















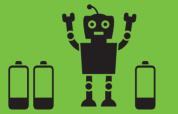
ever possible, this eliminates the need to buy new ones.



FOOD WASTE'S SECRET

When you waste food, you also waste the energy, water and resources it took to put it on your plate!





If customers and suppliers have equipment (WEEE) and batteries should be stored separately and make sure they are labelled not go into general waste.

EMAIL V's PAPER



copying for everyone.

USE PAPER WISELY



Write on the reverse side of sheets for scrap paper or general use.

BUY, USE, DONATE



and other technology to schools libraries, and non-profit

ASK AND YOU'II RECEIVE



reusable mugs, utensils, glasses, plates, and bowls for employees.

PACK YOUR OWN LUNCH



Buying a lunch every day wastes time, energy, and often food. Pack a lunch and get more time to enjoy your break.

IT'S THE TRUTH



Ireland generates over 1 million tonnes of food waste every year!

SAVE THE TREES!



Fill the copier with recycled pape

KNOW THE CODE



This waste management hierarchy ndicates an order of preference fo action to reduce and manage waste

GO VEGGIE!

YOUR RULES



Go vegetarian once a week. Eating less meat eases climate change.

UNNECESSARY WASTE



To prevent waste, avoid single use portions of sugar, salt, jam, butter etc. in the canteen.

HEAT THE WORLD?



Try not to heat a room if the windows or doors are open. You are asking your system to heat the entire planet!

THE BIG AIR 'CON'



Only use air conditioning in offices, meeting rooms and storage areas when people are actually present.

COSTLY HEAT SOURCE



Avoid using supplementary electric heaters. These are one of the most expensive heat sources to run.

KEEP HEATERS CLEAR



Your office will heat up more efficiently if heaters and radiators or place furniture in front of them.

REAL AIR VS AIR CON



Before you run your cooling system, consider if your office could be sufficiently cooled by opening doors and windows.

OVER LIGHTING



Be aware of over-lighting. Too much ight can lead to glare, eye strain and headaches... and waste energy.

LIGHT WHAT'S NEEDED



Only switch on the lights that you need rather than the whole floor area.

SWITCH OFF & SAVE



Switch lights off in unoccupied rooms. It's always cheaper to switch off lights no matter how short the time period.

ASK FOR CHANGE



Ask management for energy efficient lighting. LED energyefficient lighting can make immediate savings.



Make sure windows and skylights are cleaned often.

FENG SHUI YOUR SPACE



best use of natural light.

LAST ONE OUT



Ensure cleaning staff turn off the lights and heating when they are finished.

ENERGY SAVER



Turn off your computer monitor if you are going to be away from your desk for more than an hour.

TURN IT OFF, OFF!



Turn off PCs, monitors and communal equipment at the end of the day. Not just energy saving mode!

2 SIDE GOOD, 1 SIDE BAD



Set up printers to print both sides o the paper (duplex printing), which saves energy by not printing more

INFORM ON THE LEAK

RETHINK & SAVE INK



Break the habit of printing everything and re-consider printing that email.

ONE CUP OR TEN?



Do not over-fill kettles. If you are not going to use all the water, why heat it?



Did your mother ever tell you, keep

OLD SCHOOL RULE



the fridge door closed? Leaving a fridge door open in the canteen wastes energy and costs money.

BE A HEAT SYSTEM NERD



Find out how the heating system for our office works and make sure you are taking full advantage of built in energy efficiency functions.

SHOWER DOWN



When you shower, save water and energy by shortening your time by a minute or two.

LOVE WATER, OR ELSE!



Only 3% of the earth's water is fresh. The rest is salt water. EEK!

DISHWASHER LAW #673



Run the dishwasher only when it's full. You can save over 3,000 litres of water a month.

FULLY, FULLY OFF!



Make sure you turn taps fully off

after use. A dripping tap can cost up

to 23 cent a day if left unchecked.



Inform management if you spot a leak. Then ask for a reward!

AVOID FINGER WRINKLE



When washing your hands, turn the water off while you lather.

HARVEST RAINWATER



Water office and building plants with collected rainwater.

GET YOUR DRINK ON



Designate one glass for your drinking water each day, or refill a water bottle. This will cut down on the number of glasses to wash.

HOLY H₂O BATMAN!



Tap water is 1,000 times cheaper than bottled water!

AVERAGE CONSUMPTION



Each person uses on average 50 litres of water a day.

TAKE IT ALL HOME



Most tips on this poster can be used at home. It's the small changes that can make the big difference. It all starts with you!

WHAT DO YOU THINK?



Brainstorm sessions and come up with your own innovative ideas to cut down energy costs, save water and reduce waste.