24 TIPS

to make easy savings on your energy bill

BESPAARSTUDIO

SAVE NOW

24 TIPS

to make easy savings on your energy bill

Big savings generate the most profit

1 🔥 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.
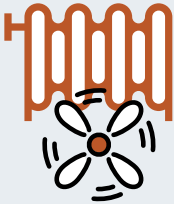
2 🔥 approx. € 120 a year

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 a year.

3 🔥 approx. € 120 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).
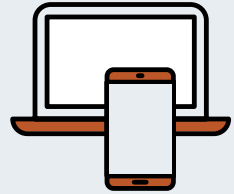
4 🔥 approx. € 90 a year

Only heat the room you are in

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

5 🔌 approx. € 90 a year

Turn devices and appliances off, not on stand-by

Turn electrical appliances completely off. Use a socket with a switch.
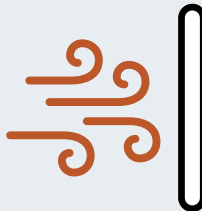
6 🔥 approx. € 90 a year

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.
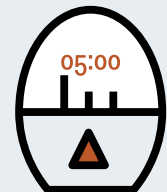
7 🔥 approx. € 80 a year

Apply weatherstrips

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

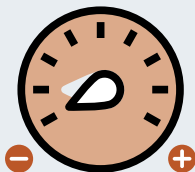**8** 🔥 approx. € 75 a year

Don't shower for longer than five minutes

05:00

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.

SAVE NOW

Every little helps, and is good for the environment

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9 🔥 approx. € 60 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 4%.

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10 🔥 approx. € 60 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.

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11 🔌 approx. € 60 a year

Replace an old fridge or freezer

Replacing a fridge that is more than ten years old can save € 60 a year. With a smart plug, you can measure how much energy the fridge is using.
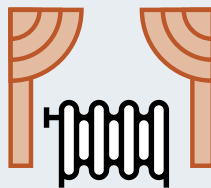
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12 🔌 approx. € 50 a year

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

Not much room? Try to line dry half of your laundry.
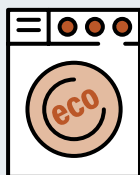
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13 🔥 approx. € 40 a year

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.

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14 🔌 approx. € 30 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.
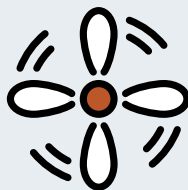
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15 🔌 approx. € 30 a year

Use the full dishwasher's eco setting.

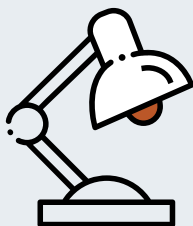But not using a dishwasher is most energy efficient. Or only put it on when it's full. And then on its eco setting.

**16** 🔌 approx. € 25 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.

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Useful extra tips for small savings and/or more comfort

17 — approx. € 5 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.
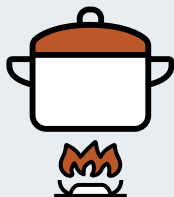
18 — TIP

Don't have your freezer colder than -18°C
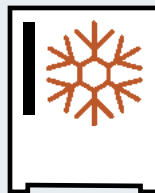
Consider whether you need a freezer (disposing of it will easily save € 60 a year). If you do use it, set it no lower than -18°C.
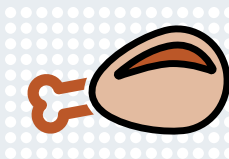
19 — TIP

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.

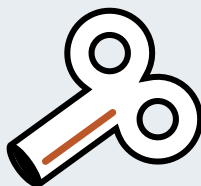**20** — TIP

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 zetmop60.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 ◯ ◯
Turn down the heat by 1°C

2 ◯ ◯
Nobody at home? Set the thermostat to 15°C

3 ◯ ◯
Use radiator fans

4 ◯ ◯
Only heat the room you are in

5 ◯ ◯
Turn devices and appliances off, not on stand-by

6 ◯ ◯
Put radiator foil behind your radiators

7 ◯ ◯
Apply weatherstrips

8 ◯ ◯
Don't shower for longer than five minutes

9 ◯ ◯
At night, set the thermostat to 15°C

10 ◯ ◯
Install a water-saving shower head

11 ◯ ◯
Replace an old fridge or freezer

12 ◯ ◯
Dry your laundry on the line, don't use the dryer

13 ◯ ◯
Keep radiators unobstructed and dust free

14 ◯ ◯
Put on the full washing machine at a low temp.

15 ◯ ◯
Use the full dishwasher's eco setting

16 ◯ ◯
Use the fan instead of the air conditioning

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

20 ◯ ◯
Cool efficiently and regularly defrost the fridge

21 ◯ ◯
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^3 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
(scan the QR code). Or call us: 14 0115.

Energiebank Terneuzen

Are you having trouble paying your energy bill?
The energy coaches at Energiebank Terneuzen can help you.
Visit www.energiebank.nl/terneuzen (scan the QR code) to
schedule a no-obligation consultation.

More information about saving energy?

Visit www.milieucentraal.nl or scan the QR code!