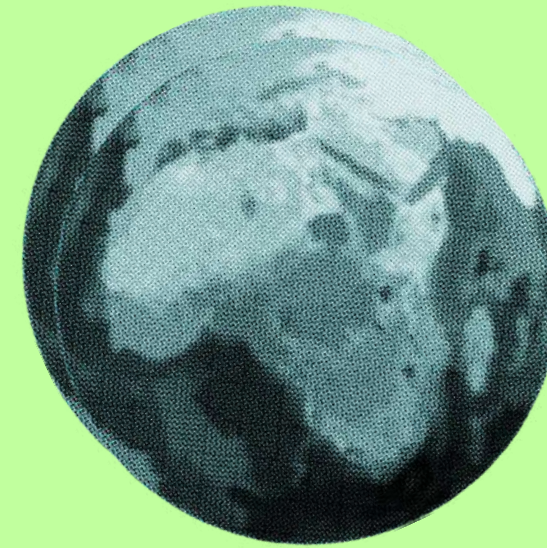




Co-funded by
the European Union



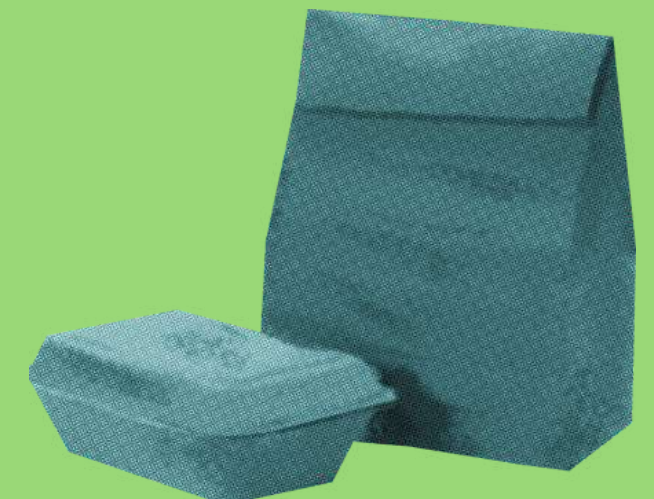
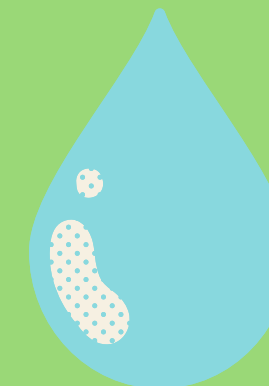
Household & Domestic Arrangements

How to change our consumption ?

TRAINING ADULTS FOR A SUSTAINABLE LIFE

ADULTS4GREEN

ERASMUS+ 2022-2-ES01-KA210-ADU-000101053



Do you know any of these concepts ? Can you define them ?

single-use plastics

wishcycling

use of non-ecological cleaning products

non-ecological furniture materials

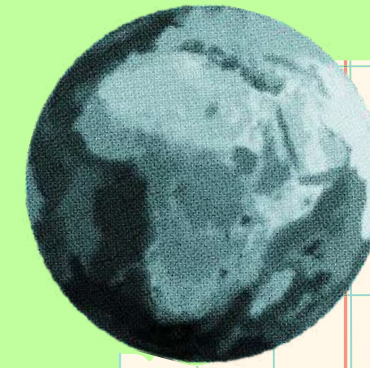
use of non-renewable energy sources

high water consumption

What can we do to change our consuming pattern ?

let's see what's possible to do ...

1. Recycling and Avoiding
disposable items



2. Using detergents
carefully

5. Accomodating
the home wisely

Reduce, Reuse, Recycle



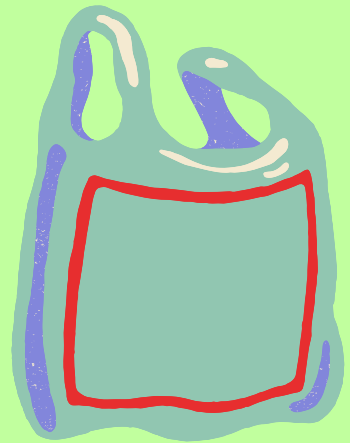
4. Saving energy



3. Saving water



1. Recycling and Avoiding disposable items



... % of plastic is produced for packaging purposes only

15

32

40



More than ... million tons of plastic end up in our oceans every year

10

14

18

Plastic tea bags can release about microplastics into a single cup of tea!

11 billion

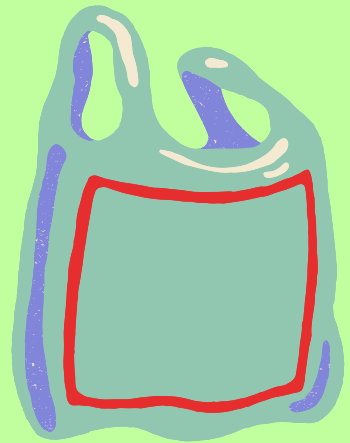
100 million

2.5 billion

microplastics:

small plastic pieces less than five millimeters long

1. Recycling and Avoiding disposable items



... % of plastic is produced for packaging purposes only

15

32

40



More than ... million tons of plastic end up in our oceans every year

10

14

18

Plastic tea bags can release about microplastics into a single cup of tea!

11 billion

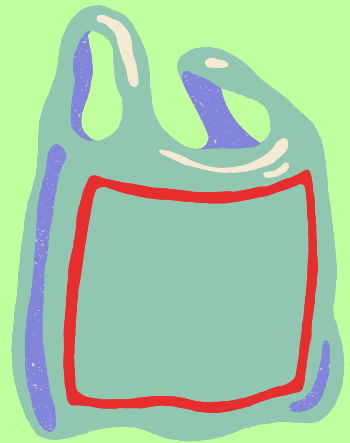
100 million

2.5 billion

microplastics:

small plastic pieces less than five millimeters long

1. Recycling and Avoiding disposable items



... % of plastic is produced for packaging purposes only

15

32

40



More than ... million tons of plastic end up in our oceans every year

10

14

18

Plastic tea bags can release about microplastics into a single cup of tea!

