

# Energy saving tips from Public Housing Sweden

## Kitchen

### AVOID WASHING UP UNDER RUNNING WATER



You will go through 75 litres if you wash up under running water for a quarter of an hour. Use a bowl or plug instead.

### ONLY RUN YOUR DISHWASHER WHEN IT IS FULL



If you use a dishwasher: Ensure that your dishwasher is full. If this is not possible, turn off the drying function, which uses a lot of energy; the easiest way of doing this is by turning the machine off when it opens for drying. Scrape off any food residue before washing instead of rinsing. Use the shortest possible wash programme. Any food residue will come off more easily if dishes are soaked for a while.

### PUT LIDS ON SAUCEPANS



Put a lid on your saucepan to speed up cooking. You only need a small amount of water when cooking eggs, potatoes and vegetables. The steam will cook your food.

**EXAMPLE:** You can save over 30 per cent of energy by putting a lid on. Starting to use lids can you save over 100 kWh per year.

### USE THE RIGHT SIZE SAUCEPAN FOR YOUR HOB



Dented and scratched saucepans use more energy. Use saucepans and frying pans with flat bottoms that are suitable for the size of your hob.

**EXAMPLE:** If the hob is 1 cm larger than the saucepan, this will increase your energy usage by 20 per cent.

## TAKE ADVANTAGE OF ANY AFTERHEAT



Turn the cooker (unless you have an induction cooker) and oven off a few minutes before your food is ready and to take advantage any afterheat. If you have been baking – take this opportunity to cook food in the oven afterwards when it is still warm.

**EXAMPLE:** Do not open the oven door unnecessarily – the temperature will drop between 25 and 50 degrees each time it is opened.

## SET YOUR FRIDGE AND FREEZER TO THE CORRECT TEMPERATURE



Recommended temperatures are +5 degrees for fridges and -18 degrees for freezers. Use a thermometer to check this.

**EXAMPLE:** Each additional degree will increase your energy usage by five to ten per cent.

## DEFROST YOUR FREEZER AT REGULAR INTERVALS



Defrost your freezer at regular intervals, particularly if there is ice in it. It is also good to vacuum the back of the fridge and freezer – this reduces both energy consumption and any fire hazard.

## DEFROST FROZEN FOOD IN THE FRIDGE INSTEAD OF THE MICROWAVE



Do you need to defrost food from the freezer? Food is better if you take it out in advance and let it thaw in the fridge instead of in the microwave. Also allow warm food to cool before putting it into the fridge or freezing it.

## USE THE MICROWAVE FOR SMALL PORTIONS



It is energy-smart to use the microwave oven when you want to heat small portions of food.

## TURN OFF YOUR COFFEE MACHINE



You can save energy by keeping your coffee in a thermos when ready instead of letting the coffee stand in the coffee machine.

## BOIL WATER IN A KETTLE INSTEAD OF A SAUCEPAN ON THE COOKER



It is smart to use a kettle for not just tea and coffee. Use it to boil water for potatoes, eggs or vegetables as well. After the water has boiled, continue cooking on the stove.

**EXAMPLE:** If all Swedish households used a kettle to boil two litres of water every day instead of a saucepan on the stove, we would save household electricity corresponding to 50,000 homes.

## Bathroom

### HAVE A QUICK AND EFFICIENT SHOWER INSTEAD OF A BATH



The average Swede gets through around 200 litres of water per day. We use one-third of this to keep ourselves clean and fresh.

**EXAMPLE:** A short shower lasting five minutes instead of fifteen can reduce annual hot water consumption by 500 kilowatt hours per person. Turn the water off when applying soap and washing your hair.

Use a shower timer if you want to keep a track of time.

### NOTIFY YOUR LANDLORD ABOUT DRIPPING TAPS



A dripping tap can use as much energy and water in one day as a shower, all for naught. If a tap is dripping for a whole year, this corresponds to 100 bathtubs of water – completely unnecessarily.

