12 tips for saving energy 👌

Help save electricity, bills and the environment 🌿

1. Lower temperature and shorter ventilation

- Try using a 1- or 2-degree lower temperature on the panel ovens and lower the temperature of the heating cables. For every degree you lower the indoor temperature, you save approx. 5% of heating costs. You probably won't notice a big difference on your body when you turn down a couple of degrees, but if needed, it's easy to put on an extra sweater and a pair of warm socks.
- Switch off the heat in all rooms that do not depend on heating and in which you are not staying.
- Avoid heat loss by using rapid ventilation. If you are going to ventilate the home, you should leave the doors and/or windows wide open for a few minutes, instead of leaving them open for a long time. Then you can replace the air without the walls, ceiling and surfaces in the room being cooled.
- By the way, did you know that a room temperature of between 20-22 degrees is generally recommended? If you have 4-5 degrees more than this, it can lead to reduced work ability, ability to concentrate and memory

2. Use hot water smarter

- Take shorter showers. Avoid going through your entire Spotify list while taking a shower. If you cut your shower from 15 to 5 minutes, you can reduce your energy consumption by approx. 700 kWh a year. Overall, if many or all do this, this will result in a huge reduction in energy consumption.
- Feel free to turn off the water when you soap yourself in.

3. Use less electric lighting

- Turn off lights in all rooms you are not using.
- You can also switch off one or more of the lamps in the room you are staying in, and instead use more candles. Just remember to blow out the candles when you leave the room.

4. Limit general electronics use and stand-by mode

- Consider whether you can get rid of some electric dabs or use them less often. Do you really need the electric coffee grinder, or can you find a good, manual grinder at the flea market that does the same thing?
- Switch off electrical appliances completely or pull the plug when they are not in use. It may be a little faster to start up the TV or PlayStation when it is constantly on standby, but overall over the course of a year there will be a lot of unnecessary energy use.

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5. Proper preparation and storage of food

- Thaw frozen food in the fridge and cool hot food before putting it in the fridge or freezer. In this way, you help to keep the temperature in both the room and the fridge/freezer even, and thus you use less energy.
- Heat the food as efficiently as possible with a lid on the pot, as well as the right size of the roasting plate for the frying pan or pot you will be using.

6. Check when electricity is cheapest

- Electricity prices vary with the time of day but are usually highest when most people use electricity. From 10 p.m. to 7 a.m., there is normally lower electricity consumption, which results in a lower electricity price. In the period from 12 noon to 3 p.m., electricity is also somewhat cheaper.
- You usually get the cheapest electricity between 03 and 04 at night. Then it rises, and shoots to the weather from 06 o'clock.
- If you are at home during the day and can switch on the washing machine or dishwasher, do this during a time when electricity is cheap.

7. Wash clothes smartly

- Think about how often you must wash clothes. Here you can save electricity, but also money and time.
- All our washing machines have an ECO program. Then it is recommended to use this. It can often take a little longer before the wash is finished, but it uses considerably less energy and water.
- You can also wash clothes at a lower temperature. Many garments get clean at 30 degrees. Here you can just try your hand at it.
- We also recommend that you run the washing machine with the spin cycle at high speed. Both the drying time and electricity consumption are affected by how damp the laundry is.

8. Draw the curtains in the evening

- Extra thick curtains can help you save electricity. They act as a shield between the cold outside air and the warm inside temperature.

9. Place carpets on the floors

- Loose carpets on the floor can contribute to the heat in the room. They can make the room cozier; it warms the feet and has a certain insulating effect.

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10. Do not leave fans running longer than necessary

- Perhaps you have a kitchen fan, or a fan in the bathroom? If you leave these on all day, it will suck the warm air out of the rooms. Panel ovens and heat pumps therefore must work harder to keep it warm.
- Be extra careful when using fans when it is extra cold outside.

11. Adjust the temperature of the refrigerator

- The refrigerator also draws electricity. Are you perhaps a little too cold? Check if there is room to lower the temperature. Remember that it is important not to compromise the shelf life of food. of course
- Your fridge should have 5 degrees, and the freezer should have -18 degrees. Each additional degree increases your energy consumption by approximately 10% for the refrigerator and 6% for the freezer. So, there can be electricity to save!

12. Use a kettle

- If you are only going to boil some water, for a cup of tea or coffee, it may be worthwhile to use a kettle.
- Did you know that your microwave oven can be a disaster? It often uses 60-70 percent more energy to heat the water.

It might be tiring, but make it a habit to unplug sockets that are not in use