11 billion

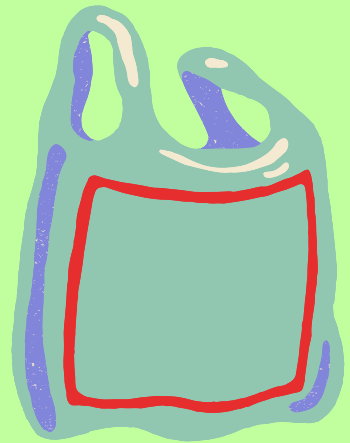
100 million

2.5 billion

microplastics:

small plastic pieces less than five millimeters long

1. Recycling and Avoiding disposable items



... % of plastic is produced for packaging purposes only

15

32

40



More than ... million tons of plastic end up in our oceans every year

10

14

18

Plastic tea bags can release about microplastics into a single cup of tea!

11 billion

100 million

2.5 billion

microplastics:

small plastic pieces less than five millimeters long



study on single-use plastic objects, 2018

what do you think of this chart ?

what does this study show ?

what could be done at an individual scale ?

Preventing "Wishcycling": what are the best recycling practices ?

Form groups of 3/4 people

Think together about the recycling practices in your city

how would you teach them to younger people?

what are the errors to avoid when wanting to recycle ?

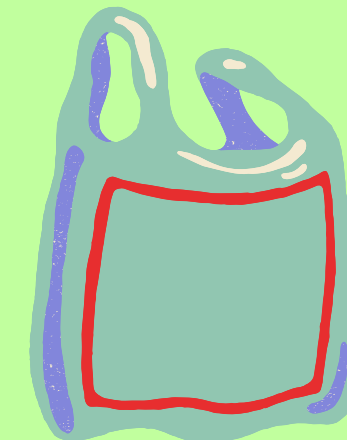
what can be done to prevent wishcycling ?

Think of a strategy to promote recycling in your neighborhood: courses, internet website, discussions, ... what would be the best strategy ?

wishcycling

the act of putting something in the recycling bin, hoping it is recyclable.

occurs when people are unfamiliar with recycling policies.



check on your city's recycling policy on internet if needed !



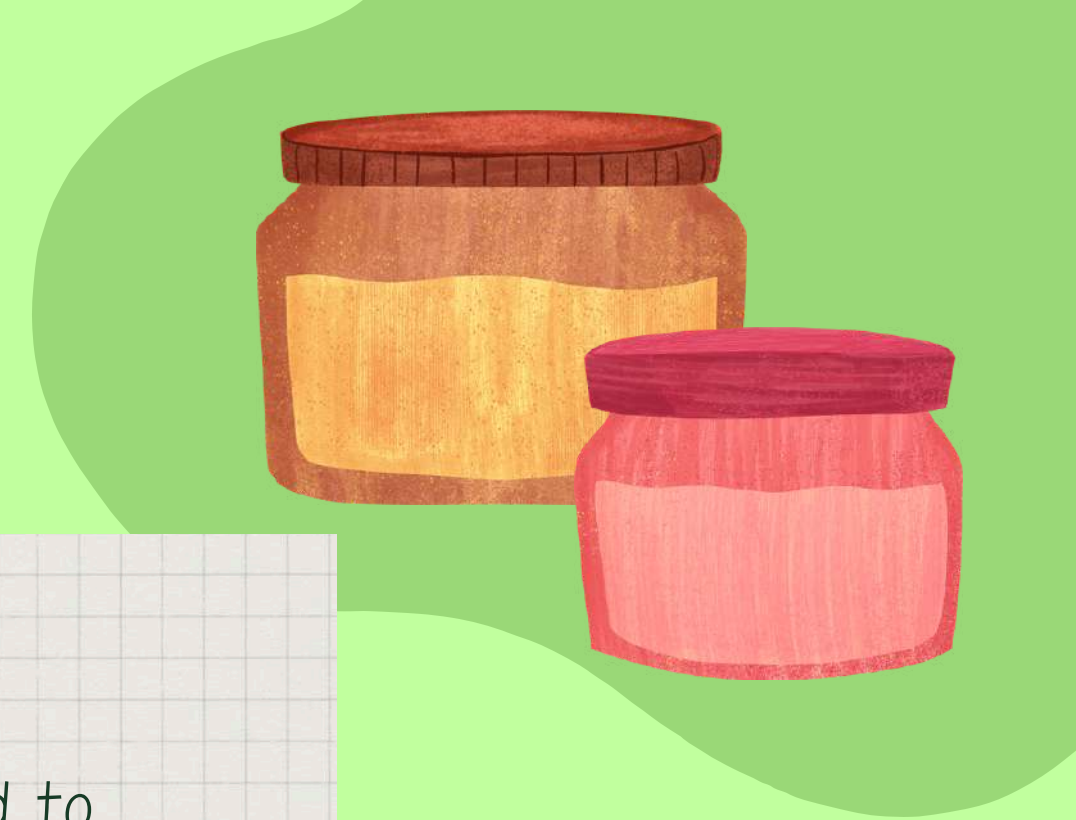
Low waste alternatives

making our own cosmetic products

toothpaste deodorant shampoo

...

a lot of incredibly easy recipes
are available on the internet



Low waste

approach designed to
maximize recycling, minimize
waste, and reduce
consumption

making our own bags and wraps

Idea: beeswax wrap



You can also buy products
with less plastic:
shampoo bars, conditioner
bars, ...

Or refillable products !

making our own cleaning products

wait to discover how to
create your own cleaning
products in the next
section...

2. Using detergents carefully

Detergent's dangers : "Toxic" detergents ?

