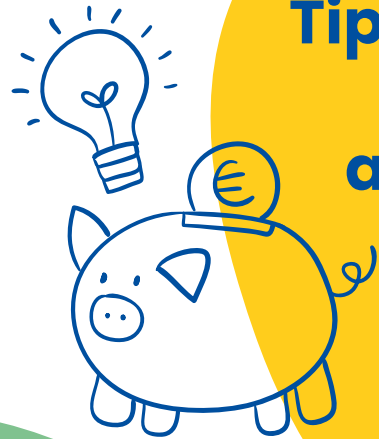


Tips for consumers to save energy and energy costs

Checklist



Our European consumer awareness campaign

EuroCommerce and the European Consumer Organisation (BEUC) have collected a set of measures and tips for energy savings in households. Consumers are facing inflation and economic difficulties due to the energy crisis and we prepared this list to help consumers reduce their energy costs and make energy savings in their everyday life. This checklist is part of a European campaign towards consumers, to guide and help them in their sustainability transition.

Zero - cost action

Gas heating



- Reduce room temperature from 20°C to 19°C
- Reduce room temperature from 20°C to 19°C and keep heating on for 1 hour less per day
- Reduce room temperature from 20°C to 19°C, keep heating on for 15 days less a year and for 1 hour less per day
- Use installed heat pumps (generally used for cooling) instead of gas boilers also for heating



Savings/ family (m3/year or kWh/year)	Savings/ family (EUR/year)
81,94	109,62
116,33	155,63
133,53	178,63
	196,78

Shower



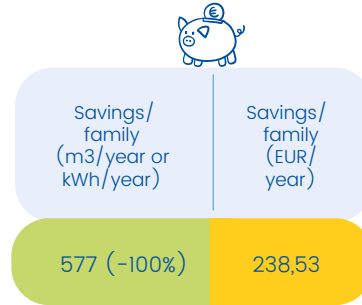
- Take a shower of 5 minutes instead of one of 7 minutes – gas boiler / 300 shower/year per 2.3 people per household/temp 33°C
- Reduce temperature of shower from 33°C to 30°C (other assumptions remain the same)
- Take a shower of 5 minutes instead of 7 and reduce temperature to 30°C from 33°C

153,63 (-28,6%)	205,52
48,88 (-9%)	65,39
188,54 (-35%)	252,23



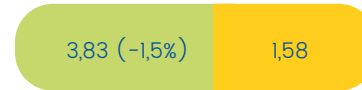
Tumble dryer

- Dry your clothes on a clothesline, instead of using a tumble dryer (class C dryer)



Washing machine

- Only use washing machine when full (average between class A and G, one washing every other day, rather than one washing per day)
- Unplug washing machine when not in use (average between class A and G)
- Wash clothes with cold water



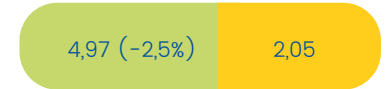
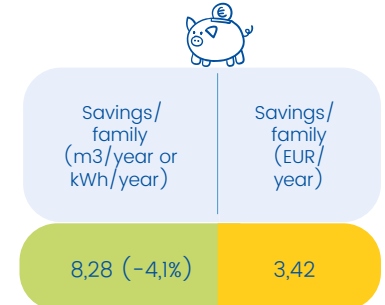
Dishwasher

- Only use dishwasher when full (average between class A and G, one washing every other day, rather than one washing per day)



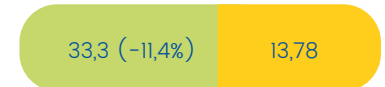
Fridge

- Switch fridge off when on holiday (15 days/year, average between class A and G)
- Put fridge in low-consumption mode when on holiday (same assumptions)
- Defrost your refrigerator from time to time
- Move fridge away from oven



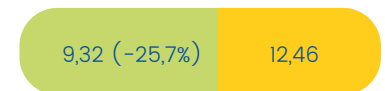
Oven

- Switch oven off 10 minutes earlier than usual, keeping cooking with the residual temperature (60 minutes, oven used 200 times/year)



Cooking

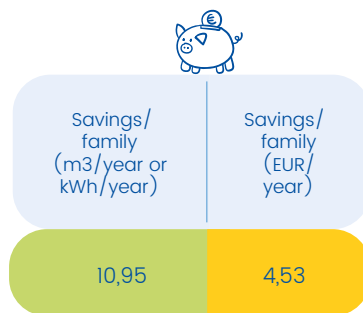
- When cooking pasta, reduce flame intensity after water comes to a boil





Standby

- Do not keep TV and devices connected to it (two in the example) in standby mode when not in use



Low – cost action



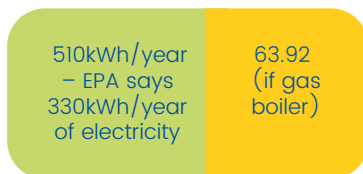
Light bulbs

- Replace incandescent or fluorescent bulbs with LED bulbs in your household



Shower

- Install a low flow shower head



BEUC is the umbrella group in Brussels for 45 independent consumer organisations from 31 countries. Our main role is to represent them to the EU institutions and defend the interests of European consumers. Our daily work involves making sure the EU takes policy decisions that improve the lives of consumers. This covers a range of topics including competition, consumer rights, digital rights, energy, enforcement, financial services, food, health, safety, sustainability and trade policy.

Our acronym originates from our French name, 'Bureau Européen des Unions de Consommateurs'. We were founded in 1962 by consumer groups from six Member States of, what was then, the European Economic Community (EEC). Nowadays our members are from all 27 EU Member States as well as Iceland, North Macedonia, Norway, Switzerland and the United Kingdom.

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EuroCommerce is the principal European organisation representing the retail and wholesale sector. It embraces national associations in 27 countries and 5 million companies, including leading global players and many small businesses. Over a billion times a day, retailers and wholesalers distribute goods and provide an essential service to millions of business and individual customers. The sector generates 1 in 7 jobs, offering a varied career to 26 million Europeans, many of them young people. It also supports millions of further jobs throughout the supply chain, from small local suppliers to international businesses. EuroCommerce is the recognised European social partner for the retail and wholesale sector.

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