Save energy
– and make your housekeeping money last longer
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.
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

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

(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 fourteen different languages – Arabic, Bosnian, English, French Finnish, Croatian, Kurmanji, Persian, Turkish, German, Serbian, Somali, Spanish, and Sorani.

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

Read more about energy and the environment:

» www.energimyndigheten.se
» www.energikontorsydost.se
» www.blienergismart.se

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