

SUSTAINABLE ENERGY WEEK

*EVEN THE SMALLEST TWEAKS
TO YOUR SETTINGS AND HABITS
CAN MAKE A DIFFERENCE
TO THE AMOUNT OF
ENERGY YOU'RE USING AND
HELP YOU MAKE SOME SAVING!*



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ENERGY WEEK



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SAVE ON HEATING



Check and make sure that your radiators aren't blocked by curtains or furniture - it's good to make the best of the heat you're paying for

SAVE ON HEATING



Also, if the sun warms some rooms but not others, leave internal doors open to let the warm air circulate throughout your home



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SAVE ON HEATING



Replace your windows - this will diminish the energy losses and lower your utility bills. Check with the supplier what is the best option for this purpose. Alternately, use weather stripping - it is a cheaper option to diminish your energy losses



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SAVE ON ENERGY AND WATER



*Try to take shower more often than taking a bath:
you'll be surprised how much energy and water you
could save this way*



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SAVE ON ENERGY AND WATER



However, power showers can sometimes use even more water than taking a bath. Try to turn down the pressure and enjoy your shower without increasing your power and water bills



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SAVE ON ENERGY AND WATER



Turn water off when shaving, washing hands, brushing teeth – this will reduce your hot water usage by 5%



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SAVE ON ENERGY AND WATER



With many washing powders, you can usually choose a lower temperature on your washing machine— check the packaging to find out and save energy on every washing cycle



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**SAVE ON ENERGY
AND WATER**



*Try to use your dishwasher and washing machine
only when fully loaded*



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SAVE ON ELECTRICITY



Use task lighting - turn off ceiling lights and use table lamps, track lighting, etc. in work areas as well as in kitchens

