

## Energy efficiency tips

### Kitchen and laundry

The kitchen and laundry are home to appliances that can use a lot of energy. By following these energy efficiency tips members of your household can reduce the amount used in these two rooms.

- Minimise the time your fridge and freezer doors are open by thinking about what you want before you open the door.
- Make sure the temperature in the fridge is always between 2°C and 5°C, and in the freezer between -11°C and -23°C.
- If you see a loose or broken seal tell an adult. Replacing the damaged seals can make your fridge or freezer much more efficient.
- Place food slightly apart on refrigerator shelves for adequate air circulation, and remove heavy wrapping before storing foods in the refrigerator.
- Thaw frozen foods before cooking to save approximately 15 minutes of cooking time per 500 grams.
- Place pans or containers so they don't touch each other or the sides of the oven and don't keep opening the oven door while food is cooking. Every time the door is opened, the oven temperature drops by 14° - 20°C.
- It's best to cook with lids on pots and pans. This will achieve better cooking results, including less evaporation, as well as reducing steam and cooking smells in the kitchen.
- Check with an adult to see if the dishwasher is connected to cold water.
- Wait until you have enough dirty items to fill the dishwasher before operating it.
- Make the most of all the functions on your dishwasher. Small load or half load options, short wash cycles, rinse-only cycles and mid-cycle turn off can all save you energy and time.
- Make sure you know how to pack the dishwasher correctly. You can read the manufacturer's instructions for more information.
- Unless you have a load-adjusting washing machine, wait until you have a full load.
- Don't overload the washing machine and wring clothes to remove excess water before putting them in the dryer.
- Remember, drying in the sun is free.