SUSTAINABLE LIWING GUIDE

LIVE MODA. LIVE BETTER. LIVE GREENER.

LIVE MORE SUSTAINABLY.

MODA LIVE BETTER

- SUSTAINABLE LIVING
- TIPS AND TRICKS
- WASHING MACHINES
- 13 DISHWASHERS
- 15 FRIDGES AND FREEZERS
 - 17 HEAT THE HUMAN, NOT THE HOME
- VAMPIRE DEVICES

21

LIGHTING

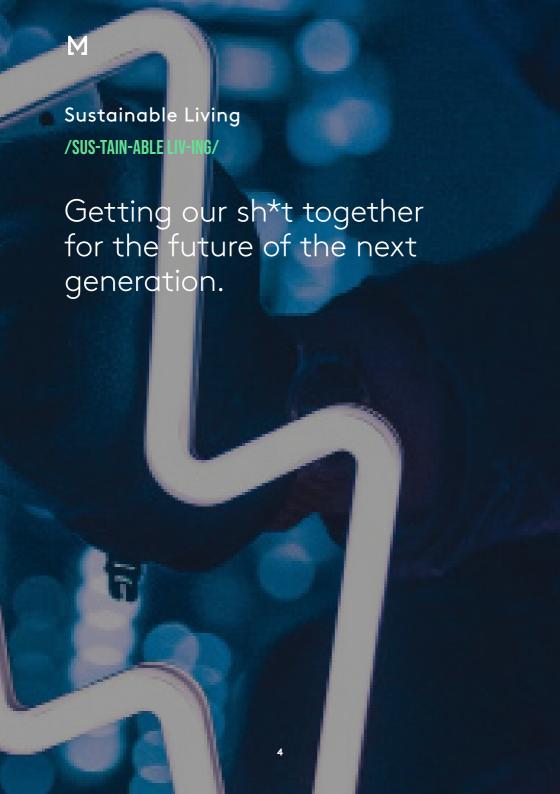
23 COOKING

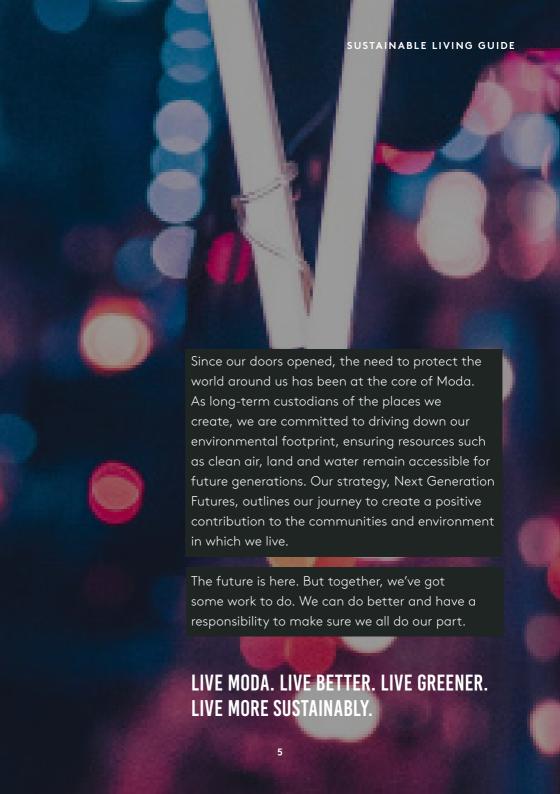
PLASTICS

WATER

TRAVEL

LIFESTYLE





OUR GOAL IS TO REDUCE OUR ENVIRONMENTAL IMPACT USING INNOVATIVE PRACTICES TO ENSURE OUR PLANET THRIVES FOR FUTURE GENERATIONS

Reducing our carbon emissions is at the top of our agenda. We have committed to reaching operational net zero carbon by 2030. This means reducing our carbon, water and waste emissions for our business, as well as buying and using resources as ethically and efficiently as possible.



