

## Energy efficiency in the bathroom

Having a bath, washing your clothes, flushing the toilet are everyday activities that can save a considerable amount of water and electricity if done with a little more care. A few tips on how to be green in the bathroom:

- **Check the temperature setting of your electric boiler.** Setting it at 50-60°C would normally be enough.
- **Take a shower** instead of having a bath, but measure the time and do not let the water run for more than 5 minutes. Turn off the water while you use the soap.
- **Recycle the shower and bath water** for soaking or washing your clothes, cleaning the floor, flushing the toilet, etc.
- **Use your washing machine** only if you can run a **full load**.
- Washing your clothes at 30°C uses only a third of the energy of doing the laundry at 60°C.
- **Select your clothes based on their dirtiness**, and choose a 30°C cycle for the less dirty clothes. Cooler-water washing will also make the fabric last longer.
- If you have a **quick wash cycle** on your machine, use it for the lightly soiled items. Avoid pre-wash if it is not absolutely necessary. If some of your clothes have stains, treat them separately.
- **Do not use a tumble dryer**, air-dry your clothes! It saves you money and you also protect the environment. The washer-dryer combo machines consume much more energy than having the two functions in two separate appliances. If you still purchase a tumble dryer, choose one with an automatic moisture sensor that reduces the time required for drying.
- **Keep your washing machine clean** – it makes the machine last longer and the washing becomes more effective. Clean the filter, and descale the heating elements with vinegar or baking soda and citric acid.



### Top tips for champions

- Get a **showercoach hourglass** to keep an eye on your shower time.
- Install **low-flow aerators / showerheads**.

### You can also...



- **Purchase efficient water heaters that also meet your needs in their sizes (!)**. These appliances probably cost more, but will return the investment during their life-cycles. Efficient water heaters: solar water heater, heat pump water heater or a condensing boiler fueled by gas.
- If you have a garden, it is worth considering to install a **composting toilet** in your home. You can save a great amount of water, and will also have plenty of fresh, nutrient-rich compost for your garden. You can build the toilet yourself, see some guidance in the [here..](#)

### Did you know?

- If you can manage to do one less laundry load per week, you can save a lot of water and you can also reduce your CO<sub>2</sub> emission with 45kg per year.
- In modern toilets you can adjust the flush water level (dual flush toilet). Check the settings!

### Further tips and ideas:

- [on saving water](#)
- [on doing your laundry without chemicals](#)

**Source:** GreenDependent: [Climate-friendly households](#) (Chapter 4.3.); [Small footprint Newsletter Issue No. 15.](#) (Section *Climate-friendly tips*)

## Useful information, contact, funders

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Funding partner of the E.ON EnergyNeighbourhoods project:



Az EnergiaKözösségek programot 2011-2013-ban az  
Európai Unió Intelligens Energia Európa programja támogatta.