

Saving Energy

Heating

Even though heaters are mainly used during the colder months of the year, it still account for 70 per cent of our total annual consumption. With every degree room temperature less, you already save 6% energy.

- At daytime set the room temperature at 20°C at a max, at night-time set it to 16-18°C
- unused or barely used rooms should be heated moderately only
- Radiators should be kept clear and need to be vented regularly
- Shutters should be closed in the evening

Ventilation

Ventilation is important to obviate moisture damage and mould. However, a lot of heat get lost through tilted windows. Therefore:

- Open the windows wide at least 3 times a day for 5 to 10 minutes to ventilate (crosswise)
- Switch off radiators while airing

Water

Heating water accounts for 14 % of energy consumption. To take a bath uses 3 times as much water as a 3-minute shower. Therefore:

- Take a shower instead of a bath
- Use water-saving shower heads
- Run water as shortly as possible
- Turn off the water if not needed
- Reduce water temperature

Refrigerate and freeze

- set Refrigerator to 7 °C
- Set freezer to –18 °C
- Avoid unnecessary and prolonged opening
- Defrost the freezer regularly

Cooking

- Choose a Cooking pot suitable for the diameter of the stove top
- Use suitable lids
- Heat water in a water kettle
- Use residual heat by turning off the stovetop or oven 5 to 10 minutes before the end of the baking/cooking time

Dishwasher

- Use Dishwasher if possible
- Only use Dishwasher when fully loaded
- When washing dishes by hand, do not let the water run, but fill the sink or a bowl for rinsing

Lighting

- Turn on light only if needed
- Use energy saving LED-Lamps
- Use motion sensors as alternative for permanent lighting

Electronic Devices

- Switch off devices completely, do not leave them in stand-by mode
- When buying new equipment, make sure that they are energy efficient and not unnecessarily large

Washing

- Avoid prewash
- Always use the full capacity of the washer
- Wash at the lowest permissible temperature
- Use economy programmes
- Dry laundry outdoors if possible

Every kilowatt hour saved counts: Today, everyone is encouraged to consume as little energy as possible.

A comparison of last year's gas consumption with this year's shows that saving measures have great benefits: in May 2022, a third less gas was consumed than in 2021.

Everyone can help to save energy. With simple tricks you can use less electricity, hot water and heating energy.

Here you can find more tips on how easy it is to save energy and what you should look out for: