blue flame. If it's yellow it's wasting gas - try cleaning the burner components to restore a blue flame - check the manufacturer's instructions for this. If that doesn't work the burner should be professionally adjusted.

◆ Save cash with each cuppa. Just boil the amount of water you need for one cup of tea, rather than a full kettle every time.

◆ Electric kettles consume half the energy needed to boil water on the stove, so when you put on a pan for pasta or something - boil the water in the kettle first.

◆ Resist the urge to open the oven door to peek. Each opening can lower the oven temperature by 25°. Preheat only as much as needed, and avoid placing foil on racks - your food won't cook as quickly.

## **HEALTHY HOMES – ECOVER LAUNCHES EASY GUIDE TO ENCOURAGE A GREENER LIFESTYLE (2)**

The 66 page pocket guide takes you through the home, room by room, explaining where we are the most wasteful. Did you know that if you leave the tap running while brushing your teeth you can waste half a pint of water per tooth per minute?

*Healthy Homes* is forwarded by renowned ecological columnist Lucy Siegle (who writes a weekly column Ethical Living column in The Observer). She comments: “Unless you happen to reside in a galaxy very far away, you’ll have heard about the ecological challenges we face on this very planet. Climate change, the destruction of ecosystems and the accelerated loss of species are increasingly the stuff of newspaper headlines.

People want to make a difference but aren’t quite sure how – the Ecover *Healthy Homes* book is in plain English and doesn’t complicate the matter. It explains that individually we all play an important role in being efficient with the earth’s resources and tells you how you can do this as part of daily life.”

Ends

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