

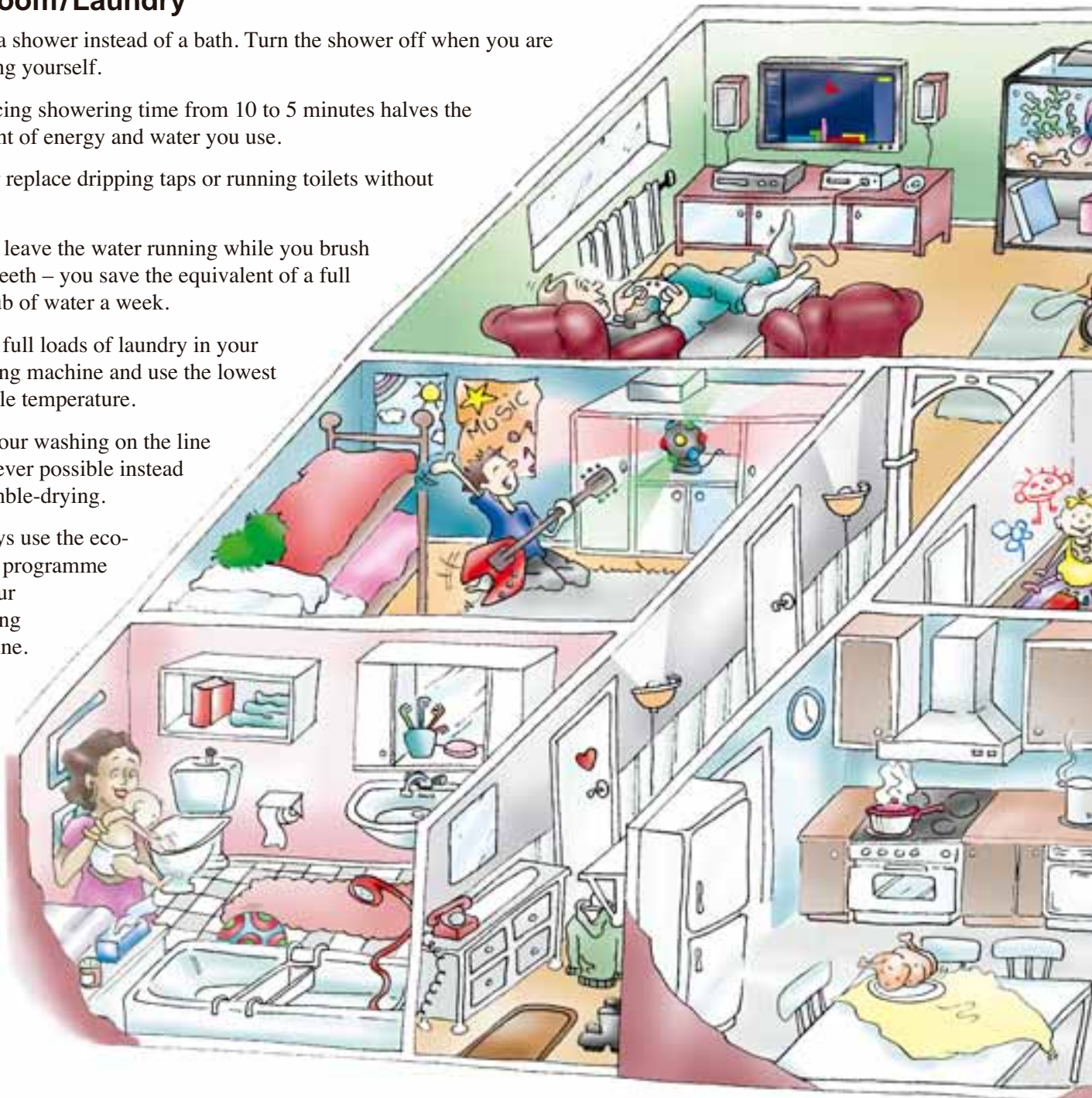


**Save energy**  
*– and make your housekeeping  
money last longer*

# Clever tips for saving mo

## Bathroom/Laundry

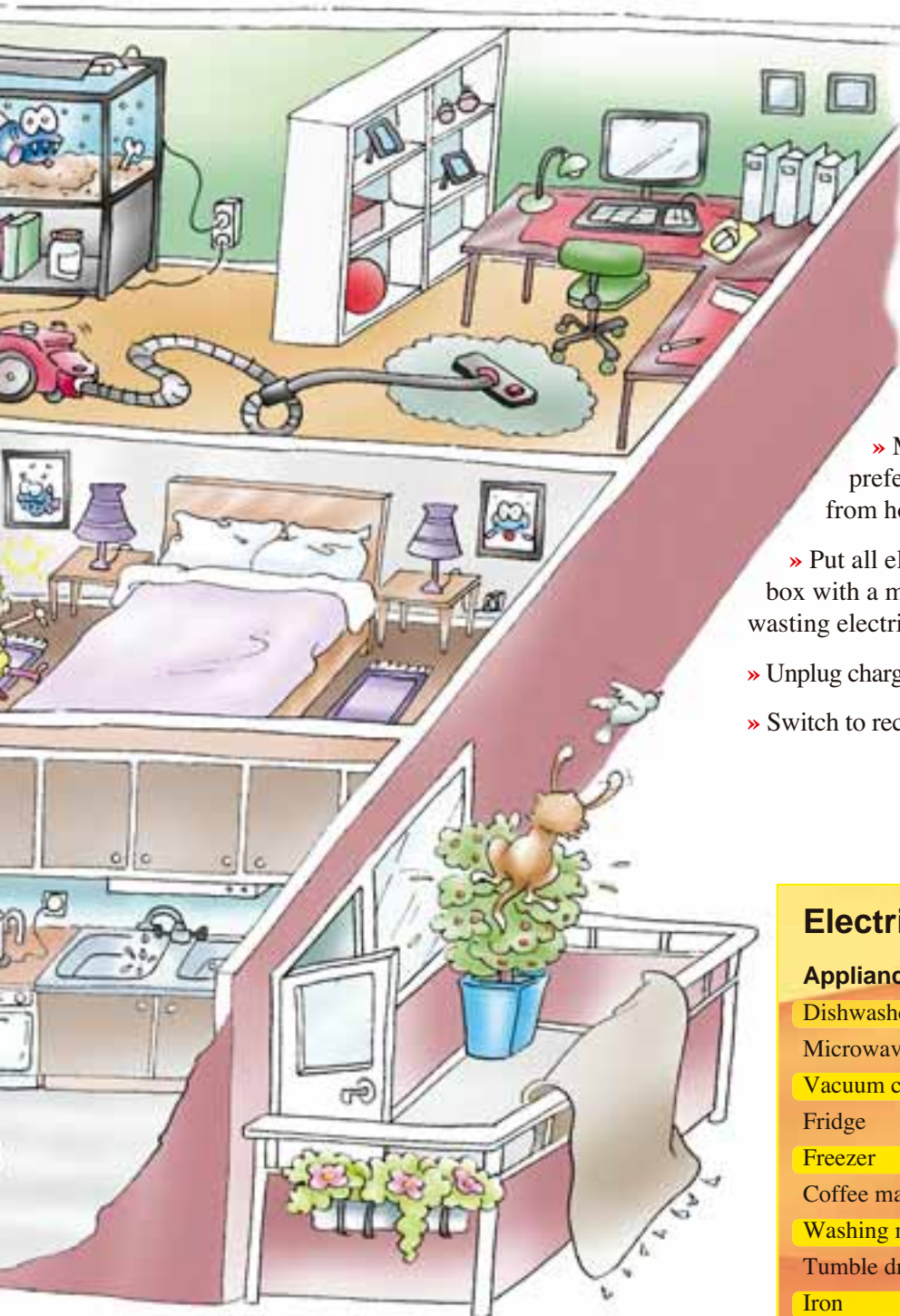
- » Take a shower instead of a bath. Turn the shower off when you are soaping yourself.
- » Reducing showering time from 10 to 5 minutes halves the amount of energy and water you use.
- » Fix or replace dripping taps or running toilets without delay.
- » Don't leave the water running while you brush your teeth – you save the equivalent of a full bathtub of water a week.
- » Wash full loads of laundry in your washing machine and use the lowest suitable temperature.
- » Dry your washing on the line whenever possible instead of tumble-drying.
- » Always use the economy programme on your washing machine.