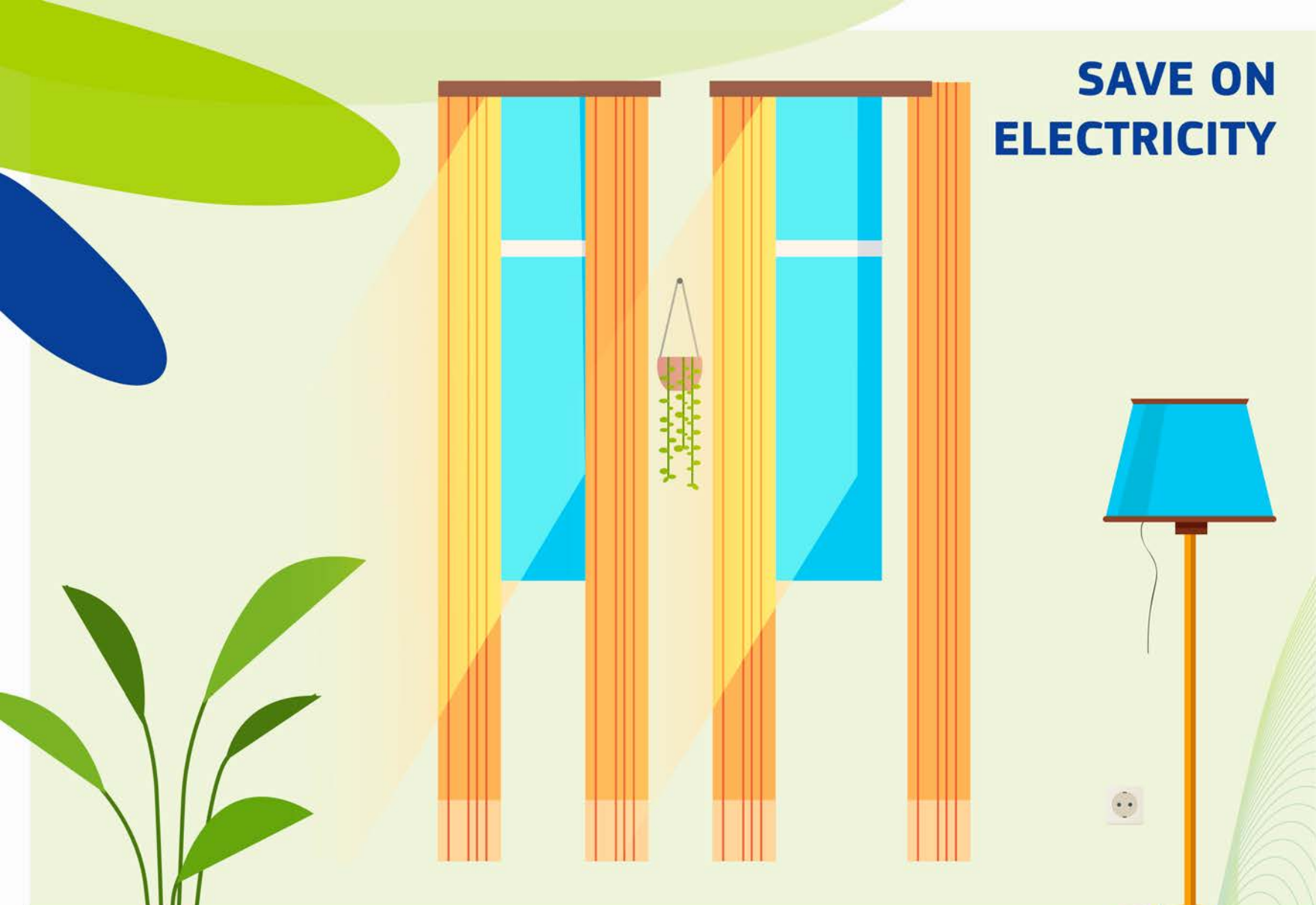


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**SAVE ON
ELECTRICITY**



Turn off any unnecessary lights

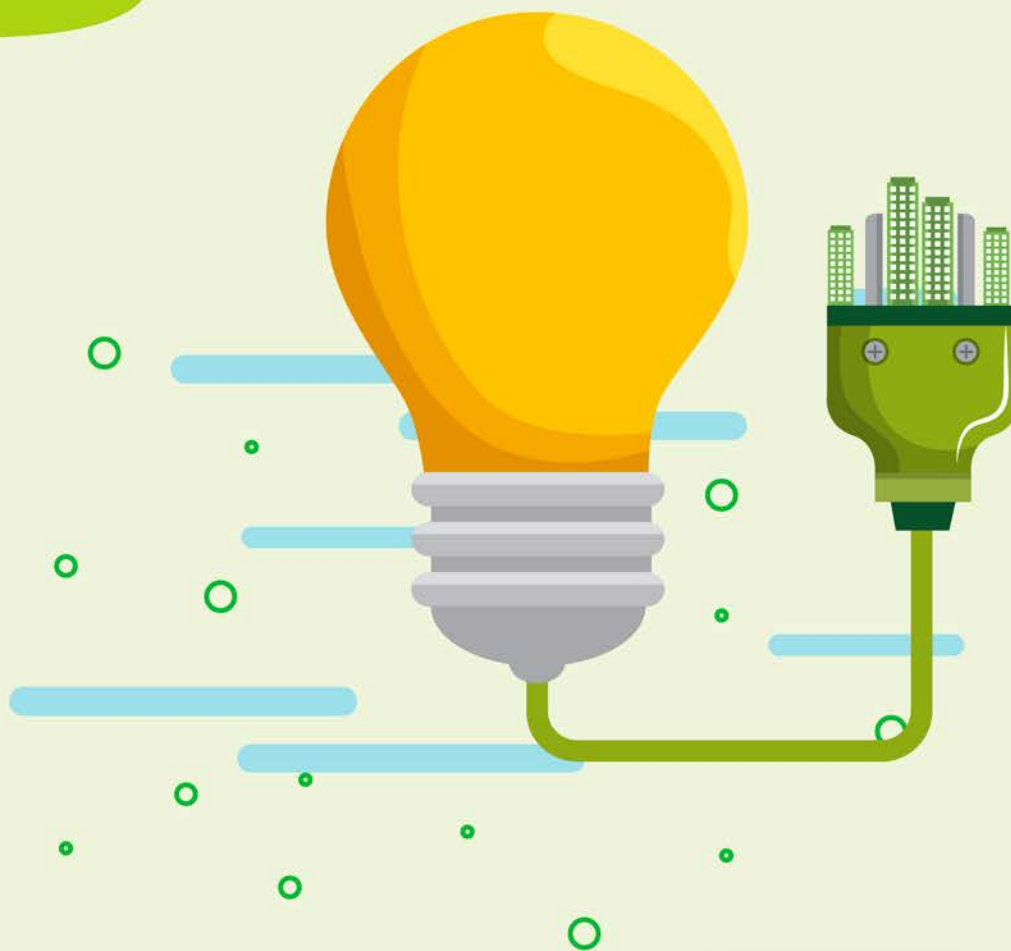


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**SAVE ON
ELECTRICITY**