Not sure what net zero means?

In short, net zero emissions refers to achieving an overall balance between greenhouse gas emissions produced and greenhouse gas emissions taken out of the atmosphere.

Did you know all the electricity we use is renewable?

Our neighbourhoods across the UK are REGO certified including New York Square, The Mercian, The Lexington and The McEwan. All of them source electricity from 100% green sources - hydro, water and wind, helping us on our journey to net zero carbon.

What is REGO Certified?

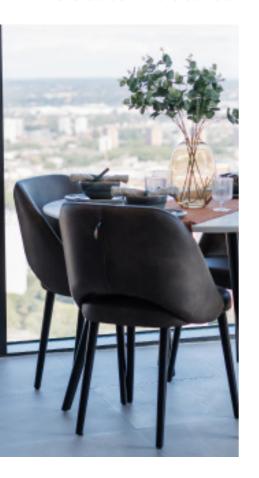
The Renewable Energy Guarantees of Origin (REGO) scheme provides us with full transparency, regarding how much of our energy supply comes from renewable sources.

What about any gas that is used?

A number of our developments use gas too, we use offsetting to ensure this is carbon neutral. Some of our offsetting is done through tree planting in the UK.

BY 2025, ALL MODA HOMES WILL ALSO HAVE SMART METERING SO YOU CAN BETTER MANAGE YOUR UTILITIES.

From making a conscious effort not to use single-use plastic, purchasing electricity from renewable sources, installing energy-efficient appliances in apartments to supporting local businesses, there's still more to do...



Together, you can help us achieve our ambitious targets and create a more sustainable future. There are no overnight solutions, but together we can live more sustainably and help minimise our environmental footprint.

Our commitment to our planet is to ensure we help all our residents do their part by enabling sustainable living in every Moda neighbourhood.

Moda is a global leader in 3 star Fitwel accreditations, certifying our neighbourhoods as some of the healthiest places to live in the world.

Our aim is to work as efficiently and sustainably as possible, from choosing ethical products and suppliers to encouraging cycling and public transport to supporting our local communities.

Moda is committed to continue reducing our operational carbon emissions, waste and water by 1.5% every year and becoming net carbon zero in our business operations by 2030.

Recycling-GIVILLE BASIS

TIPS AND TRICKS SO **EVERYONE CAN MAKE** A DIFFERENCE.

NO MATTER HOW SMALL

SUSTAINABLE LIVING WITH MODA. V



Taking the time to learn how to live sustainably making your day-to-day life that little bit more eco-friendly is important. These tips and tricks will help save energy and reduce your bills but also help ensure you're not leaving a lasting and irreversible mark on our planet, reducing your carbon footprint.



Wash Clothes At 30 -You Won't Be Dirty!

If every day feels like laundry day, remember to only use your washing machine for full loads. Make sure you lower the temperature you wash on too, even just lowering from 40* to 30* can save on energy.

Put A Spin On It

Ever used the spin and drain option? Use it instead of the tumble dryer, saving electric and money. Select the spin and drain options once your clothes are finished in the wash.

Rack Your Brains

We know tumble dryers are great time savers, but they use a lot of energy. Avoid using so regulary and invest in a drying rack to dry clothes inside.

Oh Balls 🔷 🔮



Can't go without a tumble dryer? Grab some tumble dryer balls! They'll lift and separate laundry allowing hot air to flow more efficiently, speeding up drying time.

It's A Trap!

Found at the front base of the washing machine; emptying the lint trap allows for better air flow and helps dry laundry quicker. Don't forget the condensation trap too - this will help prevent any unexpected stoppages due to it being full.

Settings? Urm...

Who even knows what they all mean! Experts suggest drying clothes on the manual setting. Compared to others, it won't unnecessarily use more heat than needed to dry clothes.

Go Big Or Go Home 🥋



Dry a full load. Smaller laundry loads use just over half the energy of a large load. So, if you're in the habit of doing two or more, you could effectively be using more energy.



