



Everyday eco-friendly actions at your Gîtes de France® accommodation Energy efficiency, water and waste management - October 2022

HEATING/AIR CONDITIONING



I adjust the heating:

- 19°C in living areas
- 16°C at night in bedrooms

1°C less at home means 7% less energy consumption.

- I put on a jumper before turning up the heating.
- I turn off the radiators and air conditioning when I ventilate the room.

WATER



- I turn off the water when I brush my teeth, wash my hands or shave. Water consumption is reduced by half. Leaving the water running while brushing consumes **12 litres of water per minute**.
- Simply using a tooth glass saves 10,000 litres of water per year.
- I take a quick shower rather than a bath. A shower uses on average five times less water than a bath.
- I drink tap water. Tap water costs 100 to 300 times less than bottled water.

WASTE



I sort my waste selectively, following local sorting guidelines, and separate waste into three groups according to material and/or content:

- Cardboard packaging, paper, plastic bottles.
- Household waste.
- Glass: bottles and other items.

KITCHEN



- I think about using a lid to boil water. A lid to keep 2 litres of water boiling requires four times less energy.
- I use pots and pans that are the right size for the hob. I use the heat from my electric hobs until it is completely gone. An electric hob continues to heat for 15 minutes after being switched off.
- I avoid using the microwave to defrost frozen food.
- I put cooled and covered dishes in the refrigerator.

LIGHTING



- I turn off the lights in unoccupied rooms.
- I open the shutters and curtains during the day to let in the sun and close them at night to limit heat loss.

ELECTRICITY

- I plug my appliances with a standby mode into a power strip with a switch.
- I unplug the charger from the power socket. A charger that is not connected to a device still consumes electricity.
- If an electric charging point is available, I avoid charging between 8 a.m. and 1 p.m. and between 6 p.m. and 8 p.m.

LAUNDRY



- I only run my washing machine or dishwasher when it is full and I prefer to choose a short or economy programme.
- A 40° cycle consumes three times less energy than a 90° cycle. I dry my laundry in the open air. A tumble dryer alone accounts for 15% of annual electricity consumption.
- I prefer low-temperature wash cycles, at 40°C instead of 60°C.

IRONING



- I keep ironing to a minimum.

Although ironing was originally used to disinfect and remove creases, this is no longer necessary today. Properly hanging and folding laundry is usually sufficient.

SHOPPING

- I remember to take a shopping bag with me when I go shopping.
- I avoid products with oversized packaging.
- I buy my products in bulk or "by weight" because they do not have excess packaging.
- I avoid single-use products such as wipes, disposable tissues, disposable razors, disposable cutlery, etc. They increase the amount of non-recyclable waste.
- I consider eco-refills for laundry detergent, liquid soap, etc. This results in a 75% reduction in packaging compared to rigid packaging.