***Switch to energy saving lightbulbs -
check labels before buying***



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**SAVE ON
ELECTRICITY**

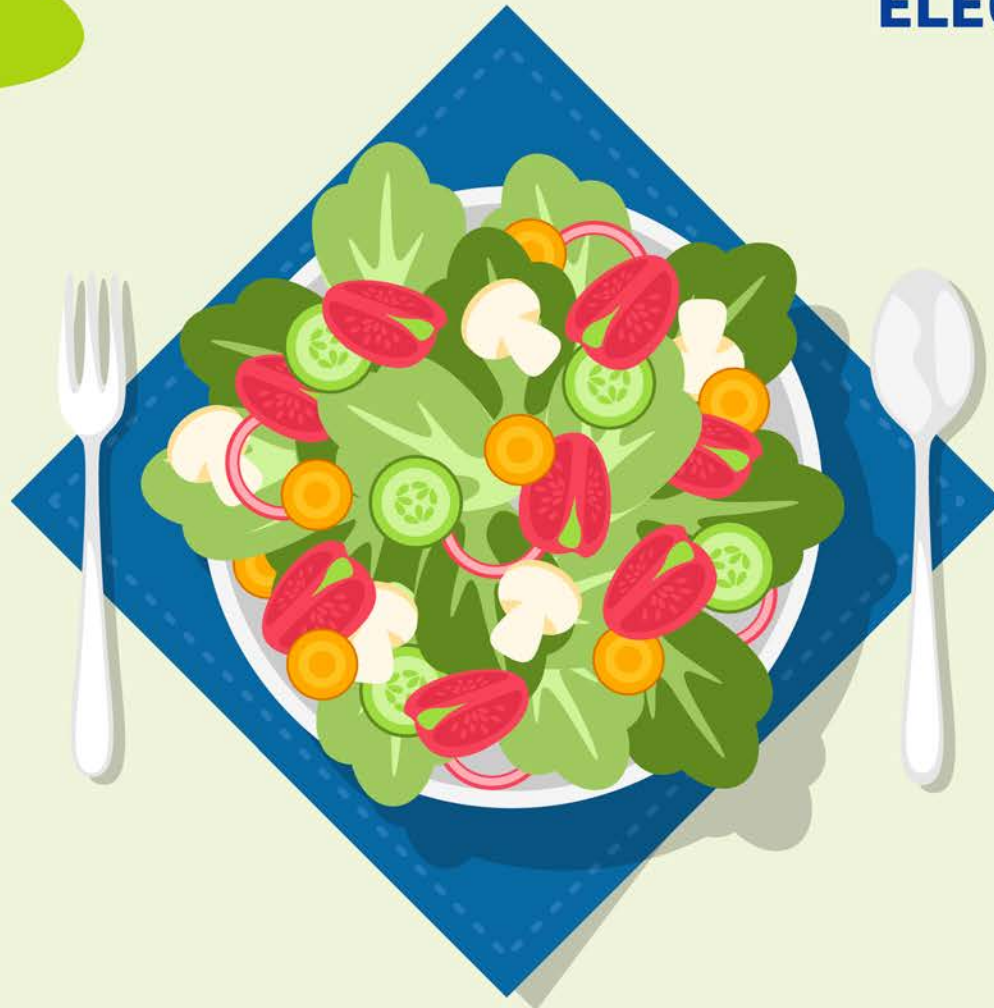


Unplug unused electronics - standby mode can account for 10% of an average household's annual electricity use



