

## Check List to convert to Eco-friendly Home Kitchen

The following is a list of items to begin converting your kitchen into eco-friendly. To try to reach the maximum, begin with some and remain highly committed:

### **AMBIENCE**

- Set up a Recycling Center, recycling storage in a cabinet.
- Use natural air fresheners deodorants.
- Add some greenery.
- Use eco-friendly paint.
- Switch your bulbs to LED type.
- Grow your own herbs.

### **SHOPPING**

- Bring your own reusable bags to the supermarket.
- Choose products with less packaging.
- Decline plastic Cutlery in your food-out order and use your own metal Cutlery.
- Filter your drinking water instead of buying in plastic containers.

### **STORAGE**

- Use Earthen Pottery ware like teacups, water storage vessels like Surahi and Matka.
- Ditch plastic in favor of glass or steel containers.
- Replace disposable plastic sealing bags with silicone stasher bags.
- Change from plastic wrap to beeswax wrap.

### **FOOD PREPARATION**

- Use non-plastic cutting boards.
- Use tea infusers instead of paper teabags.
- Upgrade to energy-efficient appliances.
- Avoid or replace your Teflon coated / Nonstick cookware.
- Add low flow aerator to the kitchen sink for washing.

### **FOOD SERVICE**

- Use disposable cutlery if necessary made from compostable materials like Baggase, rice husk, Bamboo, Areca leaves, etc...
- Use eco-friendly straws.
- Use cotton washable napkins instead of paper napkins.
- Pack your lunch in metal boxes instead of plastic.
- Replace plastic containers with glass.

### **CLEANING**

- Use plant-based sponges or sponges made from recycled materials.
- Eliminate paper towel use.
- Operate the dishwasher only when it is full.
- Use Natural Cleaning Products.

### **WASTE DISPOSAL**

- Repurpose citrus peels.
- Switch to biodegradable trash bags.
- Compost your food scraps.

**Wish you success and satisfaction of being an eco-friendly warrior !!**