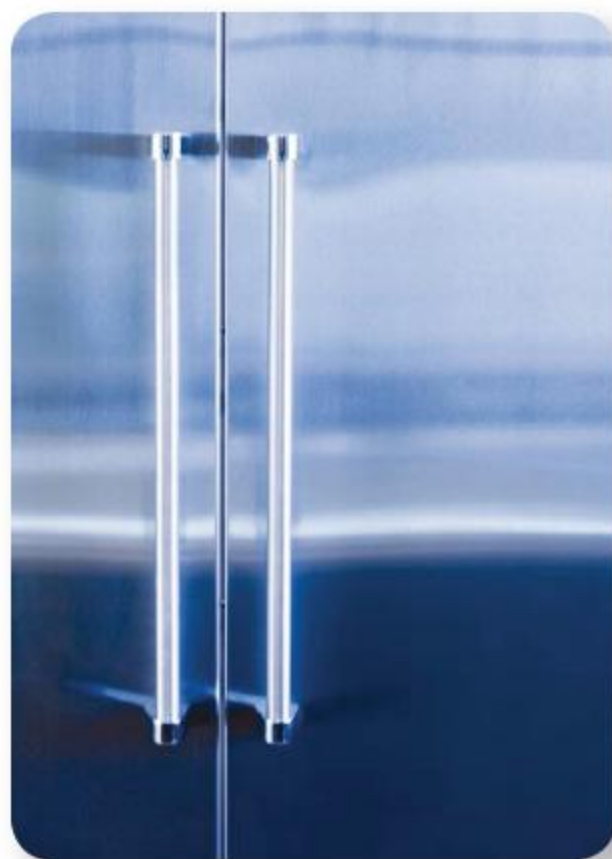


32

fridge magnets

Fridges are a central part of our modern lives, but they are one of the biggest energy-consumers in the home. The average household fridge consumes around 950 kWh per year, a second refrigerator uses 830 kWh, and a freezer uses 650 kWh, generating around 1.4 tonnes of CO₂ every year. Reduce consumption by improving your fridge's efficiency. Buy a machine with a good energy rating, and don't buy one that's too big for your needs. Install it in an airy place away from other heat sources (eg the oven); this can avoid up to 150 kilograms of greenhouse gas each year. Check your fridge's operating cost on the Federal Government's Energy Rating site (www.energyrating.gov.au).





35

in the oven

In Australia, ovens (both gas and electric) are yet to be labelled for consumers with an energy efficiency rating. A staggering up-to-90 per cent of the energy used by the oven is wasted – so consider alternatives like the microwave, an electric frypan or a pressure cooker. Use your oven efficiently: ensure the seals are tight so that heat doesn't escape, and make sure the inside light works so you don't have to open the door too often to check on your roast or cake. Go green and avoid using toxic chemicals to clean your oven; alternatively, wipe it down with a soapy cloth when it's still warm, fill a roasting tray with water and heat the oven on medium until the water is almost evaporated, then wipe down and scrub stubborn spots with baking soda.

Photo: Corbis Australia