

# You can make a difference and be an everyday hero!



**Feel free to contact the energy and climate advice for more everyday tips.**

The tips are compiled in the project "Energy and climate advice for new swedes" by Storfors municipality. The project is a cooperation with the municipalities of Filipstad, Kristinehamn, Karlstad and Hammarö, financed in 2022 by the Swedish Energy Agency. The project managers Hanan Othman and Tina Näslund wish good luck. Read more: [www.energimyndigheten.se](http://www.energimyndigheten.se) and [www.storfors.se](http://www.storfors.se)



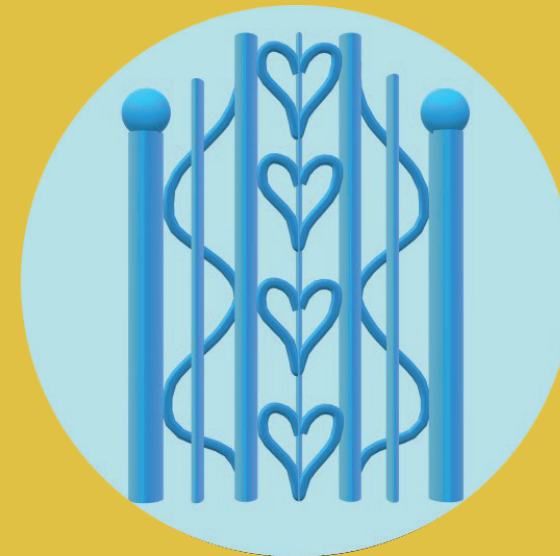
KARLSTADS KOMMUN



Kristinehamns kommun

# Useful tips for you

You can both save money and get benefits reducing impact on the climate. Travel on a journey to a smarter everyday life with our energy and climate advisor as tour guide.



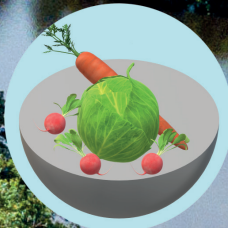
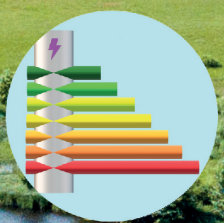
**Welcome to open the door and the folder!**

**Energirådgivare**

Goda råd gratis!



# Save resources and money in a smarter everyday life



Feel free to tell your friends

- \* Choose electricity trading company
- \* Unplug the charger and switch of the stand-by
- \* Lowering the heat one degree can save 5% energy
  
- \* Kettle is more effective than pot
- \* Shower for a shorter time
- \* Water saving nozzle can save 30-85% water
  
- \* Choose nature friendly goods
- \* Use the energy label before purchasing
- \* Modern LED-lamps can save 90% energy
  
- \* To bike benefits health and the environment
- \* Traveling by train can save 90% CO2
- \* Drive the car energyefficient and offer carpooling
  
- \* Choose more vegetables and locally produced food
- \* Reducing foodwaste can save 30% resources
- \* Collect food waste in container for recycling
  
- \* Repair, reuse, sort and recycle
- \* Collect cooking oil and leave for recycling
- \* Dangerous products ( batteries, lamps, paint ) must be collected and left at the recycling center

Test the food climate impact at [www.matkalkylatorn.se](http://www.matkalkylatorn.se)

Photo: Michael Johansson

Layout & illustrations: Tina Näslund