Save energy = Save money!

Several things at home consume high-cost energy. You can save a lot of energy here:

- Television, computer, etc. (standby mode)
- Fridge, Freezer
- Washing machine, Dryer
- Cooking
- Lights
- Dish washing

More advice are available below
avu.de/energiespartipps

The best energy saving tips

It's so easy to save energy and money!

Kommunales Integrationszentrum Ennepe-Ruhr-Kreis

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Low-energy home

1 Turn off heating while ventilating. This saves energy and money.

2 Simply unplug, once the device is fully charged.

**3** Turn down the temperature at night, 18 degrees is perfect for a good night's sleep.

4 Switching off devices instead of putting them on standby mode saves electricity and money.

5 Turn off the lights, when no one is in the room.

6 Power strips are more cost-effective. Just one click on the "off" button is enough to disconnect it from the power supply.

7 Turn off the tap while brushing your teeth.

8 Cold water costs less than warm water.
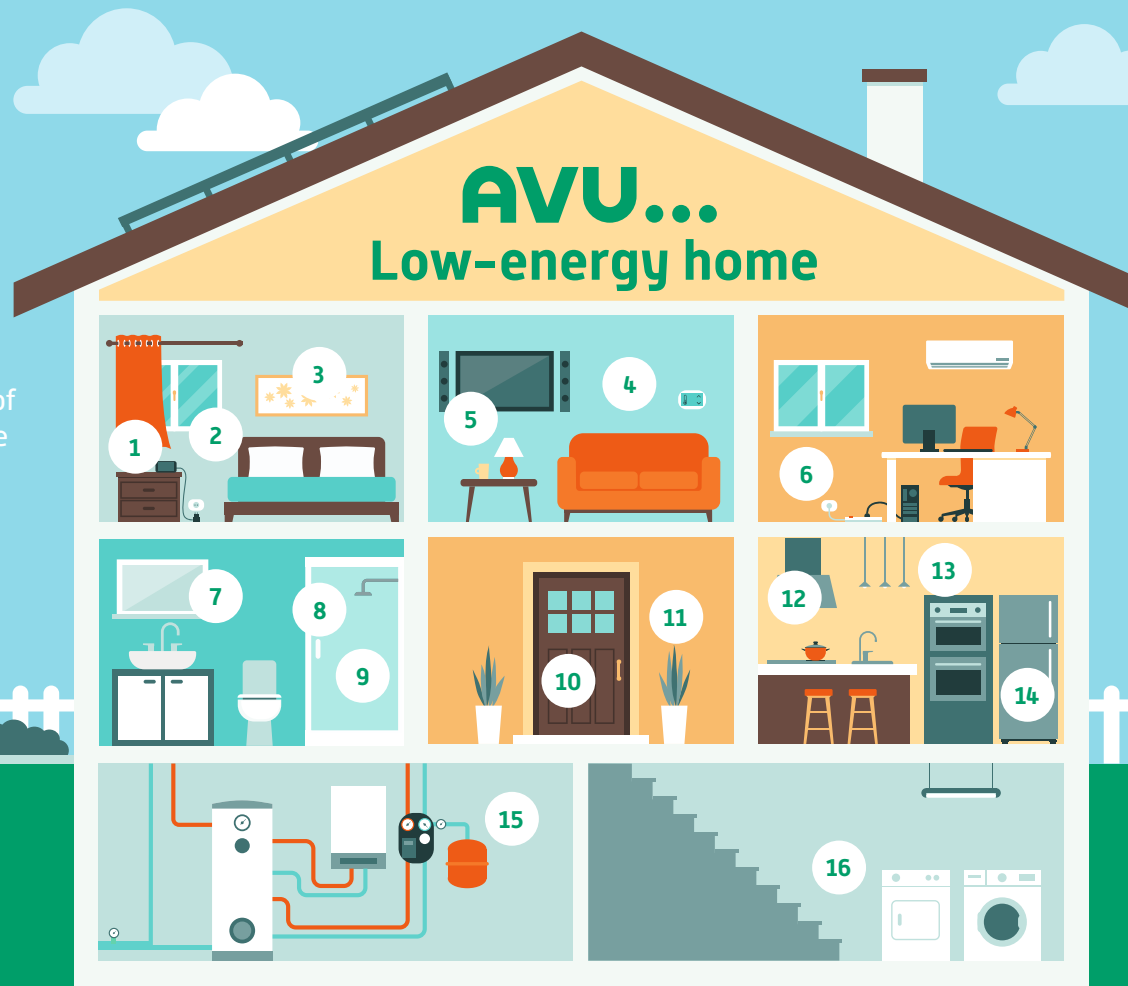
9 Showering instead of bathing saves water, energy and money!

10 Keep the room doors closed. That will retain the heat in the rooms.

11 It would be best to water flowers with free rainwater.

12 Roast and cook with lid. This saves 65 % electricity.

13 LED lamps consume less electricity.

14 Don't keep the refrigerator setting too cold. This saves a lot of energy and money.

15 Have the heater serviced regularly. Then the heating is most efficient.

16 A dryer uses a lot of energy and costs money. A drying rack is inexpensive.

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It's so easy to save energy and money!