

Only use the washing machine when fully loaded.

Don't wash so hot. 30 degrees is often sufficient and is gentle on your clothes as well.

Switch on the ECO programme. It takes longer, but saves electricity.

Even if you have a dryer: dry your laundry on a washing line – preferably outside on the balcony or with the window open, weather permitting.

Tumble dryers use a lot of electricity.

Only iron what you really need to iron.

Unplug the iron a little earlier. Its residual heat is enough.

## Saving energy throughout your home

Replace incandescent lamps and halogen spotlights with LED lamps.

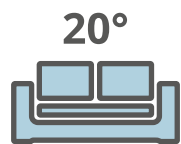
Put the table and desk by the window. Daylight costs nothing!

Switch off lights when no one is in the room.

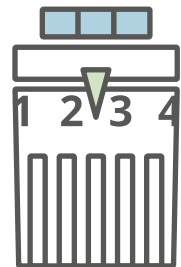


**Did you know? Switching them on and off a lot doesn't cause any damage to lamps.**

Turn down the heating. An ideal temperature:



- in the living room and children's room is approx. 20 degrees (rotary valve level 3)



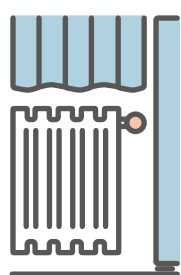
- in the bedroom is approx. 18 degrees (rotary valve level 2 - 3)



- at night is approx. 16 degrees in all rooms (rotary valve level 2)

Close doors. Heat each room as required.

Lower the shutters at night. Or close the curtains. But be careful! Radiators must remain unobstructed.

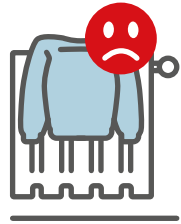


Don't open windows if it gets too warm. Better to turn down the heating and keep windows closed.

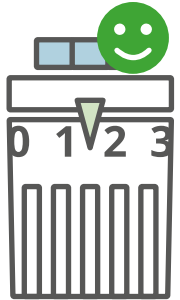
Don't place any furniture in front of the heater.

Don't cover the heater and thermostat with a curtain.

Don't put clothes on the heater.



If you're away for a few days or longer: turn down the heaters to approx. 16 degrees (rotary valve level 2).



Don't turn off the heating completely when you're away. Otherwise the house will cool down or mould will grow.

If your heating gurgles, it must be vented.

Air rooms at regular intervals instead of continuously. This means: ventilate briefly and vigorously.

Three to four times a day for five to ten minutes.

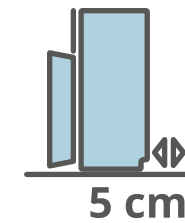
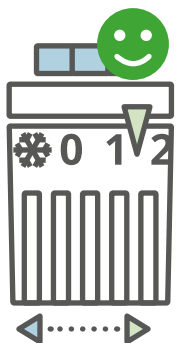
If possible: cross-ventilate. This means: opening windows on two opposite sides.

Don't tilt the windows, but open them completely for a short time. Otherwise the room will cool down. That consumes a lot of power.

Always turn the heating to snowflake before airing rooms.

Underfloor heating systems are an exception. They can stay on because their thermostat is not close to the window.

**Did you know? After airing, set the rotary valves back to the way they were before. The room won't warm up faster if you turn them all the way up. It just costs more.**



Close the door when you cook, clean or shower. When you've finished: open the window so that steam and humid air don't remain in the house.

Don't place furniture too close to the wall. Only at a distance of five centimetres can air reach the wall.

Lots of appliances means a lot of consumption. Consider which appliances you really need.

Regularly descale appliances such as the dishwasher or kettle.

**Did you know? Limescale is like an insulating layer. A coffee machine that has limescale uses a lot more electricity.**

Check the energy efficiency class of new appliances.



**Did you know? A coloured sticker will help you when buying. Dark green means: very economical. This corresponds to class A.**

More precise than the efficiency class is the energy consumption in kilowatt hours per year (kWh/a). This needs to be as low as possible. This information is also on the label.

You can also find out which appliances are economical on the internet, for example at [www.ecotopten.de](http://www.ecotopten.de) or [www.spargeraete.de](http://www.spargeraete.de)

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## Did you know things like: how you can save power and money



[www.jetzt-energie-sparen.info](http://www.jetzt-energie-sparen.info)

## Dear tenants,

Power has never cost so much. The prices for heating and electricity have risen sharply – owing to the war in Ukraine. That's why your monthly prepayments for heating are also going up. However, your landlord isn't responsible for this.

Unfortunately, we cannot change the prices. But we want to help you save energy.

That's why, for example, we regularly maintain the heating system in your building. And we explain clearly what you can do yourself to use less energy.

Everyone needs to save power. Not only because of the costs. But also so that we have enough energy in winter. Saving power is not that difficult. In this leaflet, you will find lots of tips and suggestions.

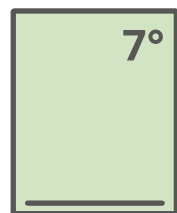
Our advice: read through it all at your leisure – and try them out.

You can also find background information and further details at [www.jetzt-energie-sparen.info](http://www.jetzt-energie-sparen.info)

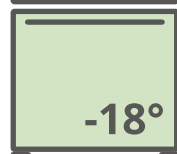
## Heating with gas or electricity?

