

# 24 TIPS

## to lower your energy bill

The cheapest and most sustainable energy is the energy you do not use.  
The tips on the back of this card help you save a lot of energy and money.  
Most tips are about adjusting habits and therefore cost you nothing!

### A step further: online quick scan

The HOOM record is a convenient online quick scan for homeowners looking to make their homes more sustainable. The tool provides insight into your energy consumption and shows you what the different energy-saving measures cost and bring.

With your permission, our energy coaches can take a look and provide customised advice.

### Interesting websites

Did you get the taste of it, and do you want to make your home even more energy-efficient? Check out these websites for inspiration and practical information:

- [verbeterjehuis.nl/energiesubsidiewijzer](http://verbeterjehuis.nl/energiesubsidiewijzer)
- [milieucentraal.nl](http://milieucentraal.nl)
- [schiedam.servicepuntwoningverbetering.nl](http://schiedam.servicepuntwoningverbetering.nl)
- [woonwijzerwinkel.nl](http://woonwijzerwinkel.nl)

Energiek Schiedam is the energy cooperation of and for all people living in Schiedam who are willing to commit to a sustainable city. We develop projects to locally generate sustainable energy and help residents and companies make sustainable choices.

As a member of the cooperation, you contribute to a sustainable future, and you can invest in and benefit from the proceeds of our projects for energy generation.

You determine how much contribution you are willing to pay, with a minimum amount of € 10 per year.

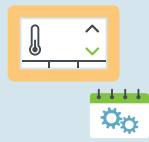




To measure is to know, and to know is to improve: keep track of your consumption with a smart meter and an app.



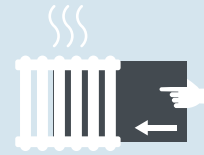
Only heat and illuminate the rooms you stay in (often) and keep connecting doors closed.



Install a smart, modulating thermostat that heats your home equally.



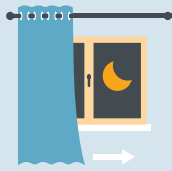
Lower the thermostat an hour earlier in the evening to 15°C, and to 18°C for floor heating.



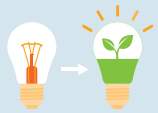
Apply foil between your radiator and the outside wall to keep the heat inside.



Vent radiators regularly and make sure the furniture does not block the heat.



Close the curtains in the evening to keep the heat inside (shorten curtains above radiators).



Replace light bulbs by energy-saving lights (80% more economical) or LED lamps (90% more economical).



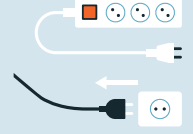
Eliminate draught and moisture: apply seal to gaps and install weather strips and a letterbox brush.



No enclosed ventilation system: open the windows every day for 15 minutes to ventilate.



Set the temperature of your boiler as low as possible at 50°C or preferably even lower.



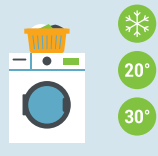
Avoid unnecessary standby consumption: do not leave equipment in standby mode but switch it off.



Do not shower longer and hotter than necessary and install a water-saving shower head.



Do not let the tap run unnecessarily and set the temperature to maximum 60°C.



Your laundry also gets clean at lower temperatures, more than 40°C is usually not necessary.



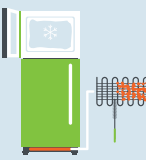
Only switch on the dishwasher, washing machine or dryer when it's full and select the eco mode.



Does your energy supplier apply peak and off-peak tariffs: use equipment in the cheaper off-peak hours.



Choose the right size pan and cooking ring and use a lid to make the food cook quicker.



Place the refrigerator about 10 centimetres off the wall and keep the condensation grid dust-free.



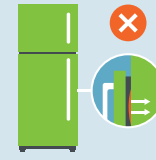
Defrosting frozen food in the refrigerator means the fridge does not have to work as hard.



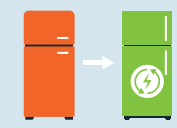
Set the temperature of the freezer at maximum -18°C and defrost it at least twice a year.



Distribute the produce on the shelves and set the temperature of the refrigerator at 5 to 6°C.



Open the door of the refrigerator or freezer for the shortest possible time and check if the door closes properly.



Replacing old equipment by new equipment with the A label often pays itself back very quickly.