

Save Electricity Costs

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Refrigerator / Freezer

- In general, an internal refrigerator temperature of 7 °C is sufficient. If the refrigerator is set to a lower temperature, this will cause significantly higher costs.
- Do not open refrigerators and freezers until you know what you want to take out. Short "opening times" save energy, since less exchanged room air has to be cooled down again. A clear structure inside the appliance helps to keep time short when taking out food.
- Do not put warm and unwrapped food in the refrigerator.
- Only freeze food after it has cooled down and is packaged in such a way that is suitable for freezing. Otherwise, there is a risk not only of food drying out, but also of increased power consumption due to higher frost development.
- Regular defrosting is advisable, as a buildup of ice increases power consumption. Only appliances with so-called "no-frost-technology" have an automatic defrosting function.

Cooking

- Choose suitable cookware. A level and reinforced pot bottom as well as the right pot size ensure electricity savings of up to 30%.
- A tight-fitting lid always belongs on top of the pot. If you take the lid off the pot all the time or put it at an angle, you will use 3 to 4 times the energy.
- Cook with as little liquid as possible.
- Instead of covering potatoes and vegetables completely with water, 250 ml is usually enough. This will save you up to 60% electricity.

Doing Laundry

- Fill the washing machine as fully as possible, but keep in mind the program you want to use. For example: fill in 5 - 7 kg of laundry in colored and cotton programs, 2.5 - 3.5 kg in delicate and easy-care programs, and 1 kg of laundry in wool and silk programs.
- Two half loads consume on average 30 % more electricity.
- A 60 °C wash cycle saves about half the electricity compared to a cycle at 95 °C.
- 30 °C and 40 °C programs are sufficient for most textiles and, with consumption values around 0.3 to 0.5 kWh of electricity, always a good idea.

TV's, Cell Phones, PC's, Laptops, etc.

- TVs, PCs, stereo systems, game consoles, etc. consume electricity due to their constant readiness for operation (standby mode). Switchable multiple socket outlets can help solving this problem. Switch off the devices completely when they are not in use.
- Do not leave chargers for cell phones, cameras, etc. permanently connected to the mains. They should only be connected to the mains directly while batteries are being charged to avoid standby energy losses.

Lighting

- Switch on light only if needed.
- Energy-efficient light bulbs and LEDs require only 20% of the energy of a comparable bulb and have a much longer service life.

Save Heating Costs

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Proper Ventilation

- Continuous ventilation with tilted windows is uneconomical.
- Ensure a quick and effective air exchange by opening the windows completely for a short time.
- Make sure to close the thermostatic radiator valve during air exchange. Depending on your personal needs and the outside temperature, open the windows several times a day for approx. 1 - 5 minutes.

Prevent Mold Growth

- Ideally, the humidity in living spaces should be between 40% and 60%. If the air is too dry, it will be perceived as unpleasant, can be harmful to health and will cause the room to overheat more quickly.
- On the other hand, if the air is too humid, the likelihood of mold growth will increase. This is the reason why it is best to dry laundry outside.

Lower Heating at Night

- You can save energy by lowering the heating control as long as possible at night. Depending on the conditions of the building, the room temperature can be lowered by up to 5 °C at night. This function can also be used during the day if, for example, no one is at home for several hours.
- During summer months, you can completely turn off the heating mode on the heating control and run only the hot water mode. In winter, on the other hand, you should not switch off the heating completely to ensure protection against freezing of the heating pipes.

Avoid Heat Accumulation

- Furniture, curtains or radiator coverings in front of the radiator cause heat to build up in this area. The resulting poor heat distribution in the room often leads to overheating.
- It also limits the function of the thermostatic radiator valve for setting the room temperature. Therefore, try to avoid covering the radiator. Keeping this in mind, you will not feel cold and save some money at the same time.

Venting the Radiator

- If the radiator makes bubbling sounds and does not get warm properly, air may have accumulated inside. This reduces the heat transfer. To release air, open the vent valve on one side of the radiator. As soon as the first water escapes, close the vent valve again. After venting, it is important to check the filling pressure of the radiator at the boiler. If necessary, contact the janitor or landlord for help.

Do without additional Radiators

- Additional electric radiators are convenient and flexible to use, but they can cause very high costs. They should therefore only be used for a short time and in exceptional cases.

Conscious Heating

- Differently used rooms do not have to be heated to the same extent – use the radiator consciously! Rarely used rooms, such as bedrooms and hallways, can be heated to a lower temperature. To easily realize this, just close the doors between the differently heated rooms.
- Lowering the room temperature by 1 °C saves up to 6 % in heating costs for the respective area.