Trust Me, I'm Drying!



Say no to the heated drying cycle and reduce time, energy and money on your utilities! Open that door and allow your dishes to dry on their own. They've got this!

Art Du Dishwasher

Fancy getting a little creative? Good, because stacking the dishwasher should be a form of art! Make sure to utilise all space available and only run once full.

Are You Rinsing Me? 🌔



Don't rinse your dishes before they enter the dishwasher. If most of the food has already been removed, the detergent has nothing to stick to, resulting in a less adequate clean...ew.

Eco Mode On 🤎



A lower temperature cycle uses between 35-59% less energy than a hot wash. Let's think smarter, not harder.

Remember, Less Is More

Most of us use too much dishwasher detergent, not only does it cost us money, but too much detergent can also scratch our dishes or make glasses come out cloudy. Whether you're using liquid, powder, or even pods, you need way less than the package recommends.



Ice Ice Baby!

Defrost your freezer! The frost build up increases the amount of work your motor has to do. If the motor is working harder, this means it's using more energy.

Every Day We're Shufflin'

Placing your food in the right compartments? Thought not -Hot air rises and cold air sinks so make sure the veggies stay in their compartments! Have a shuffle around and place items in the right compartments to help food last longer.

Marigolds On, Dirt Off

Clean out your fridge and maximise energy efficiency. If accessible, clean the fridge's coils too, you'll improve the efficiency of your fridge by a whopping 30%.

The Right Temperature

Your refrigerator operates best between 2 and 4 degrees centigrade, and your freezer should always be around -15 degrees centigrade.

Shut That Door

Pretty obvs right? Now we've mentioned it, you may be more aware of how long you stand holding the door open when deciding what's for dinner...

Level Up Your Leftovers



Did you know, placing leftovers in containers helps reduce energy usage? A sealed lid stops food moisture releasing into the fridge which helps how hard it has to work. Help keep your leftovers cool and stock up on containers!

Moove The Milk 🦥



Yep, that's right. The warmest part of the fridge happens to be the door. Move your milk and juices away to stay fresher for longer!



Baby, It's Cold Inside 🎬



Layer up before heating up! It's going to get chilly, make sure you've got plenty of woolly jumpers and cosy socks at the ready. Warm up from within? Win.win!

Put Your Feet Up

No, literally...put your feet up! The floor is usually the coldest part of your apartment, putting them on a stool can help them stay that little bit warmer.

Bathmats and Rugs

Cold feet on bathroom floors? No, thanks! Invest in bathmats and rugs for your apartment and keep your tootsies warm!

Tog Up

A duvets tog is important as it relates to its warmth not weight. The higher the tog the warmer the duvet! Consider taking your tog up a notch to 10.5/13.5, ideal for autumn and winter.

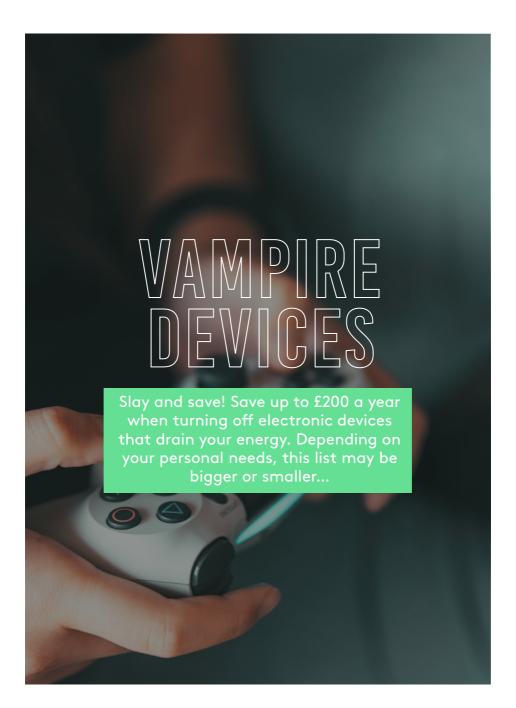
Beat The Heat

Use a timer to control when your heating comes on and off. If you're not at home or tucked up asleep, then does it really need to be on?

