



ENERGY SAVING TIPS FOR THE HOME

Energy - such as electricity and heat - is produced for our daily needs. But this is very costly and causes greenhouse gases, especially when fossil fuels are used.

There are many ways to save energy at home and thus actively contribute to climate protection!

ELECTRICAL APPLIANCES:

- Disconnect all appliances from the power supply when they are not in use!
- Use smartphones, tablets and laptops for as many years as possible instead of buying new devices regularly.



IN THE KITCHEN:

- Buy new refrigerators and freezers that are as small as possible.
- Buy the highest efficiency class ("A").
- Do not place refrigerators next to the stove or a heating source.
- Set the fridge at 7°C, which is enough to keep things fresh. Set the freezer at -18°C.
- Keep refrigerators as full as possible, e.g. even with water bottles, which store cold. Open the door as briefly as possible.
- Boil only the amount of water that is needed.
- Put the lid on the pot and use the residual heat to finish cooking.

IN THE BATHROOM:

- Select water temperature as low as possible.
- Run the water for as short a time as possible.
- Install water-saving inserts in the shower and washbasin.
- Wash clothes only at 30°C.
- Use a clothesline instead of a dryer.



HEATING AND COOLING:

- Set the heating to a maximum of "3", which corresponds to 20°C.
- Keep heating elements clear and do not place anything on them.
- Avoid using air conditioners or fans; instead, ventilate the room by blowing air and ventilating crosswise.
- Check window seals and replace if necessary.

LIGHTING:

- Choose LEDs as a lighting source.
- Use daylight as long as possible.
- Switch off the lights when no one is in the room.

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