These products are present in most laundry detergents !

clothes smell fresh



synthetic fragrances



fabrics appear whiter



optical brighteners



cleans better

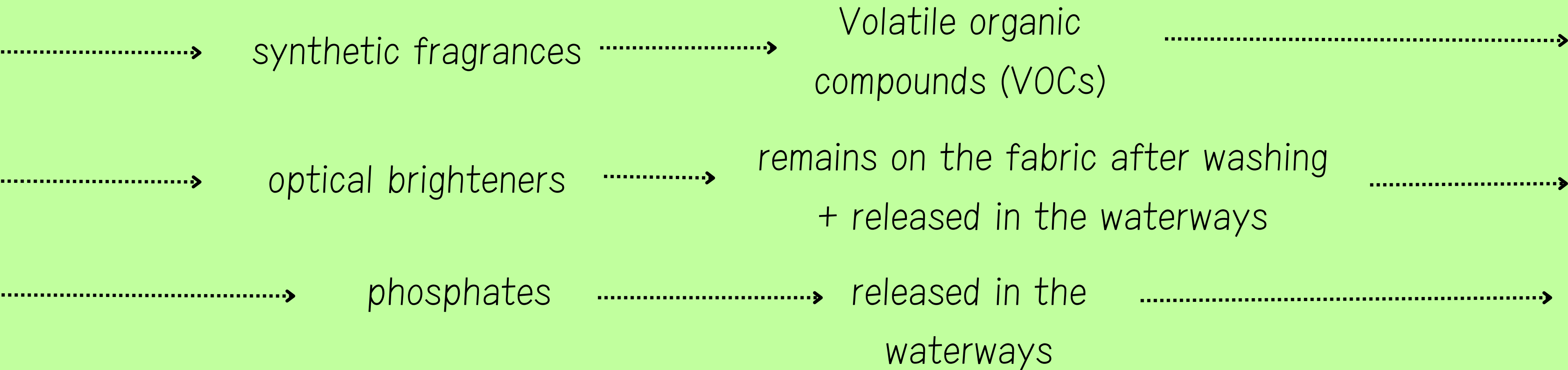


phosphates



Detergent's dangers :

"Toxic" detergents ?



Detergent's dangers :

"Toxic" detergents ?

→ Volatile organic
compounds (VOCs)

→ indoor pollution + health effects
(respiratory issues)

→ remains on the fabric after washing
+ released in the waterways

→ skin irritation + harmful for
aquatic life

→ released in the
waterways

→ harmful for aquatic life



A few ecological labels to know ...



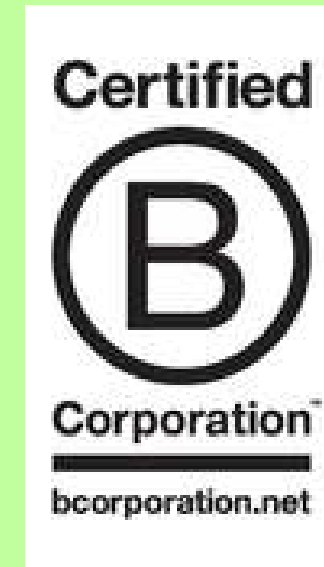
Is there any
label you
already know
?

A few ecological labels to know ...



European Union Ecolabel:
companies need the certification to use this label:
products with a lower environmental impact
in their whole lifecycle!
Less than 20% of products are able to
obtain this label

Blaue Engel (Germany):
companies need the certification to use this label:
environmental and consumer protection

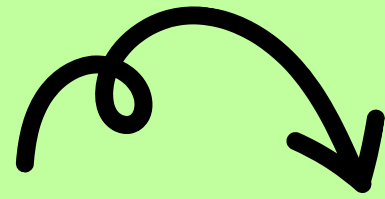


B Corp Certification:
companies need a
certification to use this
label: environmental
impact assessment
(waste production, ...)

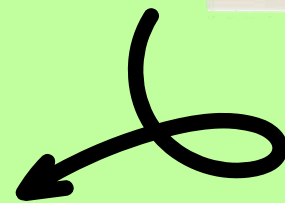
and there's a lot of easy eco-
friendly detergent recipes on
the internet!
(laundry detergent, window
cleaner,)

Making an eco-friendly all purpose cleaner:

