

energy saving tips

Energy has never cost so much. The prices for heating and electricity have risen sharply. We want to help you save energy.

Saving energy in the kitchen

- Open the fridge door only briefly.
- Do not put warm food in the refrigerator or freezer.
- Boil only as much water as you need.
- Wash fruit and vegetables with cold water. This also preserves the vitamins.
- Always fill up the dishwasher and switch on the ECO program. It takes longer but saves electricity.
- Use the appropriate lid when cooking.

Saving energy in the living room and study

- Standby costs electricity. Therefore: Do not just switch off the TV with the remote control, but switch it off completely.
- Use a power strip with a switch to disconnect many appliances from the mains at once.

Saving energy in the bathroom

- Wash hands with cold water.
- Shower instead of bathing.
- Do not shower for too long. Do not shower hot, but warm.
- Turn off the shower while soaping.
- Do not leave the water running when shaving or brushing your teeth.
- Only use the washing machine with a full load and do not wash it too hot. 30 degrees is often enough and protects the clothes.
- Switch on the ECO programme. It takes longer, but saves electricity.
- Even if you have a dryer: Dry laundry on the line - best outside on the balcony or with the window open, weather permitting.

Saving energy throughout the home

- Switch off the light when no one is in the room.
- Turn down the heating.
- Close doors.
- Do not put clothes on the heater.
- Do not place furniture in front of the radiators.
- Do not tilt the window, but open it fully for a short time. Otherwise the room will cool down. That costs a lot of energy.
- Do not heat the apartment with the oven.