

# 24 TIPS



to make easy savings on your energy bill

**SAVE NOW**



# 24 TIPS

to make easy savings on your energy bill

Big savings generate the most profit

1 🔥 approx. € 350 a year

Only heat the room you are in



Turn the heating off in rooms you aren't using. Close interior doors.

2 🔥 approx. € 180 a year

Use a radiator fan



Radiator fans heat the living room fast and the temperature of the central heating boiler can be turned down to 60°C or lower (see tip 23).

3 🔥 approx. € 180 a year

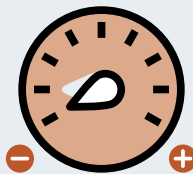
Turn down the heat by 1°C



19°C is often warm enough. Put on a warm jumper and/or use a blanket on the sofa.

4 🔥 approx. € 180 a year

At night, set the thermostat to 15°C



Set the thermostat to 15°C an hour before you go to bed. That will save you another € 40.

5 🔥 approx. € 180 a year

Keep the thermostat set at 15°C during the day when no one is at home



The house won't then need to warm up in the morning. If you do this four days a week, you will save around 120 m<sup>3</sup> gas a year.

6 🔥 approx. € 170 a year

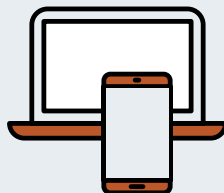
Don't shower for longer than five minutes



The average time spent in the shower is nine minutes. A fun shower timer can help you reduce how long you spend in the shower.

7 📱 approx. € 135 a year

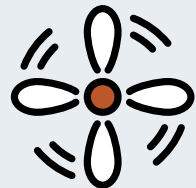
Turn devices and appliances off, not on stand-by



Turn electrical appliances completely off. Use a socket with a switch.

8 📱 approx. € 135 a year

Use the fan instead of the air conditioning



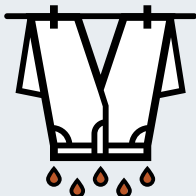
Air conditioning uses fifteen times more energy than a fan. A fan is more energy efficient, so much cheaper to run than air conditioning.



**Every little helps,  
and is good for the  
environment**

**9**  approx. € 135 a year

Dry your washing on the line, don't use the dryer



Not much room? Try to line dry half of your washing.

**10**  approx. € 90 a year

Install a water-saving shower head



A water-saving shower head saves ± € 60 a year. Replacing a rain shower can save € 90 a year.

**11**  approx. € 90 a year

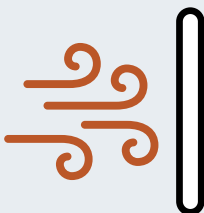
Put radiator foil behind your radiators



Put foil behind radiators on a non-insulating exterior wall. Per square metre, radiator foil saves € 15 a year.

**12**  approx. € 80 a year

Apply weatherstrips



Use weatherstrips on doors and windows. Install a letterbox brush to prevent draughts. And insulate the cover to your crawl space.

**13**  approx. € 80 a year

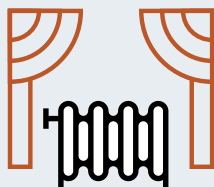
Replace an old fridge or freezer



Replacing a fridge that is more than ten years old can save € 80 a year. With a smart plug, you can measure how much energy the fridge is using.

**14**  approx. € 40 a year

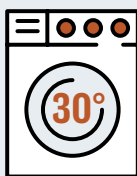
Keep radiators unobstructed and dust free



When the radiator is on, don't pull the curtains over it or obstruct it with furniture. Dirty radiators give off less heat, so keep them clean/dust free.

**15**  approx. € 40 a year

Put on the full washing machine at a low temperature



Use the machine's eco setting. For good hygiene, you sometimes need to wash at a higher temperature. For example, washing up cloths are washed at 60°C.

**16**  approx. € 40 a year

Use the full dishwasher's eco setting.

