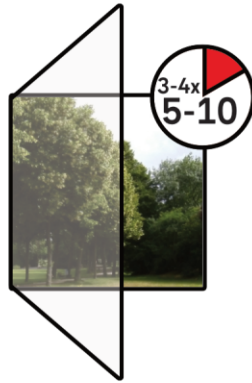


# Tips to save energy



## Proper ventilation:

3-4 times a day 5-10 minutes for fully opening windows and heating turned off.

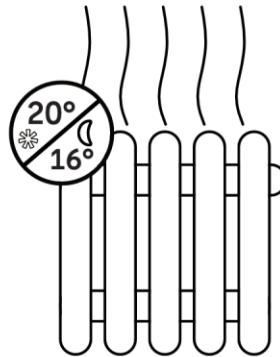


## Heating:

Turn off the heating when leaving the house.

Turn the heating down when going to bed.

Electric heaters are not permitted.



## Washing & drying:

Only wash with a full machine and at 30° C.

Spin laundry at 1.200 revolutions before drying.

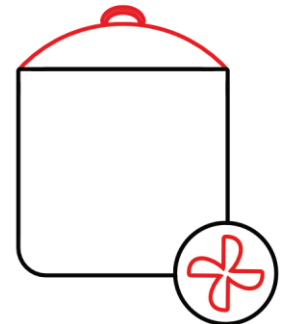


## Cooking & baking: with lid and fan

Place a lid on pots and pans when cooking.

Water can be heated in the kettle and then added to the pan.

Once the water in the pan begins to boil, turn the heat down to a low setting.

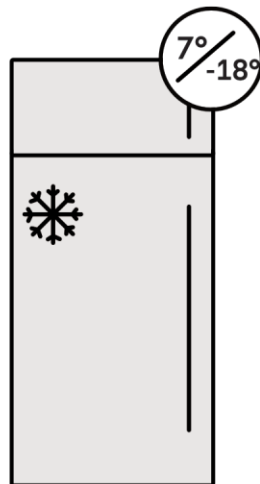


Use the fan when cooking in an oven and do not preheat it.

## Cooling & freezing:

Do **not** cool refrigerator below 7° C.

Do **not** cool freezer compartment to below -18° C.



## Lights & electricity:

Turn off the lights when leaving a room.

Switch devices to stand-by mode.



## Showers:

Shower for a maximum of 5 minutes.

Turn off the tap while shampooing and/or shaving.

## Dishwashing:

Do not wash dishes under running water: add water to the sink and then wash the dishes.

