

# How can I save energy?



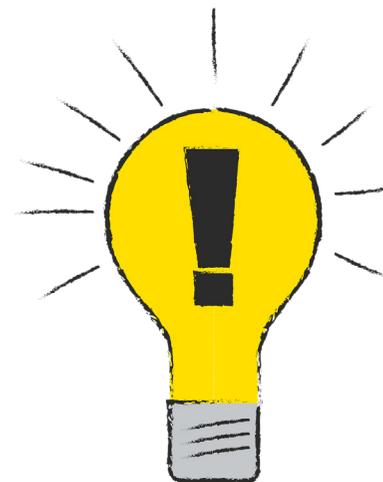
- Warm the water in the kettle, not in the pot
- Cover the pots when cooking
- Turn off the stove earlier and use the residual heat
- Use the convection function in the oven
- No preheating of the oven
- Fridge temperature: 7C is enough
- Freezer temperature: -18C is enough
- Clear the freezer regularly of ice



- Lower the room temperature slightly
- Radiators must remain free
- Close the windows when the heating is on
- Air the room: heating off → open window fully for 5–10 minutes → window closed → heating on



- Remove charging cable after charging from the socket
- Electrical devices: televisions, stereo systems, game consoles completely deenergized after use → NO STANDBY!



- Turn lights always off when leaving the room!

# How can I save energy?



- Wash at 30C – 40C
- Only use the washing machine with a full load
- Avoid tumble dryers



- Shower shorter
- Use water a little colder
- Wash your hands with cold water

