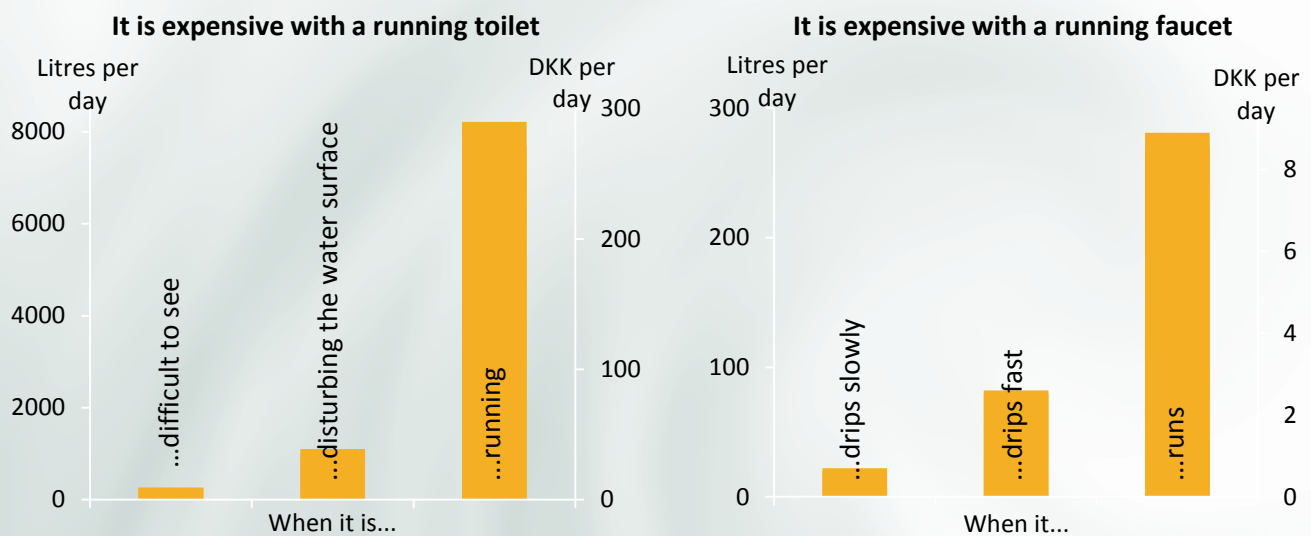


Save money and energy

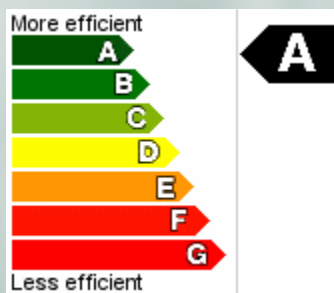
How to save water

- Put low-flow faucet aerators on all faucets and showerheads, and install dual flush toilets. This way you will easily save up to 50 % of your water consumption.
- Avoid running water when lathering, brushing your teeth, cleaning vegetables or doing the dishes.
- Check faucets, showers and toilets for leaks.



Save electricity

- Lights and appliances not in use should be turned off on the outlet switch. This will also decrease standby consumption. Buy A-labelled bulbs and appliances with a low energy and standby consumption.



- Wash clothes at low temperatures and fill the machine. Avoid using the dryer.
- Keep temperature at +5 °C in the fridge and -18 °C in the freezer.

Buy A-labelled bulbs and appliances



Minimize your district heating bill

- Turn on all radiators in the room and set the thermostats to the same temperature. Close the door to cold rooms, and do not cover radiators.
- Avoid moisture problems and expensive heating by creating draughts twice a day for five minutes (turn off heating meanwhile). Room temperature should be at least 16 °C to avoid moisture problems, but for every degree over 21 °C, your heat consumption will increase by 5 %.
- Follow the heat consumption on the meter, and have the heating system checked and adjusted yearly.

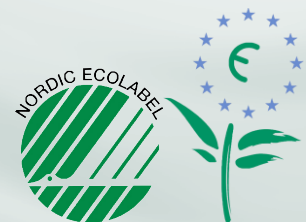
Why use city gas when cooking

- Gas is an environmentally friendly and safe solution.
- It is easy to adjust temperature and get a better result.
- Gas does not grease, but be sure to use the ventilation hood to avoid airborne grease particles from the food.

CO ₂ -emission		
	Electricity	City gas
CO ₂ -emission	619 g/kWh	≈0 g/kWh

Protect the environment – sort your garbage

- Grease, coffee grounds, leftovers, diapers, sanitary napkins, buds, condoms, construction waste etc. go into the litter bin or container.
- Toxic chemicals, unused medicine, oil, solvents, batteries etc. go into the hazardous waste container near your building.
- Reduce amount of soap and shampoo being used. Buy Eco labelled products, e.g. toilet paper.



When you choose Eco-labelled products, you choose environmentally friendly products