06 2023 ISSUE 06

Journal

How to choose a green kitchen.

ABIMIS

A green kitchen? Now it's possible!

The kitchen is the place in the home where it is most important to focus on the quality and safety of materials. Both because of the time we spend there and because food comes into direct contact with the surfaces here.

And it is also the environment with the highest energy consumption, considering the high concentration of technology is in this room. For these reasons it is so important to choose a sustainable one.

In fact, the choice of a kitchen today cannot be based only on aesthetic or functional considerations.

In addition to being highly performing, ergonomic and attractive, it must also be thought of from a sustainable perspective.

This means paying attention, during purchase, to other aspects that have not really been considered until now.

So, let's look in detail at the elements to be evaluated for a really ecological and sustainable kitchen.

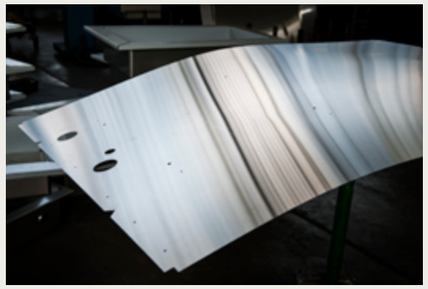
EGO_44 by Abimis
Napoli, private home

The “ingredients” of sustainable kitchens.

THE INGREDIENTS FOR A “GREEN” KITCHEN AT HOME ARE SIMPLE.

1. The choice of materials.

When we choose a kitchen, we think about its design, style, colours and the layout of its elements. But we rarely stop to think about what material it is made of. The choice of materials, on the contrary, is one of the most important and decisive actions for those who care about the sustainability of their home and is essential in order to avoid unnecessary consumption (or rather, waste) of natural resources.



2. The choice of appliances.

Choosing high efficiency and low energy consumption appliances is an important gesture for those who want a truly “green” home. In addition to the obvious savings on bills, it contributes to lowering the energy demand, an increasingly current and perceived problem.
But, in addition to this, we need to rethink our habits by applying the good practices that allow for more conscious and sustainable use of household appliances.

ATELIER_22 by Abimis
Milano, private home

1. Choice of materials.

FOR YOUR KITCHEN CHOOSE THE MOST SUSTAINABLE MATERIALS, BETTER IF THEY ARE RECYCLED OR RECYCLABLE, THE ONES WITH THE LOWEST ENVIRONMENTAL IMPACT AND THE LEAST AMOUNT OF CO_2 EMITTED DURING PRODUCTION.

Buying an ecological kitchen means first and foremost **choosing a kitchen made with sustainable and natural materials**, first of all **wood and stainless steel.**

We will see over the next pages in detail the **advantages of stainless steel kitchens.**

Let's start with the sustainability of wood kitchens.

SUSTAINABILITY OF WOOD KITCHENS

Wood is a sustainable material, provided it is certified. In fact, those who choose a wood kitchen must absolutely pay close attention to its origin. Check that the wood is **FSC and PEFC certified**, i.e. that it comes from properly and responsibly managed forests. Only in this way will we have the guarantee of having at home a material that is sustainable and does not contribute to the deforestation of our Planet.
The second focus must be on the quality of the paints, which are necessary to make the wood smooth and waterproof. **Water-based paints** are better than traditional solvent-based ones, also helping to greatly reduce VOC emissions, volatile organic substances that can cause irritation, allergies, headaches and other ailments.
However, wood kitchens have a downside compared to steel kitchens: they are not easy to disassemble and are therefore more difficult to recycle.
In addition, recycled wood loses its initial qualities and must be used in other fields. To create a new kitchen you have to use "new" wood.
Unlike wood, **steel can be recycled** without ever losing its quality, thus reducing the waste of "virgin natural resources."

EGO_47 by Abimis
Cortina, private home

ATELIER_46 by Abimis
Milano, private home

STAINLESS STEEL: ONE OF THE MOST SUSTAINABLE MATERIALS IN THE KITCHEN.

Why choose a stainless steel kitchen?

Stainless steel is absolutely **one of the most suitable materials for creating an eco-sustainable kitchen.**
And it is for the following reasons...

1. LOW EMISSIONS.

Steel requires less energy and less heat to be produced than other materials.
The CO_2 emissions used to produce 1 kg of steel are 7 to 20 times lower than other metals (including aluminium).

