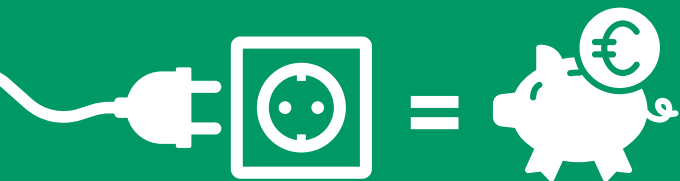


# Save energy = Save money!



Several things at home consume high-cost energy. You can save a lot of energy here:

Television, computer, etc. (standby mode)

Fridge, Freezer

Washing machine, Dryer

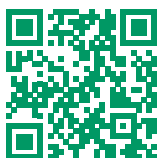
Cooking

Lights

Dish washing



More advice are available below  
[avu.de/energiespartipps](https://www.avu.de/energiespartipps)



## The best energy saving tips

### It's so easy to save energy and money!

Source: "Saving energy in a household" brochure of the consumer advice centre of NRW

**K** Kommunales  
Integrationszentrum  
Ennepe-Ruhr-Kreis

**AVU...**



**AVU...**

**1** Turn off heating while ventilating. This saves energy and money.

**2** Simply unplug, once the device is fully charged.

**3** Turn down the temperature at night, 18 degrees is perfect for a good night's sleep.

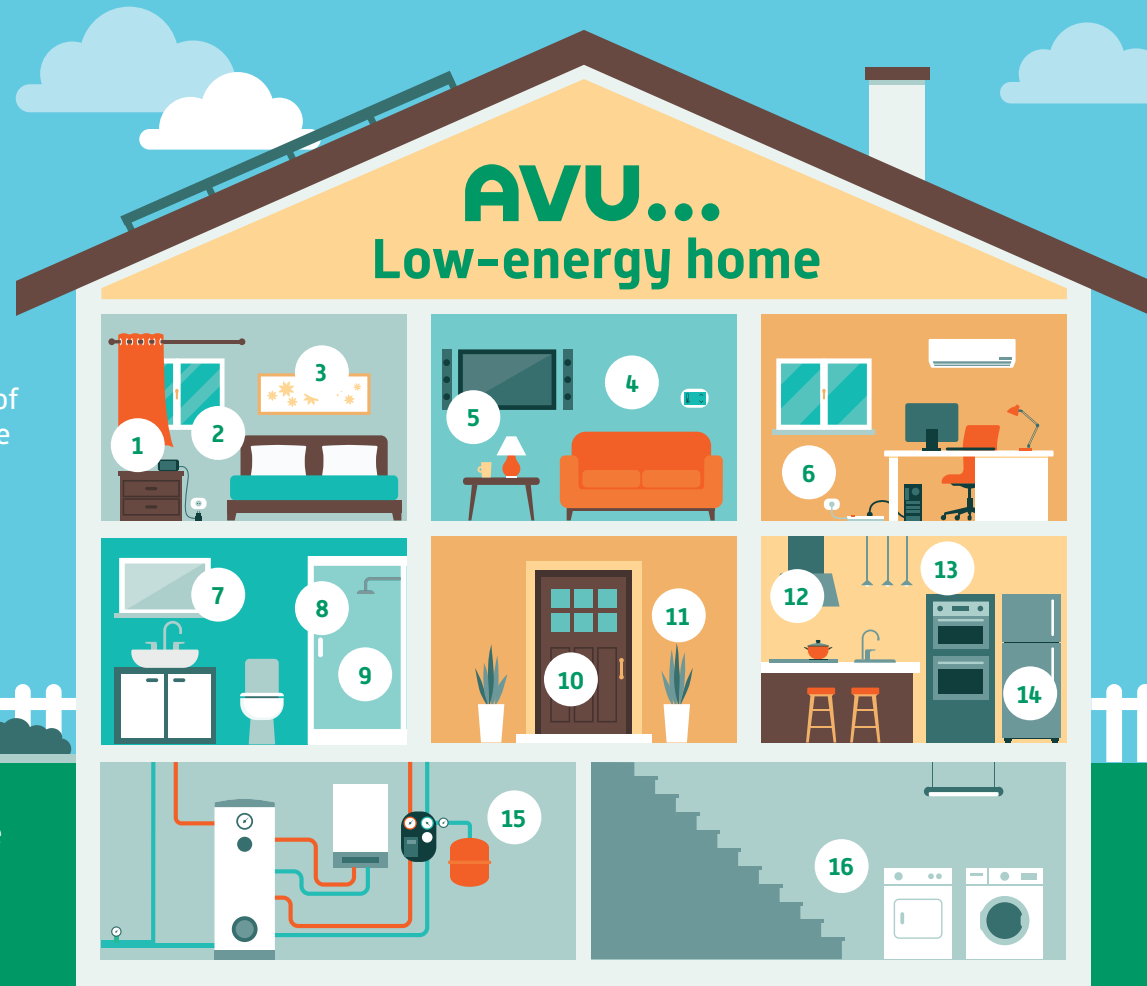
**4** Switching off devices instead of putting them on standby mode saves electricity and money.

**5** Turn off the lights, when no one is in the room.

**6** Power strips are more cost-effective. Just one click on the "off" button is enough to disconnect it from the power supply.

**7** Turn off the tap while brushing your teeth.

**8** Cold water costs less than warm water.



**9** Showering instead of bathing saves water, energy and money!

**10** Keep the room doors closed. That will retain the heat in the rooms.

**11** It would be best to water flowers with free rainwater.

**12** Roast and cook with lid. This saves 65 % electricity.

**13** LED lamps consume less electricity.

**14** Don't keep the refrigerator setting too cold. This saves a lot of energy and money.

**15** Have the heater serviced regularly. Then the heating is most efficient.

**16** A dryer uses a lot of energy and costs money. A drying rack is inexpensive.

**The best energy saving tips**  
It's so easy to save energy and money!