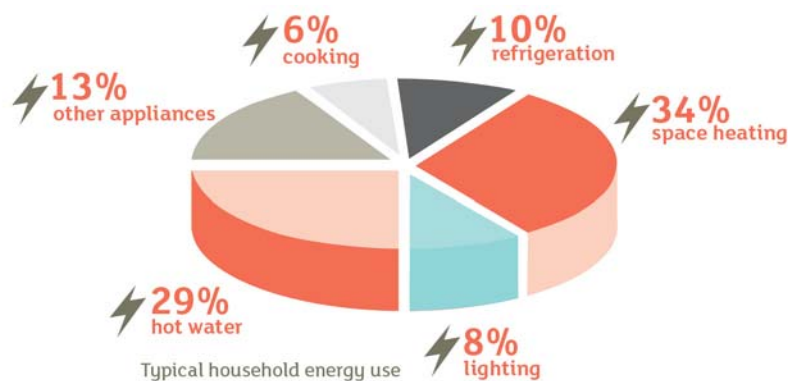


Using less energy

In this fact sheet:

- Energy saving tips
- Managing your energy with an Energy Monitoring Device

Here's where your energy is typically used:



Keeping the heat in your home and selecting efficient heating will reduce your energy use – it will take less energy to heat your home. Further steps which will save on your power bills are:

- Using energy efficient water heating or using 'free' solar water heating. Read more in Fact sheet 'Solar hot water systems' and 'Heat pump hot water systems'.
- Generating your own energy via photovoltaic systems. Read more in Fact sheet 'Photovoltaic systems'.
- Making more energy-efficient choices in appliances and turning off appliances which use standby energy. Read more in Fact sheet 'Saving energy with appliances'.
- Choosing energy efficient lighting. Read more in Fact sheet 'Energy efficient lighting'.
- Changing your habits – there are simple changes you can make which will save you money.
- Managing your energy use with an Energy Monitoring Device

Energy saving tips

Top tips for energy-efficient fridges and freezers

- Check the temperatures with a fridge thermometer. Freezers should be between -15°C and -18°C , while fridge compartments should be around 2°C to 4°C .
- Check your fridge door seals properly – if not, your fridge will be using more energy than it needs to. You can check it by turning a torch on, putting it inside your fridge and closing the door. If you can see the torchlight, your seals need replacing.
- Notice if your fridge or freezer is running continuously or nearly all the time - it may be faulty and costing you a lot of money in wasted energy.
- Defrost your fridge or freezer regularly – it will be more efficient to run. You can reduce ice build-up by keeping food covered and wiping moisture from bottles and other containers before you put them back in the fridge.
- Avoid opening the fridge doors more than you need to.
- Leave space around the back of your fridge or freezer for air to circulate.

Top tips for energy-efficient cooking

- Defrost food naturally instead of using the microwave.
- Use a microwave or toaster instead of the oven or stovetop whenever you can. If you are using your oven, cook several things at once.
- Avoid opening oven doors too often - each time you do, the temperature drops by up to 15°C .
- Keep lids on the pots when you are cooking and match the size of pot to the size of element.
- Keep oven seals clean and fitting.

Top tips for energy-efficient appliance use

- Use the power options on your computer to save electricity when you're not using it. You can choose the amount of time after which your computer does simple tasks like turning off the monitor and hard disks.
- Turn off chargers at the wall when batteries are fully charged e.g. cellphones and laptops.
- Wait until the dishwasher is full before you use it - and use the economy cycle.

- Don't overload your washing machine (although it's better to wash full loads than half loads) and don't forget to adjust your wash cycle to match the load. Use shorter wash cycles if possible.
- Dry washing on your clothesline as often as possible. Relocate your line if it is not in a sunny place
- If you're using the clothes dryer, fill it - it's more efficient to dry a full load.
- Use the low heat setting on your dryer whenever you can.
- Clean your dryer's lint filter every time you use it.

Managing your energy use with an Energy Monitoring Device

Energy monitoring devices such as a Centameter are designed to help you save power by being able to constantly monitor how much you are using and spending on electricity.

You clip the sensor over the main power feed into your house, and then put the monitor somewhere where you will notice it. You can programme the meter with your own per unit power charges, so you can track how much it is costing you to run your house.

A useful thing to do is to watch the meter as different appliances are working, so that you can see what the biggest power users in the house are. For example generally a microwave will use a lot less energy than an oven will. The Centameter also has a temperature display on it, so that you can see what the temperature is in the room which it is located.



You can buy a Centameter from their website: www.centameter.co.nz

For more information:

- See Fact sheets on
 - Keeping heat in: Overview
 - Introduction to heating your home
 - Solar hot water systems
 - Heat pump hot water systems
 - Photovoltaic systems
 - Saving energy with appliances
 - Energy efficient lighting