2. RECYCLABILITY.

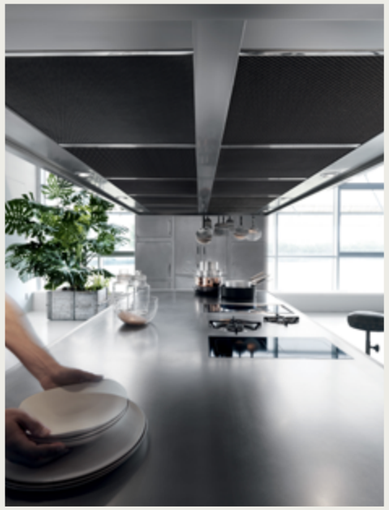
Steel has an almost eternal life cycle.
100% of scrap steel is recycled (without losing its properties).
It is actually the most recycled material in the world (about 850 tonnes are recycled per minute!).
Steel therefore contributes to the conservation of natural resources.

3. ANTIBACTERIAL.

Steel is easily welded and glues are rarely used. It is also a smooth and naturally antibacterial material, really easy to clean and which does not absorb smells and flavours. That's why a steel kitchen doesn't need any protective paints.
And we know that eliminating paints means paying great attention to the environment and health. Not only our health and that of our loved ones, but also the health of the people who work to produce it.

4. LONG-LASTING.

Steel kitchens last longer than kitchens made from other materials. And we know that the durability of a product is a very important factor in its sustainability.



5. RESTORABILITY.

Steel is a material that is highly resistant to shocks and scratches. Even after years of use it can be easily restored.
A quick polish is sufficient and the steel surface is as good as new...
Greater guarantee of the quality and durability of the material.

6. DISASSEMBLY.

At the end of its life, a steel kitchen can be completely disassembled, as steel is easily separable from other materials. This makes it easier to recycle.

BE CAREFUL THOUGH. **NOT ALL STEELS ARE THE SAME, AND NOT ALL STEEL KITCHENS ARE OF THE HIGHEST QUALITY**. BEFORE BUYING, **ALWAYS CHECK THAT THE KITCHEN IS MADE OF AISI 304 STAINLESS STEEL.** NOT ONLY IS IT A RECYCLABLE AND EXTREMELY RESISTANT MATERIAL, BUT IT'S ALSO THE BEST ALLOY FOR DIRECT FOOD CONTACT. IT IS NOT SURPRISING THAT THIS STEEL IS SO WIDELY USED IN PROFESSIONAL CATERING.

EGO_36 by Abimis
Montecarlo, private home

EGO_21 by Abimis
Monaco, private home

2. Choice of appliances.

CHOOSE SMART, ENERGY-EFFICIENT APPLIANCES.

Hob, hood, fridge, ovens, dishwasher. There is no room in the home that brings together so many household appliances as the kitchen. By making the right choices, however, it is possible to reduce consumption, making the kitchen sustainable also from an energy point of view.

In order to have as sustainable a kitchen as possible, it is necessary **to choose high energy class appliances.**
In fact, the rating of household appliances is measured on a scale ranging from G (the least efficient **appliances**) to A (the most efficient appliances).
It is also advisable to opt for the highest energy rating possible as a class **A+++** refrigerator (just to give an example) is up to 60% more efficient than a class **A** model.

But the energy class is only the first step towards reducing consumption.
It is also important to consider other aspects, such as operating times (at night or on holidays energy costs less) and the size of the appliance (a huge refrigerator will obviously consume more).
It is good practice to buy washing machines and dishwashers with a delayed start (or even better, smart appliances, which can be connected to the Wi-Fi network and controlled remotely via an app). This will allow you to schedule it to work at the most economical times.

EGO_35 by Abimis
Berlino, private home

Abimis' commitment to sustainability.