### NOTIFY YOUR LANDLORD ABOUT LEAKING TOILETS



A leaking toilet can result in the unnecessary loss of 1,000 litres of water a day. This corresponds to almost seven full bathtubs – every day.

### DO NOT USE HEATED TOWEL RAILS AND UNDERFLOOR-HEATING UNNECESSARILY



Do you have an electric heated towel rail in your bathroom? Do not forget to turn it off when your towels are dry. Turn off under-floor heating when not needed, and preferably avoid rugs and furniture on floors with under-floor heating so that heat can circulate freely.

**EXAMPLE:** A heated towel rail that is on throughout the year can use as much as 600 kilowatt hours. You can save over SEK 1,500 per year at current energy prices if you stop using heated towel rails.

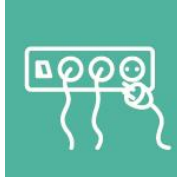
### TURN THE WATER OFF WHEN BRUSHING YOUR TEETH



You will waste five to ten litres of water per minute unnecessarily just by letting the water run while brushing your teeth.

## Bedroom

### TURN EVERYTHING OFF AT THE SWITCH – USE A MULTI-WAY SOCKET WITH CIRCUIT BREAKER



Using the remote control to turn off computers, televisions, DVD players and games consoles does not turn them off completely. They will be on standby, thus using energy.

**EXAMPLE:** You can probably save 400 to 800 kWh per year by reducing use on standby. This can reduce your annual costs by over SEK 1,500 at current energy prices.

### USE THE POWER SAVING MODE ON YOUR COMPUTER



You can set your computer to go into sleep mode and to turn the screen off when you have not used it for a while. You can usually find this setting under the power options or the like.

### SET UP A CHARGING STATION FOR MOBILES AND ALL OF YOUR CHILDREN'S TOYS



Your mobile charger will use power for as long as it is plugged in, even if your phone has been disconnected. Have a charging station for, for example, all rechargeable toys and games as it is easy to turn off. Use a multi-way socket with circuit breaker so it is easy to turn off.

### YOU SLEEP BETTER AT LOWER TEMPERATURES



It is smart to divide your home into different zones. For example, it may be pleasant for the temperature to be slightly lower in the bedroom. It is a good idea to reduce the heating even more in rooms that you do not use or when you go away.

**EXAMPLE:** Lowering your heating by one degree will reduce your energy usage by five per cent.

### SWITCH TO LOW ENERGY LIGHT BULBS OR LED LIGHTING



Although light bulbs are basically a distant memory, there are still halogen bulbs in existence that can use ten times more energy than their LED alternatives. Reduce energy by 90% by switching to LEDs where you still have halogen.

### TURN OFF THE LIGHT WHEN LEAVING A ROOM



The tip about turning off lights naturally applies in all rooms, including the bedroom. Many people think that turning on lights uses more energy than having them on, but this is incorrect.

## **DO NOT PLACE LARGE FURNITURE IN FRONT OF RADIATORS**



Heat will be unable to get out into the room if you place large furniture such as, for example, a bed, or have long curtains in front of a radiator.

## **AIR ROOMS QUICKLY WITH CROSS-VENTILATION**



Air your room for several minutes with cross ventilation instead of leaving the window ajar throughout the day. This will quickly give you fresh air without unnecessarily releasing heat. It is better to turn down the radiator temperature if you are airing your bedroom to keep it cool.

## **CHECK SEALING STRIPS**



Heat often leaks out by windows and doors. Check your sealing strips and contact your caretaker if you can feel a draught.

# Laundry

## AIRING CUPBOARDS ARE A HUGE WASTE OF ENERGY

It takes almost as much energy to dry one pair of socks as a completely full airing cupboard. Adjust the drying time so that the fan is not on unnecessarily.

**EXAMPLE:** An airing cupboard in a laundry can use 5,000 kWh per year. This means over SEK 15,000 at current energy prices.

## ENSURE YOU HAVE A FULL LOAD BEFORE WASHING



Washing one shirt uses almost as much energy as a full load. And spin your loads well as this reduces drying time and energy consumption.