Put 2
tablespoons of
Marseille soap in
the container

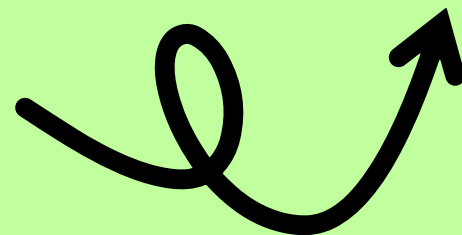


Add 1
tablespoon of
white vinegar



Add 1/2 cup of
baking soda

Mix with 100ml of lukewarm
water

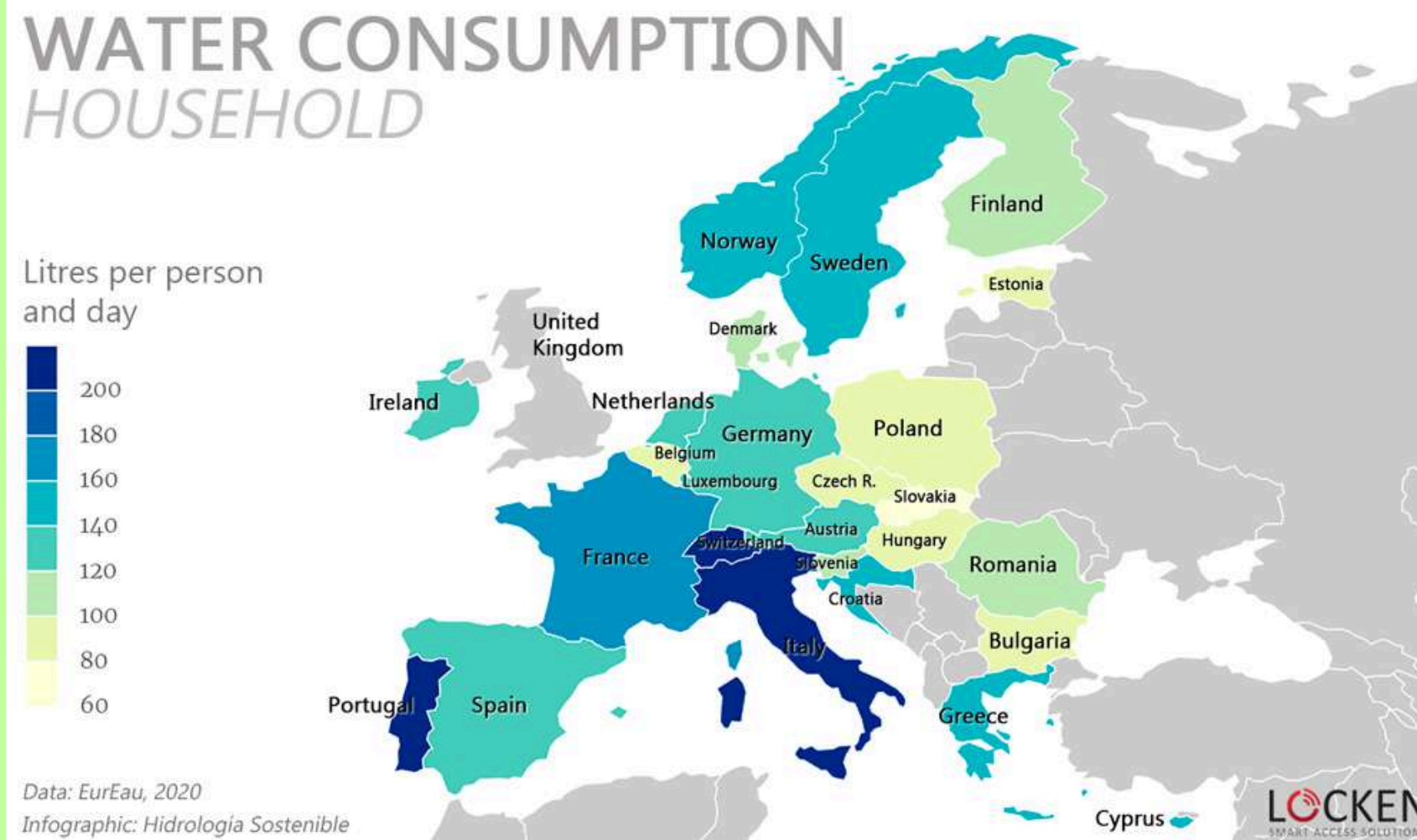


What's needed:

- Flakes of Marseille soap (~2 tablespoons per participant)
- Tap water (must be lukewarm)
- White vinegar (~1 tablespoon per participant)
- Baking soda (~1/2 cup per participant)
- 1 container per participant
- 1 spatula per participant

You just made an non-irritating all-purpose cleaner for your home !

3. Saving water



water consumption per person per day
in Europe, 2020

what is the problem with water consumption today ?

why is it essential to preserve this resource ?



Saving water: what are the best practices ?



- Prefer short showers to baths
- Don't forget to turn off the tap
- Only run your washing machine when full
- Only run your dishwasher when full, and prefer hand-washing your dishes
- Always monitor your water consumption, to be able to detect leaks early

Is there another advice you would like to add to this list ?



Sustainable Gardening



- water your plants in the morning, or in the evening
- water them everyday, you will need less water as the soil will be less dry and absorb more water
- if possible, try harvesting rainwater, and water your plants with it

Producing your own vegetables/fruits is a step towards sustainability
but always remember:

- if possible, choose vegetables that don't need too much water to grow
- don't use pesticides



