

Save money and power IN YOUR HOUSEHOLD with minimal effort



Good for the planet – good for the hip pocket

Our power needs keep growing – but our planet's resources are finite. The aim of this flyer is to give you a few tips that are easy to apply in everyday life and which help us all lead less expensive, more climate-friendly lives. Electrical appliances that gobble up too much power are bad for both your wallet and the environment.

Examine your own power consumption and keep a lookout for power-guzzlers and energy wastage. Our website www.stuttgart.de/energie has lots more information in addition to the tips mentioned here.



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It's very easy to save power in the kitchen: one dishwasher cycle costs less than washing by hand. But make sure the dishwasher is fully loaded and, ideally, running in eco mode.

Kettles and coffee machines should be regularly descaled, as scaled appliances use more power.

If you have a freezer, be sure to defrost this regularly. Just a few centimetres of ice can increase power consumption by up to 30 per cent.



Power strips enable you to turn off most devices, such as computers, printers, televisions, stereos and gaming consoles, with just one click at night and before going on holiday.

Charging stations constantly connected to the internet use power. In the bathroom, shavers and electric toothbrushes do not need to be permanently plugged in.



Permanent lighting chews up power unnecessarily. Ideally only turn lights on when needed, then turn them off. This rule also applies to LED lights, which do not need a minimum warm-up time.



Regular ventilation is also important – especially in winter. Intense bouts of natural ventilation with fully opened windows is better than constantly having the windows half-tilted open. Make sure you turn off the heating before airing your home.

Plus: every degree Celsius less of heating used saves around six per cent in power costs!

Incidentally, your heating system will be able to heat rooms more efficiently if no objects or furniture are placed directly in front of the radiator.



Water is precious. Make sure you turn the tap off while brushing your teeth or washing your hands. Hot water also uses extra power. Taking a shower uses less water and energy than bathing in a tub.