



**Tips to help
in the household**

to save energy



● ● ● Heating

Heating costs

- Only heat where it is necessary: You do not have to heat all rooms equally. Limit yourself to the rooms where you spend a lot of time, e.g. the living room. Caution: Not to heat at all at very low temperatures, can promote mold, depending on how the surrounding area is heated (for example by neighbouring flats), and whether there are strong sources of moisture.
- Do not cover radiators: The sofa or curtains in front of the radiator drive up heating costs. Provide a clear view of radiators. This allows them to emit heat into the room.
- Bleed the radiator: If the radiator is gurgling, it is not getting really warm, even though the heating is running at full speed.
- Seal windows and doors: So that the heat stays in the house, check for leaks the windows and doors. Gaps in windows can be sealed with foam sealing tape or rubber gaskets. Door brooms or draft excluders can help with doors.
- Ventilate your home: You should also ventilate your home in winter. Instead of tilting the windows, several times the windows for a few minutes every day open really wide and ventilate in a targeted manner. After closing the windows, the fresh air quickly warms up again, which prevents mould growth. Before airing the room, turn down the heating before airing and then turn it up again.

Consultations

- Municipal utilities Giessen: advice in the SWG customer center (energiessen.de)
- Caritas association in Wetzlar: electricity saving check (caritas-wetzlar-lde.de)





● ● ● Kitchen

General information

- For household appliances such as washing machines or refrigerator and freezer after 10 to 15 years. years, check whether a new purchase is worthwhile.
- In the case of refrigerators, for example, you can use the refrigerator calculator from the consumer advice centre: <https://www.verbraucherzentrale.de/kuehlschrankrechner-40173>



Fridge, freezer, chest freezer

- Set refrigerator: 7 °C in the upper compartment is enough
- Freezer: -18 °C is optimal
- Fridge and freezer doors when in use close quickly
- Allow food to cool completely before placing in the refrigerator.
- Ice accumulated? Defrosting is worthwhile!

Stove and oven

- Cook and fry with a lid. This saves up to 50 percent energy.
- Cook vegetables, eggs and potatoes with only 1-2 cm of water.
- Only fill the kettle with as much water as is needed. Also use for cooking, e.g. boiling water for pasta.
- Baking with circulating air saves about 15 % of the energy compared to top and bottom heat.
- Do not preheat the oven and turn it off a few minutes earlier and use the residual heat.

Dishwasher

- Always fill the dishwasher as full as possible
- Use eco programmes or low temperatures of 45 °C to 55 °C. Better not: Short programmes



● ● ● Washing/Bathroom

Washing machine and tumble dryer

- Wash at low temperatures from 30° C to 40 °C. Another advantage: The clothes last longer.
- A high spin cycle results in a less wet laundry.
- Instead of a tumble dryer: Simply air dry the laundry. This also works in winter!
- Observe sensible ventilation indoors. More information on this: <https://www.verbraucherzentrale.de/wissen/energie/heizen-und-warmwasser/heizen-und-lueften-so-gehtsrichtig-10426>
- Use of eco-programs – saves electricity and water.



In the bathroom/water consumption

- Economy shower head for bath and shower; Flow regulator at the tap. This means less consumption of hot water. Both are available for a few euros local DIY store.



● ● ● Office/entertainment technology

Computer, smartphone, television

- Using a laptop instead of a computer and screen use: Laptops generally consume much less power than desktop computers.
- Large televisions have a greater power consumption, perhaps choose one with a smaller size.
- Switchable power strip instead of stand-by mode; also for receivers, voice assistants and game consoles
- Do not leave chargers plugged into the socket. These can also continue to consume electricity.
- On the computer, use the „energy saving mode“ or use „Hibernation mode“: After at least 15 minutes of inactivity switch to one of the two energy-saving settings.
- Caution: Screen saver is not an energy saving measure, on the contrary, especially with colorful moving images, it needs more power!
- Switch off the WLAN of the router at night via time control.
- Smartphone off at night or in flight mode
- Turn off unnecessary functions and programs on the devices: The fewer services and programs running in the background, the less the processor must work.
- Replace old devices

More information is available at:
<https://www.verbraucherzentrale.de/wissen/energie/strom-sparen/strom-sparen-im-haushalt-einfache-tipps-10734>



Office/Work from Home

- Avoid unnecessary printing
- Switch off the coffee machine after use
- Adjust room temperature - max. 23 degrees and regular shock ventilation



● ● ● Light

Lighting

- Replace incandescent and halogen lamps with economical LED: up to 90% less power consumption.
- Light off when not needed!
- If a floor or table lamp not only has a switch, but also a power supply, then always unplug it or use in addition a disconnectable power strip.



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