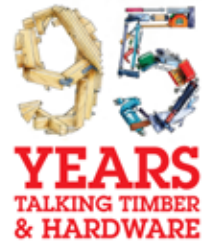




# let's talk... kitchens



## the “green” kitchen: tips for designing an eco-friendly kitchen

First things first – recycle, reuse, revamp! The most environmentally friendly thing you can do is work with what you already have. Cabinets look dated, but the carcasses are still in good condition? Consider replacing the doors only. If the layout doesn't work or you need to replace everything, then some green experts suggest building a solid timber kitchen, which can be refinished or reused at the end of its life. There are a lot of easy ways to “green” your kitchen project. . .

### cabinets

Cabinets are most often made of particleboard and MDF, or compressed wood products. These materials often contain formaldehyde and adhesives that you should try and avoid. If you can't reuse your existing cabinet carcasses, the next best option is using solid wood sourced from renewable forests.

### counter culture

There are a variety of recycled and composite material bench tops available today; for example, Terrazzo which includes recycled glass and is stunning. Other options include recycled stainless steel, glass and timber.

### splashback selections

Glass is very popular in splashbacks at the moment. It is practical and very stylish – and is also available in recycled options. As are glass tiles. Other options include stainless steel and laminates.

### flooring – wood is good

Choose solid tongue and groove timber flooring manufactured from renewable or sustainable forests. Timber is also easier to stand on than other “hard” products (tile or stone) and because there's no grout to clean they can be easily mopped with soap and water, which is a more environmentally friendly option.

Cork and concrete are other eco-friendly options that suit different styles and budgets. Cork is relatively cheap and suits a more traditional setting. Polished concrete on the other hand, is a popular “designer” choice and with a price tag to match.



### go gas - choosing appliances

Cooking with gas is much more energy efficient than using electricity. Experts estimate you can save around half a tonne of greenhouse gases each year using gas. And new induction cooking and microwaves are even more energy efficient.

Older appliances (10 years for refrigerators and dishwashers, and 20 years for stoves) should be replaced as they are probably not operating as efficiently and are polluting.

Fortunately, Australia has a very easy to understand star system for energy rating appliances. The more stars, the more energy efficient the product. Also consider the size of your fridge and oven. Is bigger

really better? If you don't really need the larger appliance, you can save energy (and money) simply by choosing something smaller.

### clean air

If possible, install an energy efficient exhaust that vents directly to the outside as this will make an enormous difference to indoor air quality.

A quality exhaust will remove fumes, moisture, mold, allergens and other pollutants, thereby increasing fresh air.

*Continued  
on page  
4/...*

**INSIDE  
the \$1,000  
kitchen  
makeover**

# THE \$1,000 MAKEOVER

So, your kitchen's looking worn out and out dated, but you can't afford a full scale renovation just at the moment? At Bretts, we have some suggestions for low cost, high impact projects you can tackle yourself for under \$1,000. Here's just a few ideas to get you started on your kitchen rejuvenation project...

## painting

Talk about bang for your buck! Just cleaning and painting can totally rejuvenate any room. And the kitchen sees more wear and tear than most rooms in the house, so it's definitely worth doing. You could buy the appropriate tools and paint products for the typical kitchen wall area from around \$70.

**COST \$ V'S IMPACT \*\*\***

## refinish the cabinets

Cabinets cover a lot of space in the average kitchen, and simply refinishing the cabinetry can add serious impact. Timber cabinets can be stripped and varnished or stained to highlight the wonderful timber texture. Painting is another easy and inexpensive option. Or if you're up for all the fiddly trimming, you could consider re-laminating your cabinet doors too. Refinishing your laminate cabinets with paint can be done from as little as \$85.

**COST \$ V'S IMPACT \*\*\***

## add new cabinetry door & draw handles

Door handles and draw pulls are available in a multitude of designs and can quickly and easily modernise the appearance of your kitchen. Basic styles are available from as little as \$2 apiece (and up), and when combined with your refinished cabinetry, can totally transform your look from dowdy and dated to a modern masterpiece.