There's a war going on in Ukraine, which is why Russia is supplying less gas. That's why many people are now buying electric heaters. But that isn't a solution. Because: electricity is also very expensive. Besides, if too many people use too much electricity, the power grid may collapse. It's better to: save energy now!

## Saving energy in the kitchen



In the fridge, 7 degrees (level 2 or 3) is enough.



In the freezer, minus 18 degrees is enough.

Only open the fridge door briefly.

Don't put warm food in the refrigerator or freezer.

Only put food in the fridge wrapped or with a lid.

Defrost frozen food in the refrigerator – this saves cooling energy in the refrigerator.

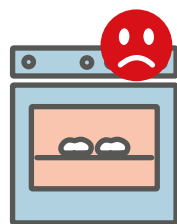
Defrost the fridge and freezer often.

**Did you know? Only 5 millimetres of ice in the freezer compartment costs a third more electricity!**

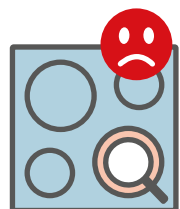


Warm water in a kettle.

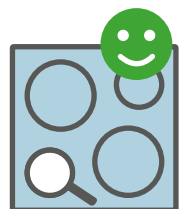
Boil only as much water as you need.



Warm bread rolls in the toaster. Not in the oven.



Steam vegetables, potatoes and eggs – with a lid and a little water.



The pot should be as small as possible and fit exactly on the hob. A pressure cooker can save a lot of power if you have to cook food for a long time.

If you only heat very little food, a microwave is the most economical appliance.



Switch off the hob and oven five minutes beforehand. Their residual heat is enough. Bake with circulating air. Top and bottom heat are more expensive.

You only need to preheat the oven for a few dishes. Preheating is expensive.



Don't set the extractor bonnet always to maximum – a lower setting is often sufficient. Wash fruit and vegetables in cold water. This also protects their vitamins.

Don't wash dishes under running water.

Use the dishwasher if there is one.

Always fill up the dishwasher completely.

Switch on the ECO programme. It takes longer, but saves electricity.

Pre-rinse is not necessary.



## Saving energy in the living room and study

Standby costs electricity. For this reason, don't just switch off the TV with the remote control, but switch it off completely.

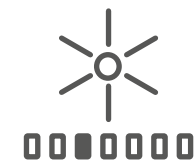
Also switch off or unplug computers and other devices completely.

Use a power strip with a switch to disconnect a lot of devices from the mains at once.

Set appliances to "energy saving", if possible.

Switch off the screen even during short breaks.

**Did you know that apps and programmes remain open when the screen is off?**



The brighter the screen, the more energy it uses: don't place the TV or computer near a window or under a lamp. Set the TV and computer to a lower brightness.

Don't use a screen saver. It's better to switch off the screen immediately.



The hotter the water, the more it costs you.

Wash your hands with cold water.

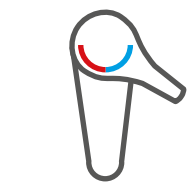
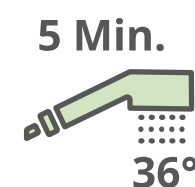
Take a shower instead of a bath.

Don't take too long a shower. Don't take hot showers, but warm ones.

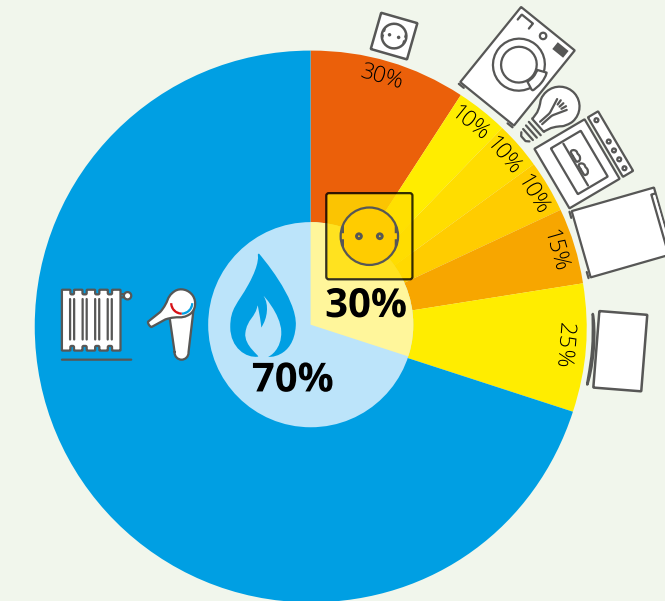
Turn off the shower while soaping up.

Don't leave the water running when shaving or brushing your teeth.

Set the mixer lever to cold when you turn the water off. This applies to bathrooms and kitchens – and especially to instantaneous water heaters.



## What needs how much power?



Source: Deutscher Caritasverband/Bundesverband der Energie- und Klimaschutzagenturen Deutschlands (EAD)

## Plan ahead

Power prices continue to rise. But no one knows yet how expensive they'll ultimately become. What is likely: that what you're paying in advance every month won't be enough. Not even after an increase in your prepayments.

Therefore, if you can, you should already be putting a little bit aside each month for additional payments. Put money aside yourself and save power where you can. These are the things we can all do now. And, of course, you can find out about potential support offers from the state should it be necessary.