## AVOID WASHING AT UNNECESSARILY HIGH TEMPERATURES



Avoid washing at unnecessarily high temperatures. Use an eco programme where possible. Today's washing detergents are as effective at 40 degrees as at 60 degrees. Do not use too much detergent; read the packaging to find out how much you need.

## TAKE RESPONSIBILITY FOR YOUR STAIRWAY



Do not turn the lights on in the stairway if not needed. And turn them off if they are on unnecessarily. Close any open windows in the stairway. Do not use the lift if you do not need to.

## IT IS MOST ENERGY EFFICIENT TO AIR-DRY YOUR WASHING



Hang your washing up to dry if you are not in a rush. Use tumble driers and airing cupboards sparingly – they waste a lot of energy.

**EXAMPLE:** Households that use a tumble drier four times a week could save almost 1,000 kWh of electricity by hanging their washing out to dry instead of using the tumble drier. This means over SEK 2,500 at current energy prices.

## Living room

### TURN OFF BY THE SWITCH INSTEAD OF THE REMOTE CONTROL



Computers, TVs and other electronics use energy even when they are on standby (sleep mode). Some equipment uses almost as much power when on standby and not being used as when turned on.

**EXAMPLE:** Ten per cent of all household electricity in Sweden is used for home electronics on standby. This means that you can reduce your energy use by 10 per cent by simply skipping standby.

### CHOOSE ENERGY-EFFICIENT ALTERNATIVES WHEN PURCHASING ELECTRONICS



If you are buying a new TV, try to find one with an integrated digital tuner that can transmit the broadcasts you have at home. This will avoid having a separate digital box, which can use as much electricity as a small TV. The Swedish Society for Nature Conservation has made a list of the most energy-efficient televisions at [toptensverige.se](http://toptensverige.se). Here you will also find energy-smart fridges, lamps, windows, tumble driers and washing machines.

### TURN OFF THE LIGHT WHEN LEAVING A ROOM



Many people think that turning on lights uses more energy than having them on, but this is incorrect. Nor is it true that turning lights on and off quickly wears light bulbs out in a normal home.

**EXAMPLE** Lighting can amount to around 750 kWh a year in an average apartment – a cost of over SEK 1,000.

### SWITCH TO LOW ENERGY LIGHT BULBS OR LED LIGHTING



**See previous example**

### AIR ROOMS QUICKLY WITH CROSS-VENTILATION



Air your room for several minutes with cross ventilation instead of leaving the window ajar throughout the day. This will allow air to circulate without cooling down the room.

### DRAW THE CURTAINS AND BLINDS AT NIGHT



Curtains and blinds help to keep the cold out while retaining heat in the room. Report any drafty windows and doors to your landlord.

## **DO NOT PLACE LARGE FURNITURE IN FRONT OF RADIATORS**



Heat will be unable to get out into the room if you place large furniture such as, for example, the sofa, or have long curtains in front of the radiator.

## **KEEP AN EYE ON YOUR ENERGY CONSUMPTION**



In many municipalities, you can borrow an electricity meter from the municipality's energy advisors or the library to check which of your electrical appliances are consuming the most power.

## **CHECK SEALING STRIPS AROUND DOORS AND WINDOWS**



Heat often leaks out by windows and doors. Check your sealing strips and contact your caretaker if you can feel a draught.

## **DO NOT SHUT VENTILATION OPENINGS AND VENTS**



Apartment blocks are constructed to have functioning air circulation. Air exchange will not function efficiently if vents are closed or blocked, and levels of harmful substances in the air will rise.

## **Last but not least**

### **ENGINE AND CAR INTERIOR HEATERS**

Does your car have an engine or car interior heater? You can save a lot of energy here. Get in the habit of not using them if it is warmer than +10°C at night; one hour is normally sufficient for colder temperatures.

### **DECORATIVE LIGHTING**

Of course, decorative lighting is nice. However, it does not need to be on throughout the night. Get a timer to turn the lights off when everyone is asleep.