TIPS TO REDUCE YOUR ENERGY USE AT HOME



1. Energy-saving tips for: Fridges and freezers

- The lower the setting on the thermostat, the more energy your refrigerator uses. Any temperature under 5 degrees Celsius is acceptable, with the ideal temperature being 3 degrees Celsius.
- Clean seals on the fridge and freezer and replace if they do not seal adequately.
- Avoid overloading the fridges and freezers, leave about 20% free space for air circulation.

2. Energy-saving tips for: Cooking

- When cooking on the stovetop, make sure you use the correct size pan to the correct size burner. Using a pot that's smaller than your burner wastes energy.
- If the recipe allows, also keep a lid on your pots and pans while cooking. This will not only speed up the cooking process, but will save more energy by using less heat.
- Batch cooking can save on time, and use less energy.
- If you can, cook outdoors on hot days to keep your house cool inside.
- When cooking food in the oven, keep the oven door closed: Opening the oven door allows heat to escape, requiring more energy to make up that lost heat.
- The fan-forced setting helps keep the temperature constant to cook food quicker, and use less energy.

3. Energy-saving tips for: Household appliances

- Appliances could be responsible for as much as 30% of your energy bill. If possible, use small appliances.
- Energy-efficient cooking methods such as microwave ovens or air fyers consume less energy compared to traditional stoves.
- Switch off appliances at the wall when not in use, including TV's. Standby power still uses energy.
- If you're looking to upgrade appliances, it's important to consider energy-efficient appliances by looking at the energy star rating label before you purchase. The more stars, the less energy it'll use which will reduce costs in the long term.

4. Energy-saving tips for: Lighting

- LED light bulbs use up to 75% less energy than some other light bulbs.
- LED lamps are a good alternative if ceiling bulbs cannot be changed.
- Using sensor lights or lights on a timer can help reduce energy-use.

5. Energy-saving tips for: Water use

- In an average household, water heating is about 25% of a home's energy bill. Where possible, reduce your hot water use.
- Longer showers use more water and energy. Do you sing in the shower? Save on water heating costs, by setting a one-song limit (aim for a 4-minute shower).
- Boiling a cup of water in the kettle can be up to 10% more energy efficient compared to boiling water on an electric stovetop. Although this varies from kettle to kettle.
- If you have a swimming pool, your pool's pump unit could be responsible for 20% to 30% of your energy bill. This would make it one of the largest users of electricity in your home and make you a good candidate for installing Solar panels.

6. Energy-saving tips for: Dishwashers

- If your home has a dishwashing machine, wait until a load is full before running a cycle, this is the most efficient use of energy when using a dishwasher.
- One of the biggest users of energy for your dishwasher is heating water. If you have a temperature guide on your machine, use the setting that will run the wash at around 50 °C. This is usually around the low to medium heat setting.
- If available, use a dishwasher's economy cycle to save energy and water.

7. Energy-saving tips for: Washing and drying clothes

- A cold-water cycle can cost 80% to 90% less than warm or hot water.
- If your machine has an economy cycle option, use that to save energy and water.
- Clothes drying can use a lot of energy however there are a range of simple ways you can use less. Sun-dry clothes outside, or air-dry clothes on a clothing rack inside to save energy.

- Avoid overloading dryers and over drying clothes, both waste energy.
- Clean the lint filter on the dryer to help it run efficiency.

8. Energy-saving tips for: Heating and cooling a home

- Draughty doors and windows can cause a large amount of air loss from homes, improve heating and cooling efficiency by sealing windows and door gaps.
- Uncovered windows account for up to 40 per cent of heat loss in the winter. If possible, use heavy, lined curtains that fall below the window to keep warmth in.
- During the daytime in winter, open curtains to let the sun in, and close curtains before it gets dark, especially while your heater is on. In summer, close curtains during the hottest part of the day and open curtains and windows at night to let warm air out and cool breezes in.
- If your home has an air conditioner, lowering the temperature by 1 degree can save up to 10% on energy use
- For cooling, set the air conditioner temperature between 24°C and 26°C. For heating, set the air conditioner temperature between 18°C and 20°C.
- Ceiling or wall-mounted fans and portable electric fans can be very cost effective to run compared to air conditioning, in some cases they can cost less than two cents per hour to run.
- Ceiling fans can help improve comfort year round. In the summer, operate the ceiling fan in a counterclockwise direction. In the winter reverse the direction of the ceiling fan to operate clockwise and set on a low speed to move warm air from the ceiling to the living levels of the space. And be certain to turn off ceiling fans when you leave a room.
- Dry mode can help to save on electricity bills, as the air conditioner does not have to work as hard to cool the air. By reducing the workload on the compressor and fan, dry mode can help to extend the life of the air conditioning unit and reduce maintenance costs.
- Replacing a dirty, clogged filter in your air conditioner with a clean one can lower the energy consumption by 5% to 15%. Clean your air conditioner filter twice a year to ensure it runs as efficiently as possible.

9. General energy-saving tips

- Understand how you're charged for energy, which you can find on your energy bill. Retailers set out their bills differently and may provide slightly different information. Contact your retailer or go to **energy.gov.au** if you need further help understanding your bill.
- Most energy providers will allow you to monitor your energy use and access energy insights by using their app. Contact your energy retailer to find out more.
- To make the biggest energy savings, you should focus on how to best use the appliances that consume the most energy e.g. refrigerator, washing machine, clothes dryer, dishwasher, air conditioner.

SOURCES:

1. Fridges and freezers:

energyrating.gov.au | qld.gov.au | yourhome.gov.au

2. Cooking:

whatswatt.com.au | energy.gov.au | sustainability.vic.gov.au

3. Household appliances:

energy.gov.au | sustainability.vic.gov.au | energy.gov.au | energyrating.gov.au

4. Lighting:

<u>energy.gov.au</u>

5. Water use:

energy.gov.au | energyrating.gov.au | insideenergy.org | sustainability.vic.gov.au

6. Dishwashers:

energyrating.gov.au | sustainability.vic.gov.au

7. Washing and drying clothes:

yourhome.gov.au | energy.gov.au | energyrating.gov.au

8. Heating and cooling a home: sustainability.vic.gov.au | csiro.au | energy.gov.au | canstarblue.com.au | energy.gov | actronair.com.au

9. General energy-saving tips: energy.gov.au | qld.gov.au