## LU4 Housing – Homework for AGE GROUP 2 – (A. Core content)
## TIPS FOR REDUCING THE FOOTPRINT

**Mark with "X" the cell, corresponding to your choice (ask your parents about, if you are not sure!)**

| Measure | We already do this at home! | We could do this Find out how! | We can't do this Why? |
|---|---|---|---|
| **Energy supply** | | | |
| **Switch your energy supplier to green energy** | | | |
| **Produce green energy** (for hot water or electricity) **yourself** (solar systems on your roof) | | | |
| **Insulation** | | | |
| Insulate **external walls, the attic and the cellar, cracks under windows and doors** with good thermal insulation | | | |
| Install **insulation boards or foils behind radiators** | | | |
| Install **insulation windows** | | | |
| **Move into or build a house with good thermal insulation** | | | |
| **Cooling** | | | |
| Place the refrigerator in a **cold position** (not directly next to the stove or heating) | | | |
| Do not choose an unnecessarily cold refrigerator **temperature** (7° C is enough) | | | |
| Use the temperature zones of your refrigerator thoughtfully: vegetables, meat and fish should be kept at the bottom of the fridge since it is the coolest there, butter can be kept in the warmer zones at the top (by this it also stays more spreadable). It is crucial to prevent food from rotting since food production has a much larger footprint than the energy to cool it. | | | |
| **Defrost** the fridge and freezer from time to time (if there's an ice layer, electricity consumption rises sharply) | | | |
| **Cooking/Baking/Defrosting:** | | | |
| Except for sensitive dough it is usually **not necessary to preheat** the oven | | | |
| **Use also the waste heat** of the stove after switching off | | | |
| A **lid on the pot** when cooking meals reduces energy consumption by a quarter | | | |
| **Pressure cookers** even save another 50 % of the energy | | | |
| Bring pasta or tea water to the boil in an **electric kettle** | | | |
| Remove **frozen food** from the freezer and do not place it directly in the oven. If you put it into the refrigerator, to slowly defrost, it takes longer, but you save extra energy. | | | |

| Measure | We already do this at home! | We could do this Find out how! | We can't do this Why? |
|---|---|---|---|
| **Electrical equipment/ICT** | | | |
| **Buy the most economical appliances** and pay attention to the EU energy label: buy products with at least level A to A+++ (see the picture of the label)*BUT: Also look at the number of kWh a product uses per year. They can vary greatly with the size of the products. E.g. the larger the screen of a TV or the capacity of a freezer and "smarter" the equipment, the higher the power consumption is* | | | |
| Use **LED or energy saving lamps**. Good energy saving lamps can save about 2-3% of the whole Footprint for electricity, modern LED lamps-about 4%. | | | |
| Consciously **avoid all stand-by functions** (disconnection from the mains). Switch the devices off completely when not in use. Use **socket strips with a power switch**! | | | |
| Use a good **power-saving management of your computer**; if you don't need your computer for a longer time: shut it down! | | | |
| **Use of (hot) water and drying clothes** | | | |
| **Use hot water only when necessary**. Regularly, take a shower instead of a full bath. | | | |
| **Wash your clothes at 30 or 40 °C, but not hotter than 60 °**C. Most pathogens die at 60°C. A prewash is normally not necessary | | | |
| Allow the laundry to **air-dry.** Tumble dryers need a lot of energy | | | |
| Always **fill the drum of the washing machine** fully with clothes | | | |
| **Heating** | | | |
| **Lower the temperature**: Every degree lower saves around 5% of heating energy! | | | |
| **Choose the right temperature for different rooms**. Sleeping rooms need far less temperature than living rooms and some rooms may not need any heating at all | | | |
| Use programmable **thermostats** | | | |
| For airing the room in the heating period, **open the windows fully for 3-5 minutes** several times a day instead of leaving them tilted the whole time | | | |
| **Size and location of living space** | | | |
| Do not live in oversized living space, but **compact**! | | | |
| Choose a location for your home that has a good access to **public transport** which is not too remote | | | |

https://ro.wikipedia.org/wiki/Etichetarea_energetic%C4%83_%C3%AEn_Uniunea_European%C4%83#/media/Fi%C8%99ier:Energy_label_2010.svg