



# How to be Energy Wise

Saving energy can not only help the environment it can also **SAVE YOU MONEY** as well! Here are some handy tips to help you save energy at home and at work.

## Tips on how to reduce your energy consumption at home

### General energy saving tips

- ✓ Replace your standard light bulbs with compact fluorescent light bulbs (CFL's). This could save you \$100 in reduced energy costs over the life of the compact fluorescent<sup>1</sup>.
- ✓ Turn all appliances that are not in use off at the switch. Even when appliances are on stand-by mode they are using up energy unnecessarily and **costing you money!**
- ✓ Draft proof your home; stop drafts entering through small gaps around door frames and windows, this will help keep the heat in during winter and out during summer.
- ✓ Close doors to rooms that are not in use to help regulate the temperature inside.
- ✓ Turn your hot water cylinder thermostats down to 55 degrees. If you have an old hot water cylinder, installing a cylinder wrap will save you about 0.6 kWh a day or between \$35 and \$50 a year<sup>2</sup>.
- ✓ Turn lights off when you are not using them.
- ✓ When looking to purchase appliances buy low-energy models. They may cost a little extra at the outset but they will save you money on energy costs. Look for products that have a high energy star rating.
- ✓ Looking to build or renovate your home? Contact your local Eco Design Advisor. Contact details can be found at: <http://www.ecodesignadvisor.org.nz/>.

### In the kitchen

- ✓ Repair leaking taps. A tap that drips once every second can waste 10,000 litres of water a year. If the dripping tap is hot you could save \$20 - \$30 per year on your power bill by fixing the problem<sup>3</sup>.
- ✓ Make use of your Microwave they can be more energy efficient than your electric stove or oven.
- ✓ Make sure your refrigerator door seals are airtight. Test them by closing the door over a piece of paper. If you can pull the paper out easily, the latch may need adjustment or the seal may need replacing<sup>4</sup>.
- ✓ Only boil as much water as you need when boiling the kettle.

### In the bathroom

- ✓ Turn your electric towel rail off during summer and when towels are dry in the winter.
- ✓ Take a shower instead of a bath; short showers use less energy and water.

### In the laundry

- ✓ Only turn on the washing machine once you have a full load.
- ✓ Wash your clothes in cold water where possible.
- ✓ Hang your clothes on the line to dry instead of using a clothes drier this will help reduce the amount of moisture in your home.

<sup>1</sup> <http://www.smarterhomes.org.nz/>

<sup>2</sup> <http://www.sustainablewanaka.co.nz>

<sup>3</sup> [www.sustainability.govt.nz/](http://www.sustainability.govt.nz/)

<sup>4</sup> <http://earth911.com>

## Tips on how to reduce your energy consumption at work

Whether you are an employee or the owner of a business we can all take steps to reduce the amount of energy used at work. Often it's just a matter of looking around and flicking a switch to turn off unnecessary lights or appliances. Many tips in the previous section can also be applied to conserving energy at work.

Here are some further ways you can help reduce energy consumption at work:

### Office Equipment

- ✓ Turn off your computer monitor when you are not using it instead of running a screen saver, monitors cost more to run than your hard drive<sup>5</sup>.
- ✓ Ensure computers, printers and any other equipment is turned off when not in use.
- ✓ Make sure everything is turned off at the end of the day when the last person leaves; ask cleaners to do the same.

### Lighting

- ✓ Reduce lighting levels in foyers, stairwells and corridors. Turn off lights in unoccupied rooms.
- ✓ Use energy efficient compact fluorescent bulbs.
- ✓ Timers for lighting in toilets.
- ✓ Use timers on hot water taps to conserve energy for heating hot water.
- ✓ Don't heat unused areas and close doors to keep heat or cool in.
- ✓ Service heating and cooling systems regularly to ensure they are operating as efficiently as possible.

### Consumables

- ✓ Reduce the quantity of waste you generate by re-using and recycling everything you can. Avoid buying disposable, non-recyclable items e.g. plastic cups, cutlery and plates.

- ✓ Choose products with minimal or recyclable packaging.
- ✓ Only print or copy what you absolutely need; print double sided where possible. File on your computer not in your cabinet!
- ✓ Recycle your printer cartridges and have them re-filled; don't throw them away.
- ✓ Buy recycled products.

### Supply

- ✓ Choose to work with suppliers and contractors who adopt sustainable practices
- ✓ Work with people who provide environmentally friendly products.

### Transport

- ✓ Develop a business travel management plan to reduce energy consumption at your workplace.
- ✓ Encourage staff to cycle or walk to work, invest in bike stands and shower facilities.
- ✓ Use technology to hold conference video calls rather than driving or flying to a meeting.
- ✓ Purchase energy efficient company vehicles.
- ✓ Share the cost of fuel by setting up a regular car pool to and from work.
- ✓ Offer staff discounts on public transport.
- ✓ Offer cash incentives to employees not to use company cars and parking spaces.

<sup>5</sup> [www.sustainability.govt.nz/](http://www.sustainability.govt.nz/)

New Zealand, like to rest of the world, faces two major energy challenges. The first challenge is to reduce greenhouse gasses caused by the production and use of energy. The second is to deliver clean, secure, affordable energy while treating the environment responsibly<sup>6</sup>. Become **energy wise** and help New Zealand achieve its energy reduction goals!

### Want more information?

The internet has a vast array of information available on ways we can all help to reduce energy consumption in New Zealand. Here are a few websites to get you started:

**Sustainability.govt.nz:** <http://www.sustainability.govt.nz>

**Energy Wise:** <http://www.energywise.org.nz/>

**Energy Efficiency and Conservation Authority** <http://www.eeca.govt.nz/>

**Smarter Homes** <http://www.smarterhomes.org.nz>

**Sustainability Wanaka** <http://www.sustainablewanaka.co.nz>

**Zero Waste** <http://www.zerowaste.co.nz>

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<sup>6</sup> [http://www.med.govt.nz/templates/ContentTopicSummary\\_\\_\\_\\_\\_19431.aspx](http://www.med.govt.nz/templates/ContentTopicSummary_____19431.aspx)