4. Saving energy



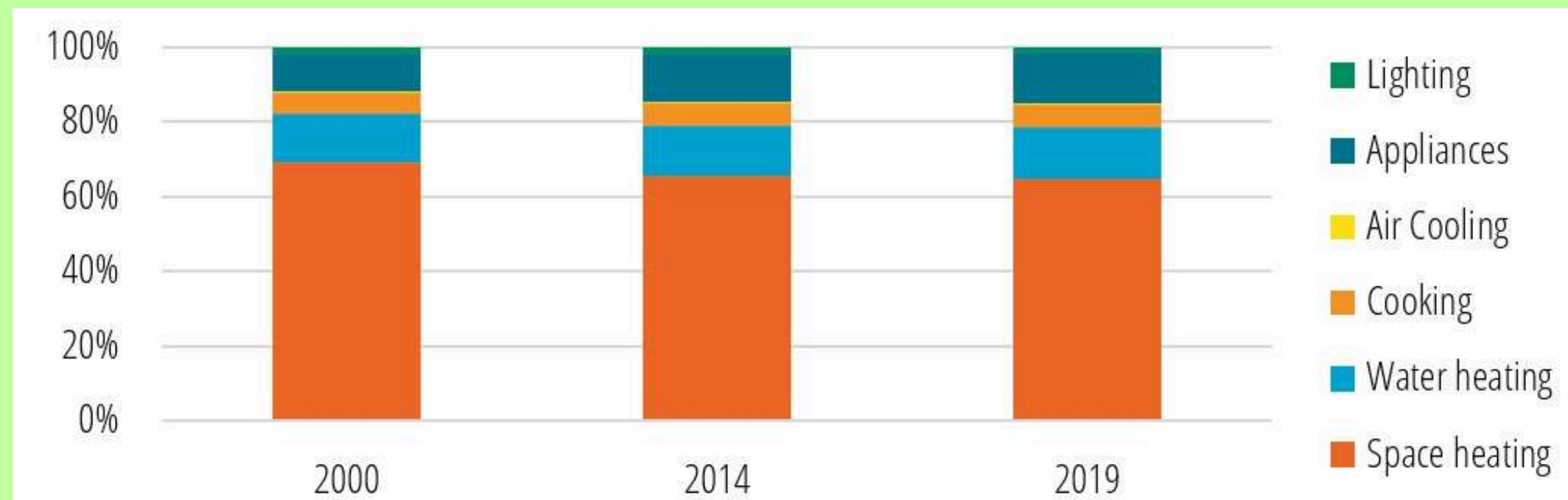
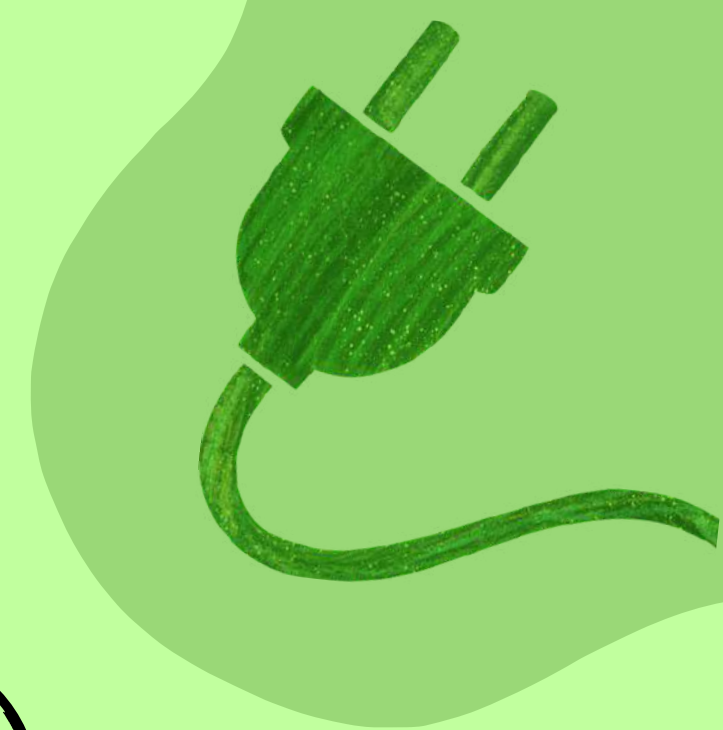
How would you reduce a kitchen's energy consumption ?

form 3 groups of people

on small papers, write down what you would do to lower your energy consumption in your kitchen

gather all your papers, and compare your ideas !

what can be done at the individual scale ?



Household energy consumption by end-use in the EU

What can be done about space heating ?



In the kitchen:

- cook with the lid on
- wash with a lower temperature

Other good practices:

- switch off unused devices, such as TV and other electrical devices
- avoid using the clothes dryer
- lower the temperature of the water heater
- during summer, keep windows and curtains closed

and plenty more ... !

For space heating:

- make sure your home is well-insulated
- lower your thermostat settings



Are you currently doing any of these at home ?

Is there any tip you would like to give to others on reducing their consumption ?

Generate your own electricity

Solar panels:



Why choosing to generate electricity at home?

- reduce reliance on fossil fuels
- lower energy bills
- renewable energy sources



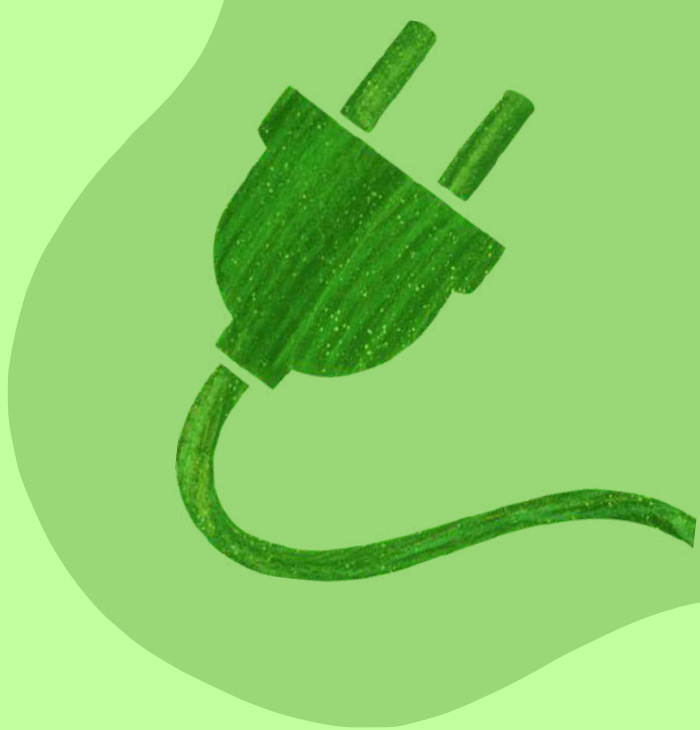
Wind turbines:



Do a quick internet research: does your country/city provide financial help to citizens wanting solar panels/wind turbines ?

Which one of those 2 options seems the best for your home ?

Understanding Energy efficiency and the European Union energy label



European Union energy label

provides multiples information about electrical appliances

allows customers to know which products are more energy-efficient

makes products' comparison easier for customers

Where can we find this labelling ?

