

#LEARNWITHASUFIN

# Sustainability at home



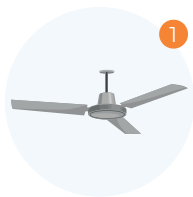
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Carried out within the framework of the 2022 Financial and Digital Education program

## Living room



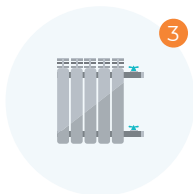
### Ventilation:

Ceiling fans are cheaper than air conditioning.



### Electronic devices:

If not used, they are best unplugged.



### Heating:

Use a thermostat for a constant temperature. Between 19°C and 21°C, or underfloor heating, which results in savings of 13% on your energy bill, according to distributors.



### Lighting:

LED bulbs last longer and don't have toxic elements. The savings from using LED light bulbs against conventional incandescent or even halogen lights reaches 80%.



### Insulation:

Double-pane and proper joint seals.

# Kitchen



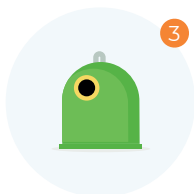
## **A++ Appliances:**

They reduce energy consumption by up to 80%.



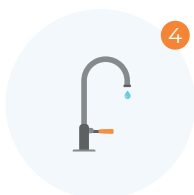
## **Cleaning:**

Choose products with an Eco-friendly formulation. Prioritizing these products over conventional ones will free us from toxins that can affect our endocrine system and harm the environment.



## **Recycle:**

Paper, organic, glass...



## **Aerator tap:**

It mixes water with air and reduces consumption.



## **Grocery shopping:**

Buying seasonal products helps maintain local agriculture and reduces CO2 emissions.

## Bedroom



### **Eco-friendly paint:**

Biodegradable and without harmful substances.



### **Clothing:**

Ethical consumption. According to Eurostat data, Spain generates 3.6% of all industrial clothing waste in Europe. This translates into 100,000 tons of waste which, every year, requires proper management so as not to harm the environment.



### **Furniture:**

Lighter colors favor lighting. In this way, the use of electrical energy is reduced since there is no need for additional lighting at home, thus a lower energy bill.

## Bathroom



### Shower:

Limit duration: each minute in the shower requires 12 liters of water. Bathtub (180 liters) vs 10 minute shower (120 liters).



### Collect the cold water from the shower:

Think of new alternative uses, such as house cleaning, watering plants, or filling appliances, such as an iron.



### Dual flush toilet:

Reduces water consumption.



### Trash:

Do not use the toilet as a trash can; you will save water (up to 16 liters) and avoid clogging.



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