**COST \$\$ V'S IMPACT \*\*\***



## our project: what we did for \$1,000...

Cleaned and prepared the entire kitchen • Repainted the walls and ceilings • Refinished the laminate cabinetry with laminate paint • Replaced the cabinet door and draw handles • Replaced the kitchen sink • Replaced the sink tap • Re-tiled the splashback • Installed a 'built in' bin.

## re-tile the splashback

If you have mould and stains in your tilework – or worse, cracks in your tiles – it's time to re-grout or re-tile. Re-grouting is an easy job and can be done very cheaply. And you can tile your splashback in a basic white tile for under \$200 for a small area, bringing a fresh, new and modern look to your kitchen.

**COST \$\$ V'S IMPACT \*\*\***

## re-laminate the bench

Replacing your benchtop costs start at around \$1000, so if your budget doesn't extend that far, consider re-laminating the existing bench. New laminate can be installed over your existing laminate bench (or many other surfaces) and while it can be one of the trickier DIY kitchen projects, the results are worth it. Plenty of DIY advice can be found on the web. Laminate comes in literally hundreds of colours and finishes, and can be bought from about \$100 per square metre.

**COST \$\$\$ V'S IMPACT \*\*\***

## replace the tap

The kitchen tap is probably the most used appliance in the home. Many people choose the kitchen tap as their one luxury splurge and use it as a feature piece when renovating their kitchen. While there are hundreds of designer models available, you can choose a shiny new single lever kitchen mixer for under \$100. Or select a model with a pull out vegetable spray from \$275.

**COST \$\$ V'S IMPACT \*\***

## replace the sink

And speaking of shiny and new... consider replacing your old kitchen sink with a shiny new one. Stainless steel is incredibly durable, but it will eventually show its age. Stainless steel sinks are available in many exciting new styles and sizes to suit any kitchen layout. You may be able to find a standard model to fit into your existing bench. Bretts currently has a special on a double bowl sink which comes with a single lever mixer tap for \$175.

**COST \$\$ V'S IMPACT \*\*\***

Finally, understand that there is only so much you can do on this budget. We're talking makeover, not miracle. Work with the existing cabinetry and benches, where you can – or consider saving until you have a slightly larger budget to work with.

And there's a lot of great instructional resources available on the web, so do your research.

Spend \$1,000 & receive a  
**\$100 VOUCHER**  
from Bretts during  
"Makeover March"

See [www.bretts.com.au](http://www.bretts.com.au) for Terms & Conditions

Bretts Hardware Windsor  
 ABN 22 009 658 315

Reg# 1 Drw# 1 Usr RG1 Cust#990035  
 Tax Invoice 118533 Slp: KA  
 Date 26/02/09 Time 14:01  
 Item # Qty Price Ext  
 Ex.GST Inc.GST

