This is how you can save energy.

Electricity and gas are becoming more expensive.
If you use less electricity and gas, you save money.
And you protect the environment.
To save electricity and gas, we also say:
energy-saving.

We have tips for you here.

Economical heating

Heating consumes a lot of energy, which can be expensive.
Turn down your heating.
These temperatures are sufficient:

Bedroom: Level 2-3, 16-18°C
Kitchen: Level 2-3, 16-18°C
Living room and children's room: Level 3, 20°C
Bathroom (when you are in the room): Level 3-4, 22°C

Every degree less saves energy.
If you set the thermostat to 3, it is 20 degrees in the room.
If you are too cold, you can put on a jumper.
You can check how warm it is with a room thermometer.

Do not put furniture in front of your heater.

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Airing

Airing is also important.
The best way is shock ventilation.
To do this, open the window wide.
Turn the heating down to 0.
A few minutes is often enough.
Then all the air in the room has been exchanged.
You should do this every 2 to 3 hours.

Washing clothes

Wash your clothes only when they are dirty.
The washing machine should be fully loaded.
You can also wash out individual stains by hand.
For example, at the sink.

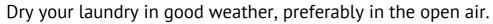Many washing machines have an ECO programme.
ECO means ecological.
The ECO programme often takes longer.
But it uses less energy than other washing programmes.
So it is best to wash your laundry
in the ECO programme at 30 or 40 degrees.

Dry your laundry in good weather, preferably in the open air.
Or at an open window.
For cold and rainy days,
there may be a drying room in your house.
Do not use an electric dryer.
Because dryers consume a lot of energy.

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Showering

Frequent, long showers consume a lot of water and energy.
Therefore, it is best to take short showers
that are not too hot.

Turn off the water briefly when soaping up.
A short shower is always better than a bath.
A full bathtub consumes much more water and energy.

When washing your hands, cold water is sufficient.

3 minutes

Lighting

Light off!

Only turn on the light when it is too dark in the room.
Always turn off the light when you leave the room
and always use LED lamps.

Cooking in the kitchen

If you want to cook noodles or eggs,
heat the water in the water boiler beforehand,
then pour it into the pot and
turn on the hob to save money.
Always put a matching lid on your pots and pans,
and make sure the size of the pots and pans
matches the size of the stovetop,
which also saves energy when cooking.

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Using the refrigerator properly

How cold is your refrigerator set?
A cooling temperature of 7 degrees is sufficient.
Colder temperatures consume an unnecessary
amount of electricity.

You have cooked.
Now there is still something left over.
Don't put the food hot in the refrigerator.
That consumes a lot of energy.
Let it cool down first.
Then you can put it in the refrigerator.
Always open the refrigerator door only briefly. Don't
open the door too often. That consumes energy.

Dishwasher

Dishwashers use less water than
washing dishes by hand.
The important thing is
that the machine should be fully loaded.
Use the economy programme.
This uses less water and energy.

Electrical appliances

Televisions and computers can be put on standby,
which means that they are no longer running,
but they are still not switched off properly.
Standby consumes unnecessary electricity.
That is why it is better to switch off the devices properly.
Press the off button.
Or pull the plug out of the socket.
Also unplug charging devices after charging.
This saves electricity and money.

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