

**Headline:** Grohe Blue faucet  
**Publication:** Home Concepts  
**Date:** Jan-Feb13



## GROHE BLUE FAUCET

One of the most straightforward ways to be eco-friendly in the kitchen is to reduce material waste, and you can do so by getting drinking water straight from the tap. Much plastic is wasted when you buy bottled water. According to the World Health Organisation's drinking water guidelines, Singapore's tap water is fit for drinking without any further filtration.

But if you must, installing a filter in your kitchen tap is simple and low-cost. The Grohe Blue filter system features a filter installed below the sink to remove impurities, bringing you fresh drinking water. With this, you can even cut down on energy used to boil water. POA at Interior Affairs.



## THE LITTLE THINGS THAT MATTER

Ultimately, it is the small habits that make the difference for an environmentally friendly lifestyle. Be aware of what chemicals you are using around the kitchen, especially in products used for cleaning. Some of these may contain chlorine, phosphate, naphtha or petroleum, so change these toxic ones for more natural and harmless products. At the same time, you can reduce energy usage by handwashing your dishes; just remember to not leave the tap running!



## YOU ARE WHAT YOU EAT

Aside from your kitchenware, you have to be wary of the food you consume. The best advice would be the organic ones – people who have made this shift are said to have lost weight and gained more energy. Organic foods are produced without the use of pesticides, preservatives, additives and other chemicals that are dangerous both to you and the environment. Also, opt for eco-friendly wood cutting boards when preparing your food – the cracks that form over time on the plastic ones encourage bacteria growth.