



Danish Energy  
Agency

HØRESTA

# Let's save energy together.

Also in the kitchen.



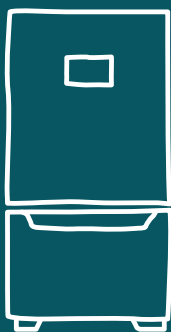
Don't switch on  
more lights than  
you need



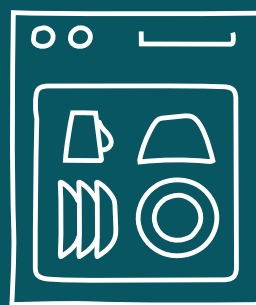
Gather food and  
produce in front of the  
cold room or freezer  
room before putting  
it all into the room at  
the same time



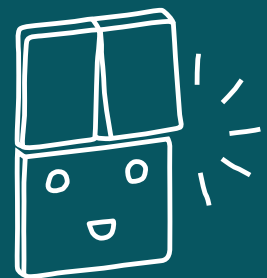
Switch off hobs,  
ovens, and other  
appliances you  
aren't using



Keep the fridge at 5 °C, the  
freezer at -18 °C, and the  
hot cupboard at 65 °C



Don't switch on  
the dishwasher  
until you need it  
– and fill it up



Switch off machines,  
appliances, and lights  
before you go home

For more information, visit [SparEnergi.dk/arbejdsplads](https://sparenergi.dk/arbejdsplads)



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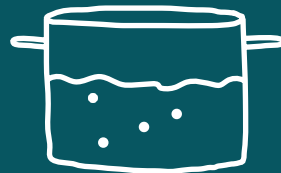
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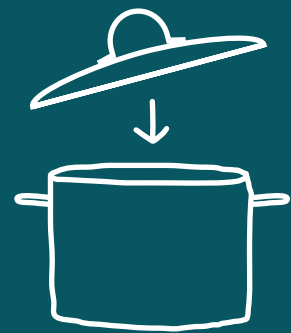
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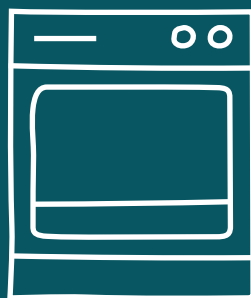
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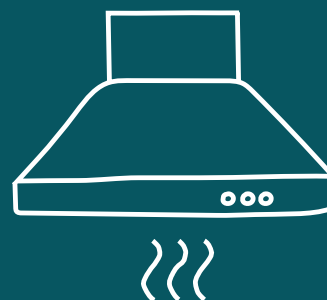
Don't boil more  
water than you need



Put the lid on  
pots and pans.  
This will save 50%  
of the energy



Fill up the oven as  
much as possible  
– and take advantage  
of preheating and  
residual heat



Think before you use  
the exhaust hood. The  
highest setting uses  
around 50% more energy  
than the lowest

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