- cars
- televisions
- ovens
- light bulbs
- washing machines
- dishwashers



energy efficiency labelling exists in various countries

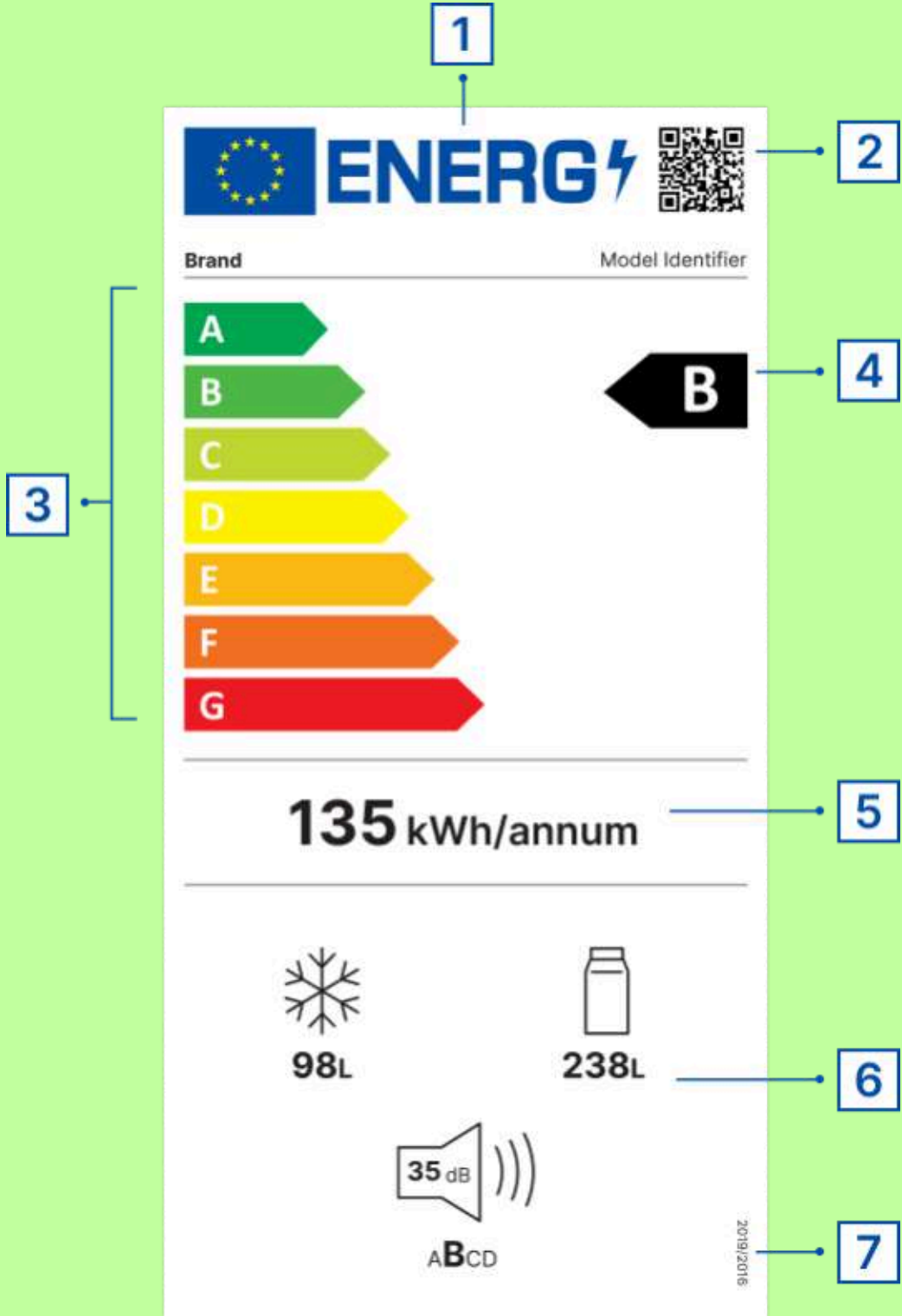
Understanding Energy efficiency and the European Union energy label



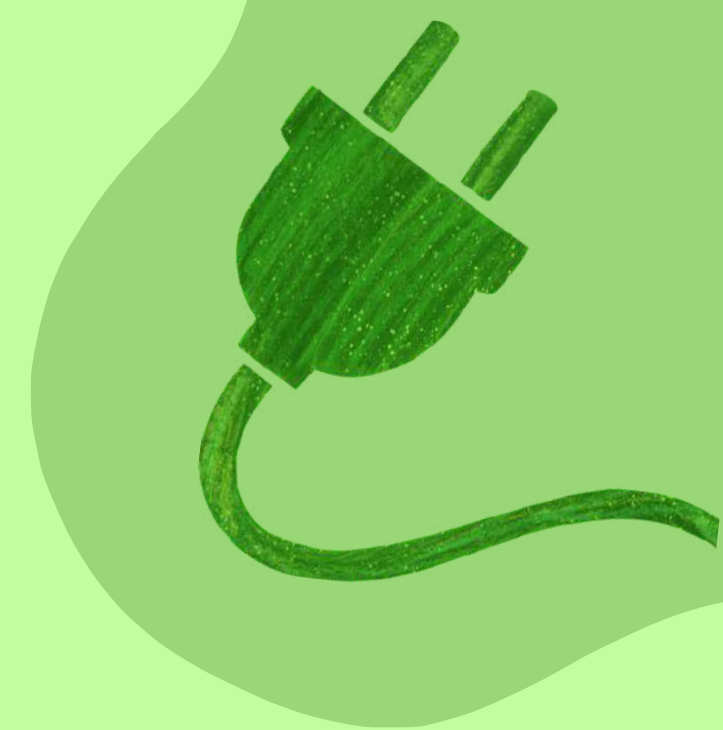
Form groups of 3 or 4 persons

together, provide explanations for each number present on this refrigerator's label

