

24 TIPS

to make easy savings on your energy bill



G E M E E N T E
VLISSINGEN

SAVE NOW



24 TIPS

to make easy savings on your energy bill

Big savings generate the most profit

1 🔥 approx. € 310 a year

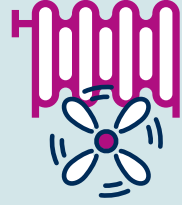
Only heat the room you are in



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

2 🔥 approx. € 150 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. € 120 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. € 120 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 25 euros.

5 🔥 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 4 days a week, you will save around 120 euros a year.

6 🔥 approx. € 120 a year

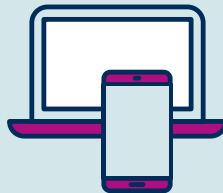
Don't shower for longer than 5 minutes



The average time spent in the shower is 9 minutes. A fun shower timer can help you reduce how long you spend in the shower.

7 📱 approx. € 75 a year

Turn devices and appliances off, not on stand-by



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

8 📱 approx. € 75 a year

Use the fan instead of the air conditioning



Air conditioning uses 15 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. € 75 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. € 60 a year

Install a water-saving shower head



A water-saving shower head saves ± 40 euros a year. Replacing a rain shower can save 60 euros a year.

11  approx. € 60 a year

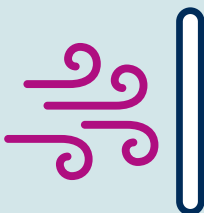
Put radiator foil behind your radiators



Put foil behind radiators on a non-insulating exterior wall. Per square metre, radiator foil saves 10 euros a year.

12  approx. € 50 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. € 40 a year

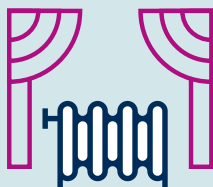
Replace an old fridge or freezer



Replacing a fridge that is more than 10 years old can save 40 euros a year. With a smart plug, you can measure how much energy the fridge is using.

14  approx. € 30 a year

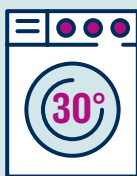
Keep radiators unobstructed and dust free



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. € 20 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. € 20 a year

Use the full dishwasher's eco setting.

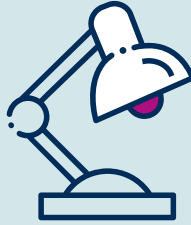


But not using a dishwasher is most energy efficient. Or only put it on when it's full. And then on its eco setting.

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

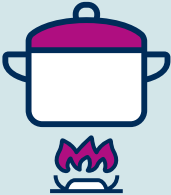
Don't have your freezer colder than -18°C



Consider whether you need a freezer (disposing of it will easily save 40 euros a year). If you do use it, set it no lower than -18°C.

19  TIP

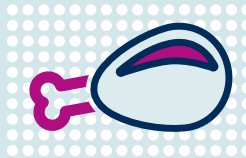
Choose the right burner on the hob and put a lid on the pan



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



Using the kettle efficiently can save a lot. Don't heat more water than you need. And don't make water hotter than necessary.

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

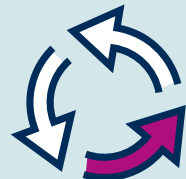
Adjust your boiler



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 and 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 5 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

10
Install a water-saving shower head

11
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.

16
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

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

Many people apply some tips, but not everything.
In a house occupied by one family, you can save
around 750 cubic metres of gas, or *750 euros a year*.

**Want to know more about saving energy in the
municipality of Vlissingen?**

Visit *www.vlissingen.nl/duurzaamwonen*



Want to know more about the energy allowance?

Visit *[www.orioniswalcheren.nl/extra bij laag
inkomen/energietoeslag.html](http://www.orioniswalcheren.nl/extra_bij_laag_inkomen/energietoeslag.html)*



* Data & amounts come from Milieucentraal (www.milieucentraal.nl). To calculate savings over a longer period (15 to 25 years), Milieucentraal uses the following energy prices: 1 euro for a cubic metre (m³) of gas and 22 cents for a kilowatt hour (kWh) of power. **Check your energy contract for your own price per m³ or kWh, and calculate exactly what you can save.**