Keep In The Heat



Draw your curtains at dusk and reduce heat loss by around 15-17%! Blinds are a little lower, but hey... it all helps!



Phone Chargers

We get it. You need that morning alarm. But when your phone's not charging, turn the plug off at the socket. It could be costing you £45.36 a year!

Laptop/Computer



Working from home? You're probabaly using a laptop or monitor as part of your set-up. Once finished, remember to shut vour devices down and remove from the socket outlet.

TV

That little red light LED isn't powered by fairy dust. The average TV is sucking up 1.3watts while you leave it on standby. Turn it off at the mains.

Hairdryer 🔌



We've all left our hairdryers, straightners and electric shavers plugged in for next time, but they're using more energy than you think. Invest in an extension lead and you can ensure they're all turned off at once. Easy peasy.

Speakers 🗐



Alexa...turn off! Anything 'waiting' for you, such as a smart speaker waiting for you to call it's name, is essentially in permanent standby mode and costing you money. If it can be turned off, turn it off!

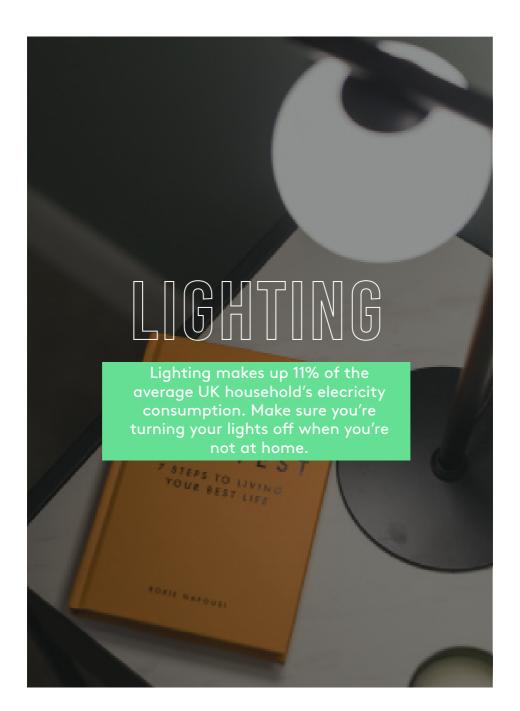
Coffee Machine

Your coffee maker can use more energy in standby mode than all of your other kitchen appliances combined *jaw drops*. If you're not comsuming, your devices shouldn't be either!

Games Console 💱



That new Xbox may be costing you more than you think. When not in use, shut down and seek more energy efficient options to stream that TV show on...



Lights On, Lights Off



Heading out? Don't forget to turn out the lights. It's really that simple. You could be saving £20 a year just by doing so. Oh, and don't forget those under the counter kitchen lights too!

Let's Bring It Down A Little

Can we turn down the ambience? Think about how many lights are on in the room, can you turn off that main light if the lamp is on?

Light As A Feather 🤌



Get the feather duster out and give your light shades a spring clean. A build-up of dust will reduce the light emissions.

White Brings In The Light 🥒



Painted any of your walls? You may love the dark paint color in your room, but dark colors absorb light. Light colors reflect it. If you use a light paint color, it's going to reflect it so that it bounces to another area of the room. Look for environmentally-friendly paints that do not contain VOC or latex.