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**SAVE ON
ELECTRICITY**



Avoid using the oven in summer – eat more salads, fresh fruit and vegetables. This will help reduce the heat in your home and save on your home cooling costs

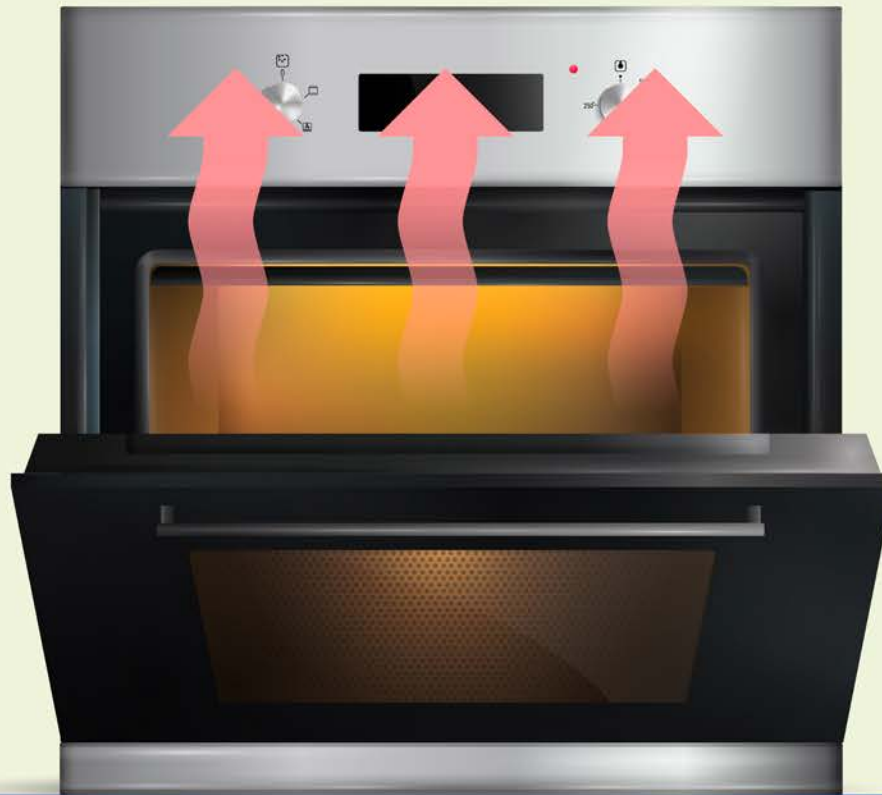


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SAVE ON ELECTRICITY



However, in winter the oven can help to add some extra heating: once you're finished cooking, leave the oven door open as it cools. This will help keep your kitchen warm - a great way to save on heating bills in winter



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SAVE ON ELECTRICITY

* **FREEZER**

-18°C

REFRIGERATOR

+2°C +3°C



Be efficient with refrigerator - ensure that your fridge and freezer are set to their ideal temperature: for fridge this is between 2°C and 3°C and for freezer -18°C

SAVE ON ELECTRICITY



Consider replacing your refrigerator, especially if it is more than 15 years old: even the cheapest new model will consume considerably less energy, plus you will avoid the cost and the trouble of the upcoming failure incurring repair costs, lost food, etc.



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SAVE ON ELECTRICITY



If possible, consider installing solar panels on your home – this will help you produce your own electricity, which will lower your carbon footprint by generating clean, green energy and help you save money on your annual electricity bills



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SAVE ON ELECTRICITY



Solar water heater is a good choice if you would like to use the energy from the sun to heat water for your home. Solar panels on your roof collect energy from the sun's rays to heat water which flows to a storage tank, ready for use. By this you will save energy, save money and reduce greenhouse gas emissions



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