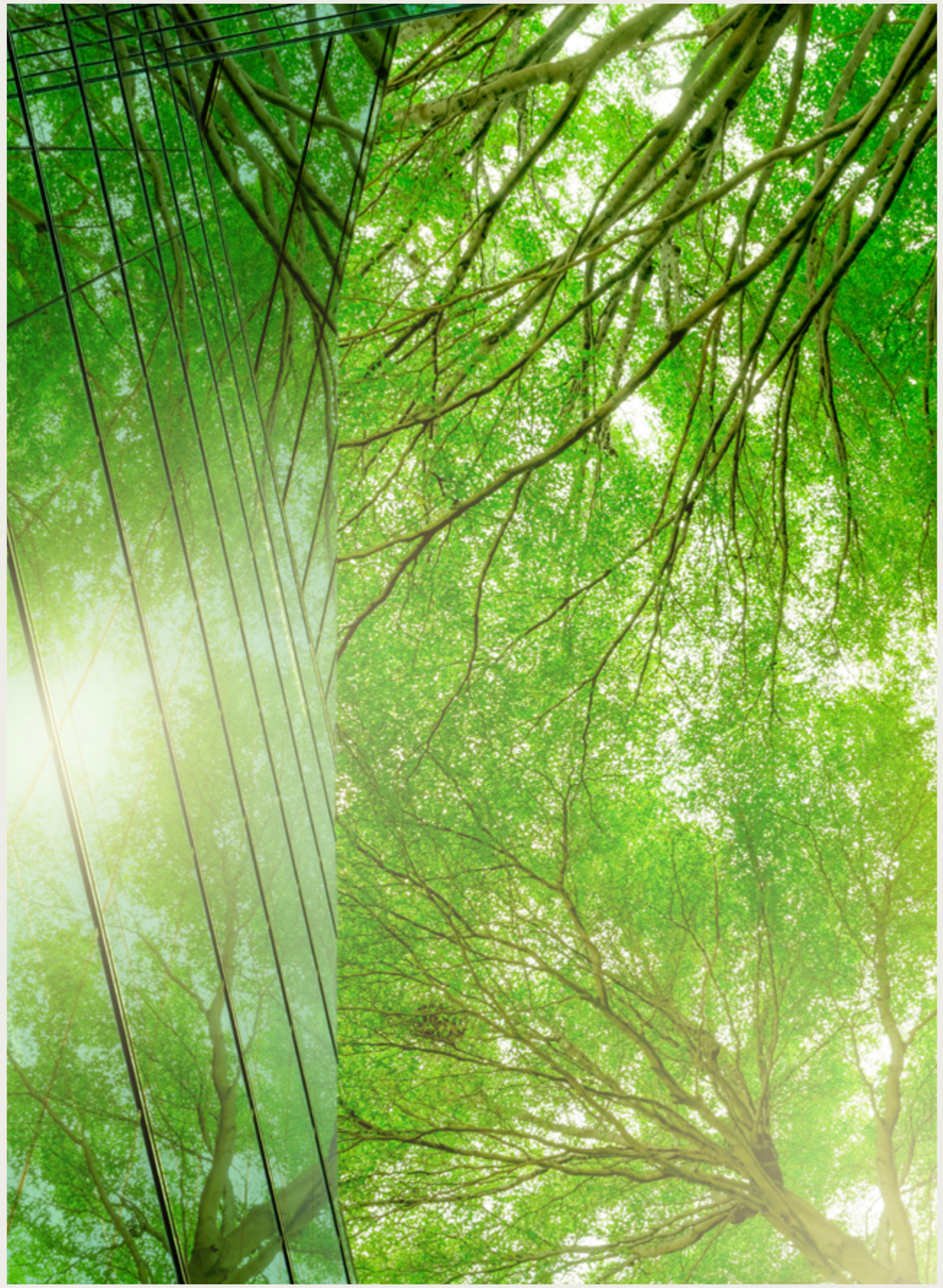
ABIMIS HAS ALWAYS BEEN FOCUSED ON SUSTAINABILITY. NOT ONLY ON THE SUSTAINABILITY OF ITS PRODUCTS, BUT ALSO AND ABOVE ALL THE PRODUCTION PROCESSES.

Sustainability of Abimis kitchens

Abimis exclusively makes kitchens using **AISI 304 stainless steel**, one of the most sustainable metal alloys.
The steel that Abimis uses to produce its kitchens is **100% recycled**.

Abimis kitchens can be **easily disassembled**, separating the materials and recirculating them...

...But this happens very rarely, given that steel is a durable, strong and wear-free material. So every Abimis kitchen is potentially "eternal"...



Sustainability of Abimis processes.

Abimis has built a new production plant equipped with **new generation machines** that are more efficient and **energy efficient**, designed with full respect for the environment and workers.
The plant will reduce energy consumption as it will be powered by **a 250kW photovoltaic system** and is surrounded by **1000 square metres** of trees specially planted around the new premises.

This extension will lead **to a drastic reduction in CO2 emissions from transport**, as well as a significant reduction in the emission of **vehicle exhaust gases into the atmosphere**.

Recyclable and reusable wooden cases are used for all packaging. For special packaging (glass, marble and other fragile materials), PRISMA uses special proprietary boxes, which can be **used indefinitely.**

ATELIER_46 by Abimis
Milano, private home

ABIMIS

is a brand of
Prisma S.R.L.

Via dell'industria, 4
31020 San Polo di Piave – TV
Italy

T. +39 0422 8021
F. +39 0422 856188
→ info@abimis.com
→ abimis.com