



ENERGY SAVING TIPS

Energy saving tips

Heating

Tip	Explanation	<input type="radio"/> ga ik doen <input checked="" type="radio"/> heb/doe ik al
Couch + blankets & hot water bottle	Use (electric) blankets on the couch, use a hot water bottle. Then you will warm locally without bringing the whole room to a high temperature.	<input type="radio"/> <input checked="" type="radio"/>
Curtains/furniture not in front of radiator or heater.	Do not hang the curtains or place furniture in front of the heater/ radiator. The heat will not flow properly.	<input type="radio"/> <input checked="" type="radio"/>
Curtain closed at night	This helps to prevent the heat from escaping and the cold from coming in from outside. The room needs less heating.	<input type="radio"/> <input checked="" type="radio"/>
Close doors	Keep the doors in the house closed. This way, the heat stays in the room where you are, and the cold stays outside the room.	<input type="radio"/> <input checked="" type="radio"/>
Heating: Kitchen	In the kitchen, the heating usually doesn't need to be on. Cooking heats up the room.	<input type="radio"/> <input checked="" type="radio"/>
Heat smart: only the room where you are in	Turn off the heating in rooms where you are not.	<input type="radio"/> <input checked="" type="radio"/>
Thermostat temperature	19°C can often be warm enough. Put on a warm sweater. On average, each degree Celsius saves 100 euros per year.	<input type="radio"/> <input checked="" type="radio"/>
Thermostat temperature: increase in steps	If a room is cold, heat in steps (15°C > 16°C > 17°C). That way, 17°C will also feel comfortable for a while. Until then, you can still heat up to your comfortable temperature (for example 19°C).	<input type="radio"/> <input checked="" type="radio"/>
Thermostat at 15°C degrees at night or when you are not at home.	Don't forget to put the thermostat at 15 °C degrees an hour before you go to bed.	<input type="radio"/> <input checked="" type="radio"/>

Warm water

Tip	Explanation	<input type="radio"/> ga ik doen <input type="radio"/> heb/doe ik al
Shower timer	The average shower time is 9 minutes. A nice shower timer can help you take shorter showers (e.g. 5 minutes). This way you can save a lot of money per year. And sometimes you can still take a longer shower, e.g. on the weekend!	<input type="radio"/> <input checked="" type="radio"/>
Showering less often	If you don't shower for a day in the winter, no one will notice! (unless you were exercising)	<input type="radio"/> <input checked="" type="radio"/>

Electricity

Tip	Explanation	<input type="radio"/> ga ik doen <input type="radio"/> heb/doe ik al
Dry your clothes on a rack instead of the drying machine	This helps to save €. If you don't have a lot of space, look for racks you can hang on your door.	<input type="radio"/> <input checked="" type="radio"/>
Energy burners / preventing stealth use	Do not leave electrical appliances on standby, but turn them off completely. To do this, use a power socket with a switch or timer.	<input type="radio"/> <input checked="" type="radio"/>
Fan instead of Airco	Fans use much less energy than an airco. To save most energy, we recommend to use none and simply open windows.	<input type="radio"/> <input checked="" type="radio"/>
Freezer no colder than -18°C	For efficient set it no lower than -18°C. Think carefully about whether you need a freezer (getting rid of it can easily save € per year).	<input type="radio"/> <input checked="" type="radio"/>
Freezer Ice Removal	Defrost your freezer. Each ice cream in the freezer compartment consumes 10% extra power.	<input type="radio"/> <input checked="" type="radio"/>
Kettle	Do not heat more water than necessary. It is unnecessary extra costs (€).	<input type="radio"/> <input checked="" type="radio"/>
Lights off	When you leave a room, turn off the lights.	<input type="radio"/> <input checked="" type="radio"/>
Washing machine	Choose short program and lower temperature. Choose eco mode if available. Do full wash only.	<input type="radio"/> <input checked="" type="radio"/>

Cooking Stove

Tip	Explanation	<input type="radio"/> ga ik doen <input type="radio"/> heb/doe ik al
Choose the right gas flame, and put the lid on the pan	Make sure that the gas flame stays underneath the pan and put the lid on. Food then is cooked faster, which saves gas.	<input type="radio"/> <input checked="" type="radio"/>

Ventilation, draught, moisture tips

Advice	Explanation	<input type="radio"/> ga ik doen <input type="radio"/> heb/doe ik al
Airing while drying clothes inside	Laundry gives off a lot of moisture while drying so it is best to air the room.	<input type="radio"/> <input checked="" type="radio"/>
Airing in a full room	One person produces circa 1 liter moisture per hour. If there are a lot of people in a room, freshen the air by fully opening the window.	<input type="radio"/> <input checked="" type="radio"/>
Cooking: Extra ventilation while or after	Using extractor and opening the windows.	<input type="radio"/> <input checked="" type="radio"/>
Clean the ventilation grille	Dust collects in the grille over time and this limits ventilation. Clean the grille once every three months.	<input type="radio"/> <input checked="" type="radio"/>
Hygrometer	Monitor the relative humidity yourself with a hygrometer, with healthy levels of 40-60%.	<input type="radio"/> <input checked="" type="radio"/>
Opening curtains	Also keep the curtains open temporarily, especially if there are ventilation grilles at the window! Then that air can flow better during the day.	<input type="radio"/> <input checked="" type="radio"/>
Showering: pull tiles dry	After a shower, remove the water on the wall with a squeegee to reduce moisture.	<input type="radio"/> <input checked="" type="radio"/>
Showering ventilate	In a wet bathroom, keep the door closed so that the moisture can escape through the ventilation grille.	<input type="radio"/> <input checked="" type="radio"/>