then compare your answers with the other groups



Understanding Energy efficiency and the European Union energy label

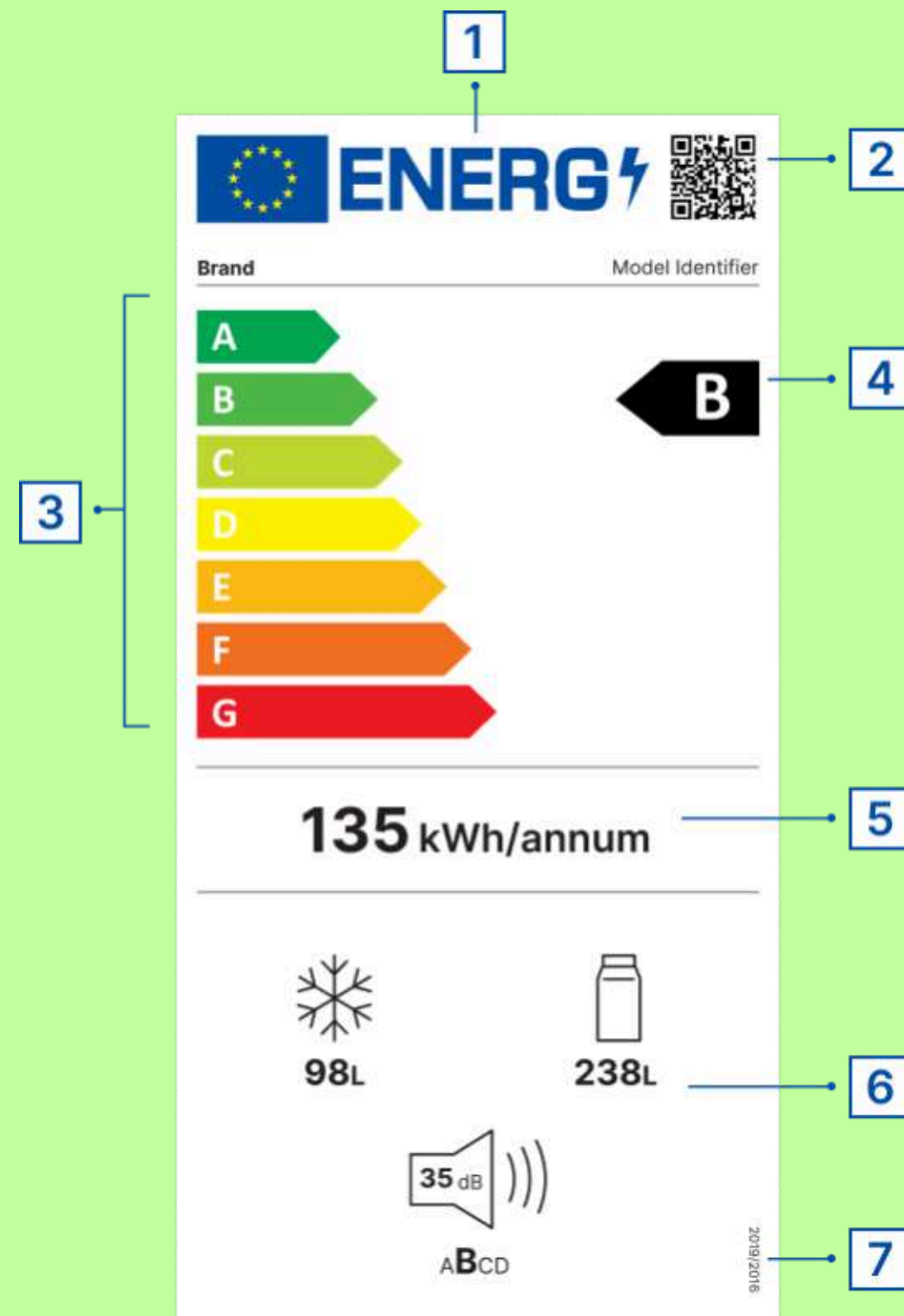


1. Language neutral logo: the bolt is replaced with the missing letters needed to form the "energy" word in each language

3. Energy efficiency classes, from A (more efficient) to G (least efficient)

5. Energy consumption: the lower the better

7. Regulation reference



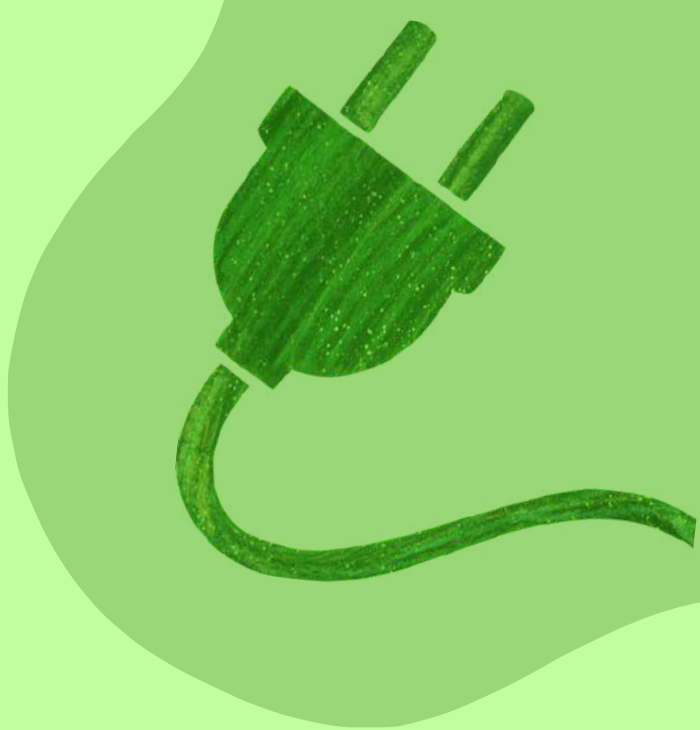
2. Qr Code to the European Product Registry for Energy Labelling.

4. Energy class of this product

6. Non-energy parameters: for refrigerator appliances:

- noise
- volume of the frozen compartments
- volume of the non-frozen compartments

Understanding Energy efficiency and the European Union energy label



examples of other appliances labels: non-energy parameters differ

The image displays five examples of European Union energy labels for different appliances. Each label features the ENERGY logo, a color-coded efficiency scale from A to G, and specific energy consumption metrics and icons for each appliance type.

