

The refrigerator and the freezer are the biggest energy consumer machines. They could make up 30 % of your energy bill.



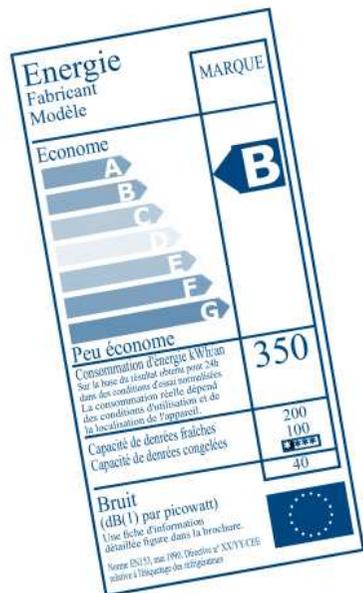
Following our advice, you could reduce you refrigerator and freezer consumption.

- 1 – Don't leave your fridge's door open for too long. Make sure it's close after each use.
- 2 – Cover your meal and leave it cool down before putting it in the fridge.
- 3 – Clean regularly the door's seals and change them if they're getting old.
- 4 – Clean once a year the shelf in the back of your fridge.
- 5 – Defrost regularly your fridge and freezer. 3 mm of frost makes your energy consumption rise by 30%.
- 6 – Don't put your fridge next to a source of heat. Choose an aired place 3cm away from the wall and 15 from the roof.
- 7 – Check regularly the temperature with a thermometer. 4°C in the fridge and -18°C in the freezer are enough to keep food in good conditions. Set the thermostat in consequence.
- 8 – If you have to change your fridge, choose one whose size is adapted to your need

100 to 150 litres for 1 person
150 to 200 litres for 2 à 3 persons
250 to 350 litres for 3 à 4 persons
350 to 500 litres for 4 persons and more

ADVISING NOTICE FOR ENERGY SAVING

Choose a A or B class machine. This mention is the label energy stuck on the machine.



Your contact

Yann Perez

☎ 04 75 79 04 13

Point Information Energie ADIL26
44 rue Faventines
BP 1022
26010 VALENCE CEDEX

E.mail : pieadil26@dromenet.org

Site web : <http://pie.dromenet.org>



Programme de recherche et d'expérimentation sur l'énergie dans le bâtiment « PREBAT »



RhôneAlpes



ADVISING NOTICE
for energy saving

The refrigerator
and the freezer

