

Fact Sheet



Use less electricity:

- Install a 3star/AAA rated showerhead which improves energy efficiency.
- Set the temperature of your hot water between 60° C – 65C.
- If you're going away for longer than a week turn off your electric hot water unit.
- Only run the dishwasher when it is full.
- Thaw foods completely before cooking and you will reduce energy and cooking time.
- Set your fridge temperature between 3°C and 4°C and your freezer between minus 15°C and 18°C. Every 1°C lower will increase your energy costs by around 5%.
- Use cold water in your washing machine for everyday washing.
- Buy a front loading washing machine – they are 15% more energy efficient than their top loading counterparts.
- Dry your sheets on the line wherever possible.
- Use compact fluorescent light bulbs to save energy and up to 75% on your lighting bill. Don't forget to switch them off when you leave a room.
- Turn appliances off at the wall when they're not in use.
- Buy electrical appliances with a higher energy rating. The more stars, the more energy efficient the product will be.
- Use heavy curtains and shut the doors to rooms not in use during winter. This can keep your home up to 75% warmer during the colder months.
- Insulate your home – you'll be surprised at the differences in temperature throughout the year and your wallet will love it too!