31259*	1	5.83	6.41
SUGAR SOAP LIQUID 750ML SELLEY			
*6*			
52184*	1	3.36	3.70
TILE SPONGE FOAM LARGE 8X4 WHITE DTA LFS			
84			
33793*	1	.95	1.05
NORT SHEET BULK D/LUB230X280 P220 CC2683			
13 *50*			
35132*	1	12.00	13.20
REMOVER MOULD&MILDEW 750ML RTU CHEMTECH			
BC36 *12*			
31009*	1	45.41	49.95
WATTYL ID SEALER U/COAT LOW VOC 4L 6896			
34313*	1	42.60	46.86
TAUBMANS NEW E/COAT L/S WTE 19522004 *10			
* 4L			
31020*	1	22.29	24.52
WATTYL PREMIUM CEILING WHITE 2L			
36018*	1	9.53	10.48
PAINT BRUSH ROKSET 5PCE SET SOFT TOUCH 5			
155 *12*			
39056*	1	5.41	5.95
ROLLER KIT & TRAY HOME LINE 230MM *12*			
25001			
30128*	1	1.98	2.18
MASKING TAPE 24MMX50M (MTR-24) B/WITH			
*36*			
80003*	8	35.14	309.23
TILE WAVY WHITE 200X200 NAP CTN P/38(1.5			
2M2) 2J500			
37446*	1	37.06	40.77
TILE GROUT FLEX SMTH P/WTE 15KG DUNLOP 2			
00			
167587*	1	45.41	49.95
SALE TILING KIT 400MM 8PCE SJT83300010			
35932*	1	10.50	11.55
WHITE KNIGHT TILE&LAMINATE CLEANER 500ML			
39069046			
35933*	1	31.85	35.04
WHITE KNIGHT TILE&LAMINATE PRIMER CREAM			
1L39040001			
35943*	1	34.07	37.48
WHITE KNIGHT LAMINATE WHITE 1L 39080001			
34643*	1	5.23	5.75
PAINT POT PLASTIC 3.3L RAMDEX *10*			
PT025			
36350*	1	11.56	12.72
PAINT BRUSH ROKSET LITTLE GEM OPAL 63MM			
10163*6*			
37130*	1	5.26	5.79
TURPS 1L TUM0112 16010-1DIG			
* 12*			
120279*	22	4.58	110.84
HETT 9995482R HANDLE FLAT SCP 96X12MM			
*25*			
80092*	1	159.09	175.00
SALE SINK&MIXER DEAL W106A+P4601 13/4 1T			
H 1150 LHB			
133417*	1	33.59	36.95
BIN 13LITRE 80912011R HT			
Sub-total			995.37
Coinage Adj.			-.02
Total sale			995.35
Cash			995.35
Amount of GST included in sale			90.51
* = GST applicable			
Retain this docket for returns			

## bretts architectural: we've got a handle on cabinet fittings



For more than 60 years Bretts Architectural has been supplying the Queensland building industry with a vast range of architecturally designed hardware products. With over 1,500 different sets of door knobs and levers, handles and cupboard knobs on display, our showroom needs to be experienced first hand. Visit the Bretts Architectural showroom at Windsor for the complete story.

### small in stature, big on style: choosing the right handles for your kitchen cabinets

They might be small in stature, but the right cabinet furniture – door and draw handles, hinges and fixings – can make or break your kitchen design. Here's a few questions to ask before purchasing your new kitchen cabinetry hardware...

#### what's your style?

Consider your overall design aesthetic when choosing your cabinet furniture. A decorative brass handle would look jarringly out of place on cabinets of a modern minimalist design, for example.

Look through magazines to get ideas of current trends and how cabinetry and handles have been coordinated. And try different handles against your chosen door style to see if you can find that perfect match.

#### are they functional?

Your cabinet hardware needs to be perfectly functional. Anything that is too small or too tricky to operate should be off your list immediately. If you are unsure, purchase one handle, install it, and give it a proper test drive. If it doesn't open with ease, give it a miss.

Think about size. Will you be able to open your cabinets unhindered? Many popular designs are available in several sizes. The "longer" styles offer a wonderful contemporary look, but can be problematic for corner cabinets with bi-fold doors. Ask your kitchen cabinet maker or showroom consultant for advice – that's what they're there for.

Another popular trend is magnetic touch latches. You may be familiar with the concept from other furniture items, but it's relatively new to kitchens. This kind of hardware is an excellent option for modern kitchens, which are being designed to appear more like a furniture piece and less like the top and bottom row of cabinets we're used to seeing in kitchens. These fittings are also a great choice for small kitchens, as they allow the design to remain clutter free.

#### what's your budget?

Cabinet hardware can vary greatly in price, from just a couple of dollars a piece, to the extravagant hundred a piece – no kidding, some models can set you back up to \$100 each.

Your cabinet hardware budget will be set by your overall budget to some degree. After all, it doesn't make any sense to install cheap handles when you've paid for the luxury cabinetry finish. However, as with any project, there are some areas where it's worth spending a little more... And cabinet hardware is one of those places, as quality handles can lift less expensive cabinetry, giving it a more stylish and polished finish.

# TOP 10

## perfectly functional: our top 10 tips for great kitchen design

## the green kitchen: eco-friendly design

*Continued from page 1/...*

### let there be light

Wire lighting so that you can use individually controlled task lighting, and you won't waste electricity illuminating more space than you need every time you flick the switch. And don't forget the energy efficient bulbs.

