**Sustainable Living for 21st century**

14th September - 30th November 2021 **(8-9.30pm)** (10 weeks)

How to reduce waste and live more environmentally friendly.

This course is aimed at people interested in creating a more sustainable lifestyle at home.

You will develop an understanding of what sustainability means, and how to apply it in your home.

Over the 10 weeks you will explore a ways to become more energy efficient, reduce waste, and develop the tools to live more environmentally friendly relevant to your own personal lifestyle.

Course content includes:

• Principles of sustainability

• What it means to be zero waste

• Food waste and plastic reduction

• The R's of waste management

• How to shop better, and save money

• Calculating your Carbon Footprint

• Energy efficiency / Product lifecycle

• How to develop a sustainable kitchen

• Cooking with sustainability in mind

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