

# How to save energy

Good for the planet, good for your wallet – you can save energy without sacrificing quality of life!



Close shutters and curtains at night: it helps to reduce heat loss.



Preheating the oven is often not necessary, especially for things like casseroles or frozen food.



Turn the heating down when you leave the house – you don't have to turn it off completely as long as your house is well insulated.



Use a clothing rack instead of a dryer.



Avoid having furniture or curtains directly in front of the radiators to ensure that the air can circulate.



Good News: Fold your clothes instead of ironing them - it saves energy and time.



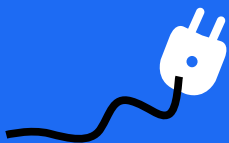
Using the dishwasher instead of washing the dishes by hand saves water and energy, unless you're a pro at saving water.



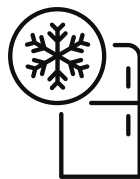
Only switch the dishwasher on when it's full and use the eco mode if you have one.



Take the stairs – it keeps you fit and saves energy.



Switch off your devices instead of letting them chill in stand-by: use power strips you can switch off.



Defrost the freezer regularly.



Only put cooled down leftovers in the fridge; also, check if your fridge has the right temperature: 7°C is enough.

# Want to learn more?

## Podcasts



- Energy Unplugged
- enPower - Der Energiewende Podcast

## Websites

http://



- [European Commission - Energy and the Green Deal](#)
- [World Economic Forum - Energy Transition](#)
- [Energieversorgung als Herausforderung - Umweltserver der Stadt Graz](#)



- [ZDF Energie - ZDF Mediathek](#)



## Documentaries