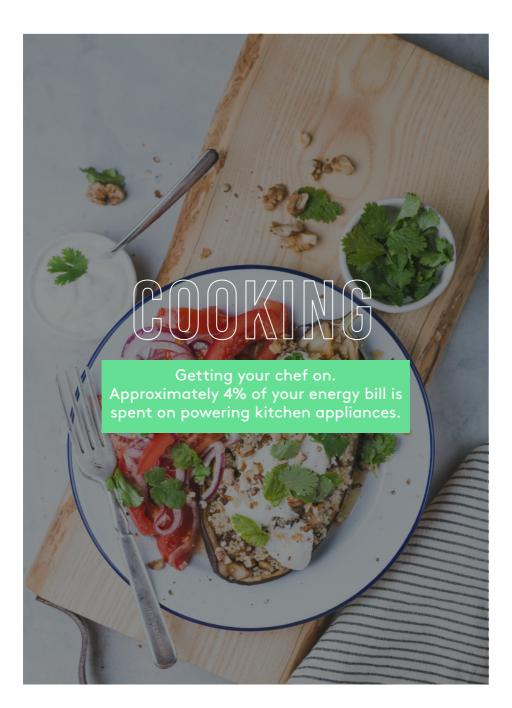
And Then There Was Light

Our light bulbs are energy efficient, if you've got any extra lighting, like lamps, make the swap to energy efficient bulbs. These use fewer watts, so it's best to look at lumen output when choosing.

Hello, Sunshine! 🍅



Pull back those curtains and use natural lighting when you can. The sun gives us natural free light, so let's take advantage of it!



Squeaky Clean 🧼



Get scrubbing that oven. A clean oven door means you'll open it less to check your food when cooking, which means not letting the heat escape and less energy waste. Simples.

It's A Grease Lightning

A regular clean ensures there's no excess grease absorbing the heat. Don't forget to clean the seal, gaps let hot air escape forcing the oven to run longer.

One For Me, One For You



Batch cook. Cook several dishes at once to save energy, money and time. You'll get two for the price of one in your kitchen!

Put A Lid On It



Using the right container is essential to get the most out of each kW/h consumed by your oven. Ceramic or glass containers retain heat well and avoid the oven having to heat too much.

..Ping!

Nigella's favourite appliance, the microwave. Did you know that microwaves are more energy efficient than an oven, they only cook the food not the space around it.

No Loss? Defrost! 💥



Defrost food naturally rather than in the microwave to avoid wasting energy unnecessarily. Get it out the night before or first thing in the morning, just don't forget about it!

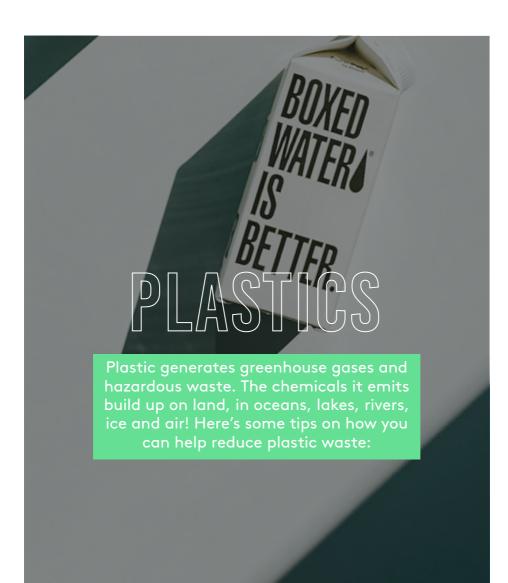
The Nation's Favourite

Us Brits love a cuppa. But the experts tell us we can save £6 a year by only boiling the water we need when making a brew. Get that measuring cup out!

Let It Sink In 🍟



Avoid pouring oil and grease down the sink! It can lead to sewer floods which contanimate plants and wildlife. Instead, pour into a container and let cool. Once solid, deposit in your general waste bin.



Out And About



Carry a resuable water bottle and coffee cup. Coffee cups are super hard to recycle because they're a mix of paper and plastic. Coffee shops often offer a discount too!

The Last Straw

Plastic straws? No thanks. Opt for bamboo or metal ones instead. Most come with their own cleaning brushes and some can even go in the dishwasher.

Wood You Prefer A Fork?



We all love a bit of sushi...well, most of us. So when sushi calls, invest in some wooden chopsticks to avoid using plastic ones!