Better yet, if possible, locate your workspaces near windows. Or consider installing a skylight or a window if poor lighting is an issue. This has the added benefit of providing better ventilation for your kitchen.

### everything and the kitchen sink

Stainless sinks range from the inexpensive to the designer. And in addition to being a stylish and durable solution, you'll also be happy to know that stainless steel is made from 50 to 80 per cent recycled steel. Keep in mind what you use your sink for: if it's just for washing hands and rinsing a few dishes, you'll only need a small sink; if you forgo the dishwasher, then you'll need a deep, double-bowl, style.

### water wise

In these times of drought and water restrictions, it has never been more important to be water wise when choosing your plumbing products for the kitchen. Fortunately, there's the Water Efficiency Labeling and Standards (WELS) scheme which helps us compare the water efficiency of different products. The rating system has six stars – the more stars, the better. This applies when choosing both tapware and dishwashers.

### painting

Paints and adhesives used in kitchen construction contribute to greenhouse gas formation and climate change. So choose paints with low VOC (Volatile Organic Compounds) levels. Most major paint companies have a low VOC option and adhesives and sealing products with low VOC levels are now coming on to the market as well.

### recyclables

Once the kitchen is built, you're going to want to continue your love affair with all things "green" and to do this you're going to need to make sure you've allowed for the recycling program. Include recycling bins in your kitchen design. The best are built ins which are installed inside your cabinets, offering practicality without having your rubbish "on show". You may also want to consider building a composting receptacle for food scraps directly into your benchtop (with a lid) for easy access.

### 1 choose quality materials

The average Australian kitchen has a seven to ten year lifespan. Just think about the number of times, every single day, your draws and cupboards will be opened and closed. Choose quality cabinet hardware – draw slides and hinges – for draws won't stick and doors that stay closed. Avoid cabinetry that is stapled together. Even for the carcasses, a wood veneer is more durable than MDF or particleboard.

### 2 create the right layout

Fashions come and go, but kitchen design experts still talk about the 'kitchen triangle'. That is positioning the three main work areas – fridge, sink and oven/cooktop – at the three sides of a triangle. These three work areas should be reasonably close, with no more than three metres between them.

### 3 ample bench space

Leave plenty of bench space between each of work areas. It will make preparing meals at the cooker and unpacking groceries or the dishwasher so much easier.

### 4 dishwasher at the sink

Make sure you locate the dishwasher right next to the sink. It makes cleaning up and packing the dishwasher easier; and it will save you money because the plumbing fittings will be installed in one area.

### 5 sink placement

Traditionally the kitchen sink has been placed against an outside wall, and preferably under a window – to provide easy access for plumbing purposes, and to allow for good natural light. And sometimes there's no good reason to change the way it's always been done!

### 6 draws are the savvy storage solution

Maximise your storage space by installing draws rather than cabinets. Draws allow you to use the space right at the back of the cabinetry – but are still easy to access! Shallow draws are great for cutlery and kitchen gadgets and deeper versions are perfect for all your cookware.

### 7 add an island

A kitchen island bench can work equally well with "L", "U", galley or single wall kitchen design. The kitchen island can be a multipurpose area, used for food preparation, family dining, or entertaining.

### 8 size counts when it comes to counters

Work counters should be a minimum of 90 centimetres in height. Don't be afraid to customize the bench height, especially if you're tall. Even 5-10cm can make a world of difference to your comfort in the kitchen

### 9 illuminating lighting design

It is important to provide task lighting for each work zone in the kitchen. Overhead lighting is generally insufficient, so think about the needs of each area. You need bright lighting over the cook top and sink. While pendant lights on a dimmer over your island bench can help provide the atmosphere when you're entertaining.

### 10 allow for recycling at the outset

Install a multi-bin "built-in" recycling bin inside your cabinet. The best position is under the sink, and it will make sorting your recycling a breeze. Also think about installing a compost receptacle for food scraps built directly into your bench top (with a lid) for easy access.