



MBMD Siemens B2C (MASTER)

≡ [common.menu]



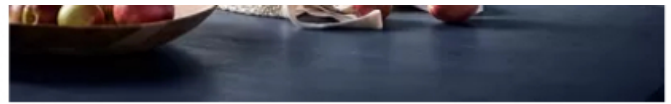
What's in your cart?

The way you consume matters and an easy improvement is to change your grocery shopping with just a few tweaks that can become habits quickly.

How to shop more sustainably.

Living an eco-conscious lifestyle doesn't mean you have to compromise on comfort or quality. Here are some simple ways to reduce your carbon footprint.





[COMMON.SEE_MORE]

Buy locally produced food.

When it comes to making ethical food choices, opting for organic produce is a good start. Also consider where your food comes from. Getting your fruits, vegetables and meat from a local farmers' market is a great way to avoid the carbon-costs associated with shipping and transport – while also supporting local businesses. In supermarkets, check the packaging to see where something is made/grown before you buy it. Choose local over imported items.

If it's not in-season, don't buy it.

This is a useful rule for reducing food transport, especially when shopping at supermarkets. If you're not sure which fruit and vegetables are in-season, it helps to do some online research when planning meals or making a list.



Wise up on waste.

Making a meal plan for the week allows you to buy only what you need and consume what you have. It also

makes it easier to organise your fridge. Try pickling, fermenting, and drying. Some fruits and vegetables can be dried in the oven by setting the temperature to 30°C or using the dehydrator feature on your oven.

To know more about the individual programs and functions of your appliances, check your personal [My Siemens](#) account. It has all your product-specific info in one place.

Get drastic with plastic.

If you're serious about reducing plastic waste, it's not enough to simply skip the single-use plastic shopping bags. Begin buying in bulk rather than individually wrapped items. Also check the recyclability of the products you buy and avoid those with plastic wrapping and unnecessary packaging.



Explore healthy eating.

Eating well and healthily brings a lot of benefits. But sometimes making the right food choices at home can still be difficult. The secret is making small but significant choices in your kitchen. Do them consistently and form a healthy habit.

[➤ Onwards to good health](#)



Food waste no more.

The issue of food waste has become a global concern. But you can do your part at home. All it takes are a few small adjustments to your habits. And, if you're willing, acquiring useful skills that will also make your kitchen better in the long run.

[➤ Start your zero-waste journey](#)



How you cook matters.

Planning to eat healthier meals? Try to also think about how you prepare them. Common cooking methods of deep frying and sautéing often use more oil than necessary. Consider other methods such as grilling, baking, or steaming for healthier results.

[➤ Try healthier ways to cook](#)

See what's inside your fridge without opening the door thanks to Home Connect.

Did you know that you can make shopping sustainably easier with Home Connect? Two cameras in the fridge take a photo each time the door is closed. You can take a look whether you need to buy more food or if you're still well stocked. Connect your home to a range of smart services and turn your life into a connected one.

DISCOVER CONNECTED COOLING



Innovation

Breakthrough technologies so intuitive, it will transform your home. Simplifying your day-to-day, while inspiring a new way of living. Siemens innovations – enjoy the future, today.

[> Learn more](#)



Innovation for sustainability

Sustainability is a matter for all of us. Discover how we at Siemens Home Appliances are taking our responsibility as one of the market leaders in the home appliance industry towards environmentally friendly behavior. Enabling exciting possibilities without compromise.

[> Find out now](#)



Home Stories

Experience the fascination of urban living spaces, where cutting edge design fuses the modern, with the traditional and high-tech. Innovation and Design: a relationship constantly being reinterpreted by influential architects.

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