- Refrigerators:** Energy consumption: XYZ kWh/annum. Icons for freezer (XYZ L), refrigerator (XYZ L), and sound power level (XY dB, ABCD).
- Dishwashers:** Energy consumption: XYZ kWh / 100. Icons for energy efficiency class (A-G), water consumption (XY x), and sound power level (XY,Z L, X:YZ, XY dB, ABCD).
- Washing Machines:** Energy consumption: XYZ kWh / 100. Icons for energy efficiency class (A-G), water consumption (XY,Z kg), spin speed (X:YZ), and sound power level (XY L, ABCDEFG, XY dB, ABCD).
- Displays:** Energy consumption: XYZ kWh/1000h. Icons for energy efficiency class (A-G), HDR, and screen size (WXYZ px, XYZ cm, XY).
- Lighting:** Energy consumption: WXYZ kWh/1000h. Icons for energy efficiency class (A-G) and QR code (2019/XXX).

5. Accomodating the home wisely

Impact of furniture production

Every year, we cut more than 10 million hectares of forest : the size of Portugal

In 2018, Americans threw out over 12 million tons of furniture

the furniture industry emits a lot of greenhouse gases,
and has a significant impact on our environment and our
planet's resources



a part of the solution

What is the Circular Economy ?

circular economy

production and consumption model
that promotes the reuse of
materials, in order to extend their
lifetime



the most sustainable furniture is the one that you already own !

What to do:

Choose designs that won't go out of style ! You don't need the last trendy piece of furniture !

When buying new furniture:

Always prefer sustainable materials ...

bamboo, wood, cotton, linen, ...

look out for the FSC logo: certification that this product comes from a well-managed forest



... or recycled materials

recycled plastic, recycled metal

Try buying in thrift shops, second-hand stores, EBay, ...

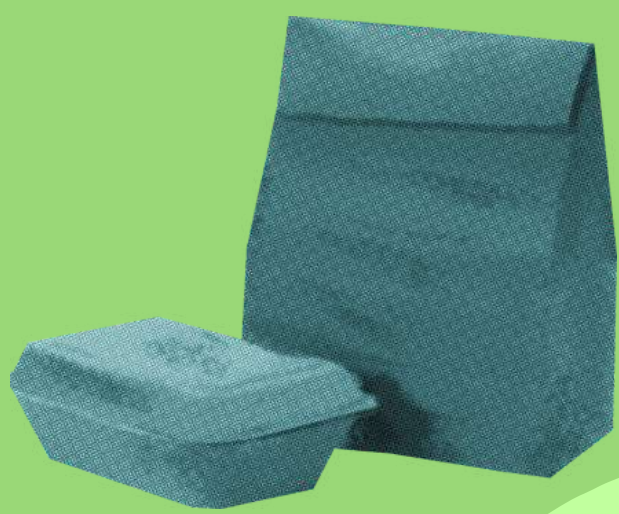
Prefer local manufacturers, as it reduces the carbon footprint associated with transportation

You can also upcycle old furniture that you own !

Upcycling

creative reuse of old products into new products of greater quality





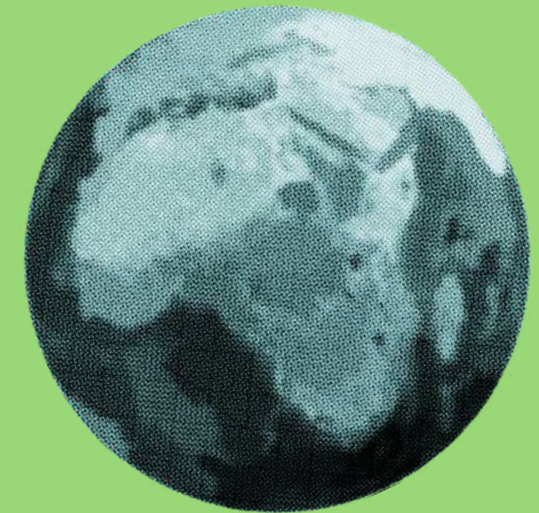
What did you learn in this workshop ?

What advice would you like to share with your friends/family/colleagues to change their habits ?



A few interesting websites ...

- <https://ourworldindata.org/plastic-pollution>
- <https://www.theworldcounts.com/challenges/consumption/other-products/environmental-impact-of-furniture>





Co-funded by
the European Union



Thank you !



Free Licence

The product developed here as part of the "Adults4Green ERASMUS+ 2022-2-ES01-KA210-ADU-000101053" was developed with the support of the European Commission and reflects exclusively the opinion of the author. The European Commission is not responsible for the content of the documents

The publication obtains the Creative Commons Licence CC BY- NC SA.



This license allows you to distribute, remix, improve and build on the work, but only non-commercially. When using the work as well as extracts from this must

1. Be mentioned the source and a link to the license must be given and possible changes have to be mentioned. The copyrights remain with the authors of the documents.
2. The work may not be used for commercial purposes.
3. If you recompose, convert or build upon the work, your contributions must be published under the same license as the original.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Sources

- <https://www.enerdata.net/publications/executive-briefing/households-energy-efficiency.html>
- <https://www.ecolabelindex.com/ecolabels/?st=category,cleaning>
- <https://softframedesigns.com/blogs/softframe-designs-bed-blog/environmental-impact-of-furniture-industry>
- https://energy-efficient-products.ec.europa.eu/ecodesign-and-energy-label/understanding-energy-label_en
- <https://www.unicef.org/armenia/en/stories/9-ways-reduce-plastic-waste-home>
- <https://www.unicef.org/armenia/en/maintaining-eco-efficiency-home>
- <https://smartwatermagazine.com/news/locken/water-ranking-europe-2020>
- https://www.newenergylabelt.eu/sites/default/files/pdf-blocco-link/Belt%20-%20Factsheet%20ENG_0.pdf