Every Little Helps

Taking a trip to the supermarket? Don't forget to take a reusable shopping bag. Just leave it in the bottom of your bag for when you need it next!

Can You Not?

If water won't do, try to buy juices or fizzy drinks in cans rather than plastic bottles. They produce lower emissions in comparison!

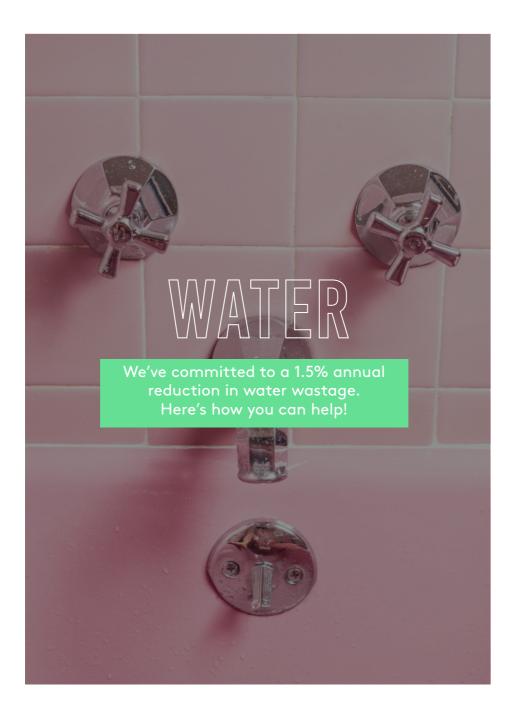
Bring It Back

At a takeaway salad bar or buffet? Bring your own box and help reduce plastic. Just check you can first, they might not like the size of your box if it's bigger than theirs!

Power To The Planet



It's time to support the brands doing their part for the planet! Opt for brands that aim for zero waste, this means nothing is sent to landfill when you purchase!



Brush It Off

Leave the tap running whilst brushing your teeth? You may want to think again. Leave it running and you can end up using as much as four gallons each time you clean them...

Fill Me Up 🥂



Load your dishwasher and washing machines at full capacity. You can select shorter cycles when washing or even the eco-mode!

Soaking It All In

Running your pots and pans under the tap for 10 minutes can waste 100 litres of water, instead, fill up your sink and allow your dishes to soak overnight.

Singing In The Rain Shower



We all like to sing in the shower, but maybe we should pick a shorter song. Each minute in the shower uses around 10 litres of water, shorten this and you could save over 500 liters per month!

All Steamed Up



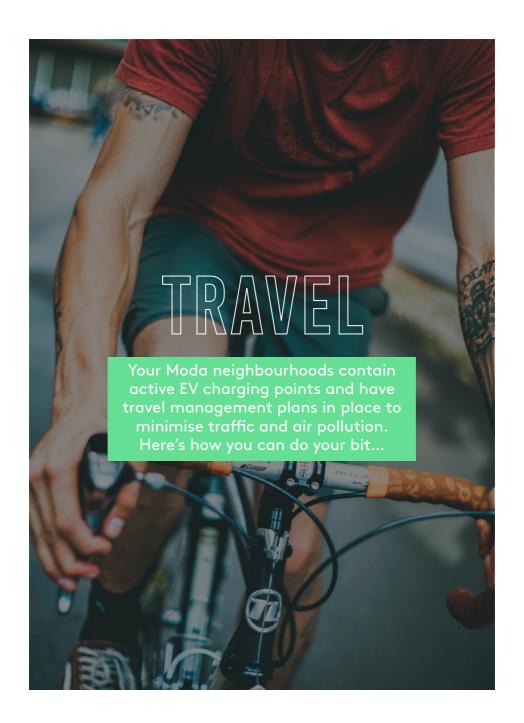
Steam your veggies! Cut water usage and retain more of the natural nutrients. If you prefer to boil, use the leftover water as a tasty stock for soups. Or let it cool and water those house plants!

