



# IT'S COOL TO SAVE ELECTRICITY



## Cooling and congealing

- The ideal temperature for cooling food is +4 °C to +6 °C and in freezers up to -18°C. the colder it is, the more electricity is necessary.
- keep louvres resp. ventilation slots free.
- Defrost regularly: A thick layer of ice is an indicator that either the freezing temperature is too low or door seal is damaged – in both cases the use of electricity increases drastically.
- First let warm food cool down and then only put it in the refrigerator.
- If possible don't install the refrigerator next to the cooker resp. stove.

A 4-person household can save from 28 to 70 euros per year!



## Washing the dishes

- Down with the temperature: Wash the dishes at lower temperatures as the heating needs most of the energy.
- Maximal load: Turn on the dishwasher only when fully loaded.
- Pre-wash is unnecessary: Whatever has place in the dishwasher and is dishwasher safe should also be washed in it. Washing dishes by hand required much more water and hence more energy.
- Disconnect completely: Many dishwashers use energy during stand-by.

By reducing the washing temperature from 70 to 50 degrees you can save up to 30 % electricity!



## Washing the laundry

- Down with the temperature: Washing the laundry with 30 °C eliminates with the usual laundry detergents 99 % of the bacteria and saves up to 50 % energy compared to higher temperatures. In addition this protects your laundry.
- Use short programs: A pre-washing of the laundry is only necessary in exceptions, for instance when its very dirty because of the kind of job.
- Full load: Fill the washer drum appropriately. Leave on top a palm free and fill the laundry loosely. Anoverload is also not recommendable as this decreases the cleansing efficiency.

A with 4-persons household and 4 washing loads per week can spare about 27 euros per year by decreasing the washing temperature!



## Hot water generation with electricity is expensive

The water heating with electricity is simple – but expensive. The cost for a 4-person household can be up to 500 euros and more per year. Electric water heating makes sense only where hot water is rarely taken or where hot water pipes have to be laid over long distances.



## Drying the laundry

- Clotheslines instead of tumble dryer: This is in any case cheaper.
- If tumble dryer, then one with a heat pump condensation dryer, as this one does not release the humidity in the ambient air.
- Use beforehand the spin-dryer at maximum speed: The less the laundry is humid, the more efficient and sparing the tumble dryer works.
- Please respect the recommended filling instructions and clean the fluff filter after every drying cycle.

## Cooking & baking



### Cooking

- Always use the lid of a pan.
- Use the stove hob appropriate to the pot size.
- Switch off earlier – use the residual heat.
- Water boiler and egg cooker are more economical than a water pot on the stove.
- for longer cooking time use pressure cooker.
- The microwave is the most efficient for small amounts.



### Baking

Use the hot air function of the oven: Compared to the heat the latter needs 20°C less backing temperature. Several baking trays can be used at the same time.

- Use the pre-heating function only if absolutely necessary.
- Switch off earlier – use the residual heat.
- Use pyrolysis only every few months.

Proper cooking and baking – a 4-person household can spare about 59 euros per year!



### Appliances: TV, PC & Co

The electrical appliances are becoming more and more important and determine the electricity consumption: TV, DVD-Player, game consoles, stereo and PCs are only some examples of an average household equipment. They need including the standby mode about a quarter of the electricity and the trend is ascending.

- Stop the standby: Disconnect the unused devices from the network, unless stored data might be lost. For disconnection, switchable connector strips, own switches, time switches, etc. are suitable.
- The Computer also needs energy in the so called saving mode. Completely off is better. This also applies to the monitor, a screen saver is not necessary.
- Always unplug chargers after charging.

Avoid standby consumption – a 4-person household can save about 67 euros per year!



### Lighting

- Turning off light is still the best, even with energy saving lamps.
- Replace incandescent lamps with energy saving lamps or LED lamps. Replace low-voltage halogen lamps through halogen lamps with infrared (IRC-) coating or LED-reflectors.

With energy saving lamps or LED lamps, you can greatly reduce the energy consumption for lighting.



### Air conditioning

Air conditioning consumes a lot of electricity. This is detrimental to the environment and the household budgets. An average air-conditioning unit generates electricity costs in one months as much as an efficient refrigerator-freezer combination throughout the year. Structural measures or adequate shading against overheating are better.

- Keep the windows closed during heat during the day. Aerate only at night.
- An external sun protection is more efficient than internal systems: External blinds stop almost the whole heat.
- A fan needs much less power than an air conditioner.

**Call us, we will advise you!**

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