



# How to save energy? >



## IN THE KITCHEN

1. Boil only as much water as you need.
2. Boil water once and use it up immediately – you won't lose thermal energy.
3. Use a lid when cooking.
4. Adjust gas so that flame doesn't reach out beyond the pot.
5. Seal your fridge. It helps to apply some olive oil on the seal.
6. Defrost your fridge regularly.
7. Keep the temperature at 2-3°C in the fridge and -15°C in the freezer.
8. Place the fridge as far as possible from windows and ovens in the kitchen.
9. Invest in an A class fridge.



## IN THE BATHROOM

1. Make sure your tap doesn't leak.
2. Take a shower instead of taking a bath.
3. Turn off the water when brushing your teeth.
4. Get an energy-saving washing machine and do the washing at the lowest possible temperature.



## THROUGHOUT THE HOUSE

1. Insulate the walls and the attic. Altogether, you will be able to save nearly % of heating costs.
2. Have double-glazed windows installed – you will reduce heat loss by half.
3. Draw the curtains after dark – you will avoid heat escape.
4. Invest in a dishwasher. You can wash the same amount of dishes in 36 litres of water in a dishwasher, and 100 litres when using the sink.
5. Invest in photovoltaic cells which turn solar light into electricity. They will help you save up to 50% energy costs.
6. Buy energy-saving bulbs.
7. Use LED lighting, if possible.



## AT WORK

1. Turn off your printer if you're not using it.
2. Set your computer to turn off after 10 minutes, not just freeze.
3. Do not use the stand by mode.
4. Disconnect your phone charger when you're not using it.