On Tap, Kinda

Invest in a water filter jug. Fill up and place in the fridge for instant cold water. No more running taps while you wait!

Not A Leek, A Leak

Found a leak? Report any maintenance problems to your neighbourhood maintenance team straight away. The sooner it's reported, the more water we can savel



On Your Bike



Our neighbourhoods have secure cycle hubs with extensive bike storage, cleaning and repair facilities. If possible, get on your bikes and ride!

Public Transport

Long distance journey? Public transport is an effective way of reducing cities of cars and clearing the air. Less cars means less energy, and less energy means less emissions!

Take A Walk, Seriously

Transportation, including car emissions are the largest contributor to climate change, so reducing it is key to help the planet. Only use your car when it's a must, and if able, car share with family and friends!

A Step In The Right Direction 🦻



Get your FitBit out and join neighbours in a step-based challenge! You'll cut air pollution, reduce traffic congestion and also improve your physical and mental wellbeing.

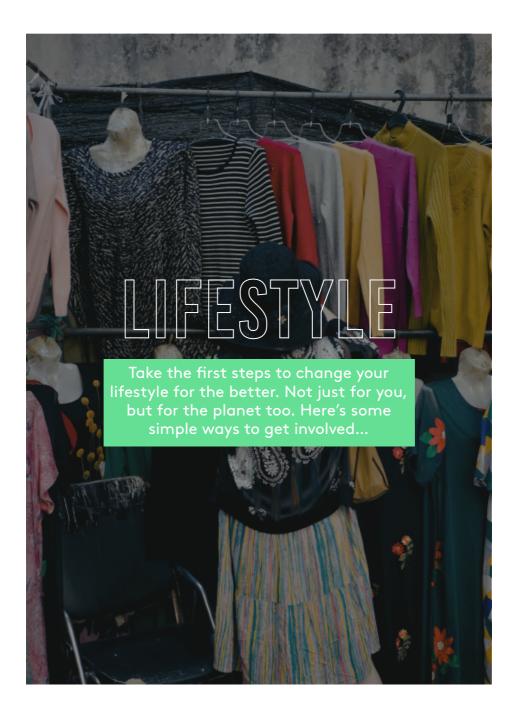
Double Up On Delivery

Weekly food order? Takeaway on a Friday? How about asking your neighbours to join together and share the delivery. It'll help lower emissions and you might just make a new bffl.

Range Anxiety? Nope 🛭 🚑



Thinking about joining the electric car crew? Don't forget all Moda neighbourhoods have EV charging points. No need for range anxiety!



'Tis The Season

Focus on food that's in season. By doing so, you'll be supporting local farmers and help reduce production and transport costs. Pumpkin pie pending...

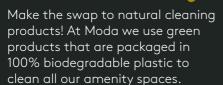
Buy Cheap, Buy Twice

Avoid fast fashion trends and invest in timeless pieces, try second-hand, or clothing rentals for your events or use the on-site Moda clothing bins - Need help? Ask the team!

Support Local

Attend your next Moda pop-up event and help support local businesses in your city. Have an idea? Chat to your Resident Engagement Manager on how to get involved!

Clean With Clean Products 🧼



Contain Your Energy

Invest in some eco-friendly food containers made of glass for your lunches and leftovers. Help fight pollution, reduce waste and energy - plastic containers only end up in a landfill!

It Cares To Share

Share more, waste less. Join millions of neighbours all over the world using Olio to share, borrow and access items which would otherwise go to waste!

Say Hello To Home-Grown 👋



Say hello to fresh fruit and veg delivery boxes. Eating and shopping locally is the first step toward a more sustainable kitchen. The shorter the food chain, the less waste created before it reaches your kitchen. Embrace the box filled with wonky veg plus many of the suppliers are totally plastic free. Keep calm and carrot on!

BECAUSE IT TAKES A NEIGHBOURHOOD TO CHANGE THE WORLD



@livethemodalife

Missed a trick? Share your energy saving tips on the MyModa App or chat with your Resident Engagement Manager.