## Kitchen

- » Keep the fridge at a temperature of +5°C and the freezer at -18°C.
- » Defrost your fridge and freezer at least once a year.
- » Clean and vacuum the back of the fridge and freezer regularly.
- » Defrost food in the fridge rather than in warm water or the microwave.
- » Allow hot food to cool to room temperature before you put it in the fridge or freezer.
- » Never use saucepans that are smaller than the hot plate, and always use a lid.
- » The most energy-efficient way to heat water is in a kettle or microwave.
- » Turn the oven off if it is empty for more than 30 minutes.

# Money and the environment



## Living room/Bedroom

- » Switch to low-energy bulbs or LED bulbs, and turn off the light when you leave the room. They are more expensive to buy but you make savings through reduced energy consumption!
- » Air rooms efficiently by letting a strong draught of air in for brief periods.
- » Use a timer for lighting for plants, aquariums and other things that do not need to be on 24 hours a day.
- » Maintain an indoor temperature of 20°C, preferably lower in bedrooms. If you are away from home, 15°C is adequate.
- » Put all electrical switches together in one junction box with a main switch to prevent standby functions wasting electricity.
- » Unplug chargers and transformers when they are not in use.
- » Switch to rechargeable batteries for your children's toys.

- » Use the oven for baking when you are using it to cook a meal.
- » Wash the dishes in a washing-up bowl or sink with a plug.
- » Only use the dishwasher if it is full. Use a lower temperature; this usually produces an equally good result.

## Electricity consumption

Appliance	Usage	Annual cost
Dishwasher	Once/day	SEK 613
Microwave oven	7 min/day	SEK 76
Vacuum cleaner	1 h/week	SEK 62
Fridge	24 h/day	SEK 200
Freezer	24 h/day	SEK 465
Coffee maker	1 h/day	SEK 350
Washing machine	2 h/day	SEK 1,752
Tumble dryer	1 h/day	SEK 876
Iron	1 h/week	SEK 62
Hair dryer	1 h/week	SEK 62
Aquarium	24 h/day	SEK 631
TV (plasma/LCD)	3 h/day	SEK 329
TV (cathode ray tube)	3 h/day	SEK 184
10 light bulbs	5 h/day	SEK 1,314
10 low-energy bulbs	5 h/day	SEK 241

(Calculated on price of electricity, including all charges = SEK 1.20/kWh)



# Make your housekeeping money last longer

Everyone wants more money in their wallet. One good way to do this is to save energy in the home day to day. This can leave you with plenty more money in your wallet every year. And as well as making your housekeeping money stretch further, you are helping to create a better environment, so that future generations can have the chance to live in a long-term sustainable society.

The Energy Agency for Southeast Sweden, local councils, housing companies and organisations have worked together to produce this information booklet containing some excellent ideas for saving energy. In order that as many people as possible can have access to this information, the booklet has been translated into ten different languages – Arabic, English, Finnish, Kurdish, Persian, Turkish, German, Somali, Sorani and Spanish.

Read it carefully. It will benefit both your finances and everyone's environment.

***Read more about energy and the environment:***

- » [www.energimyndigheten.se](http://www.energimyndigheten.se)
- » [www.energikontorsydost.se](http://www.energikontorsydost.se)
- » [www.blienergismart.se](http://www.blienergismart.se)



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