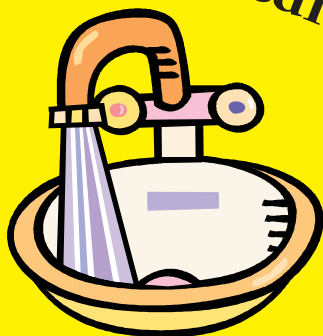


**I do not
leave the
tap on
needlessly**



**I prefer
showers to baths**



At night, I close the shutters



***I fix a
leaking
tap or
flush***

**If I can, i try to
hang up my laundry
outside**



**I full up the
washing
machine
and I
prefer 40°
programs**

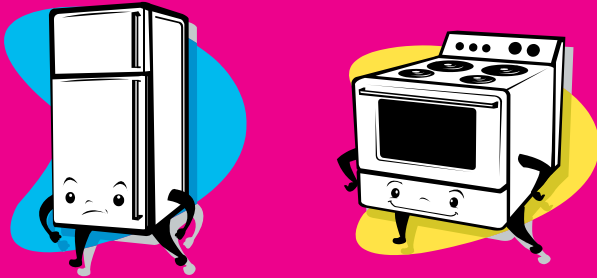




I do not
leave the
fridge's
door open
for too
long



I switch off
sleep modes
whenever I can



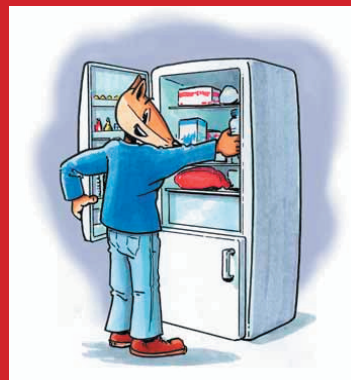
I do not put the
fridge next to a
source of heat

I regularly
defrost my
fridge



I do not put
hot meals in
the fridge

*The best temperatures in
my fridge ?*



4° in the fridge

18° in the freezer



**I use energy
saving light bulbs**



**I turn off the light
when i leave a room**



**I keep the
house
temperature
at 19° to feel
warm**



**I do
not put
curtains,
laundry or
furniture
in front of
heaters**