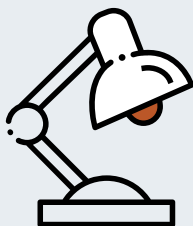


But not using a dishwasher is most energy efficient. Or only put it on when it's full. And then on its eco setting.

### Useful extra tips for small savings and/or more comfort

17  approx. € 8 a bulb

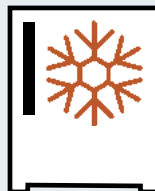
#### Use led lights



A led light is 90% more energy efficient than a light bulb and 85% more efficient than a halogen light bulb.

18  TIP

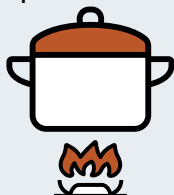
#### Don't have your freezer colder than -18°C



Consider whether you need a freezer (disposing of it will easily save € 80 a year). If you do use it, set it no lower than -18°C.

19  TIP

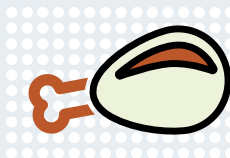
#### Choose the right burner on the hob and put a lid on the pan



Make sure that the gas flame remains under the pan. And always put the lid on the pan. Food comes to the boil sooner and cooks faster, saving gas.

20  TIP

#### Cool efficiently and regularly defrost the fridge



Let frozen food thaw in your fridge. And regularly defrost your fridge and freezer. Make sure that they are both 10 cm away from the wall.

21  TIP

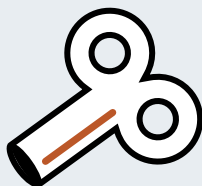
#### Use the kettle efficiently



Don't heat more water than you need.

22  TIP

#### Regularly bleed radiators



If there is too much air in the pipes, the heating won't work optimally. And that uses extra energy. Also regularly top up the water in the boiler.

23  TIP

#### Adjust your boiler



Let the boiler temperature depend on the temperature outside. Boilers are often set at 90°C, although 60°C is fine. Visit [zetztop60.nl](http://zetztop60.nl).

24  TIP

#### Ventilate the room you are in



Use hinged windows or ventilation grilles. Ventilate more when cooking or taking a shower. Clean air in the house is important for your health.

# Checklist

Tick one of the circles:  I will do this  I already do this

1



Only heat the room you are in

2



Use a radiator fan

3



Turn down the heat by 1°C

4



At night, set the thermostat to 15°C

5



Nobody at home? Set the thermostat to 15°C

6



Don't shower for longer than five minutes

7



Turn devices and appliances off, not on stand-by

8



Use the fan instead of the air conditioning

9



Dry your washing on the line, don't use the dryer

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Install a water-saving shower head

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Put radiator foil behind your radiators

12



Apply weatherstrips

13



Replace an old fridge or freezer

14



Keep radiators unobstructed and dust free

15



Put on the full washing machine at a low temp.

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Use the full dishwasher's eco setting

17



Use led lights

18



Don't have your freezer colder than -18°C

19



Choose the right burner on the hob, put a lid on the pan

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Cool efficiently and regularly defrost the fridge

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Use the kettle efficiently

22



Regularly bleed radiators

23



Adjust your boiler

24



Ventilate the room you are in

## Save energy and money

Go through the checklist and see where you can still save. In a house occupied by one family, you can save around 700 m<sup>3</sup> gas, or € 1000 a year.

### Want to know more about saving energy or how to isolate your home?

Come to the Bespaarstudio in the Terneuzen town hall. Or visit [www.terneuzen.nl/bespaarstudio](http://www.terneuzen.nl/bespaarstudio) (scan the QR code).

Or call: 0115 455 000.



### Want to know more about the energy allowance?

Visit [www.terneuzen.nl/Inwoners\\_Terneuzen/Werken\\_inkomen/Eenmalige\\_Energietoeslag](http://www.terneuzen.nl/Inwoners_Terneuzen/Werken_inkomen/Eenmalige_Energietoeslag) (scan the QR code).



### More information about saving energy?

Visit [www.milieucentraal.nl](http://www.milieucentraal.nl) or scan the QR code!

