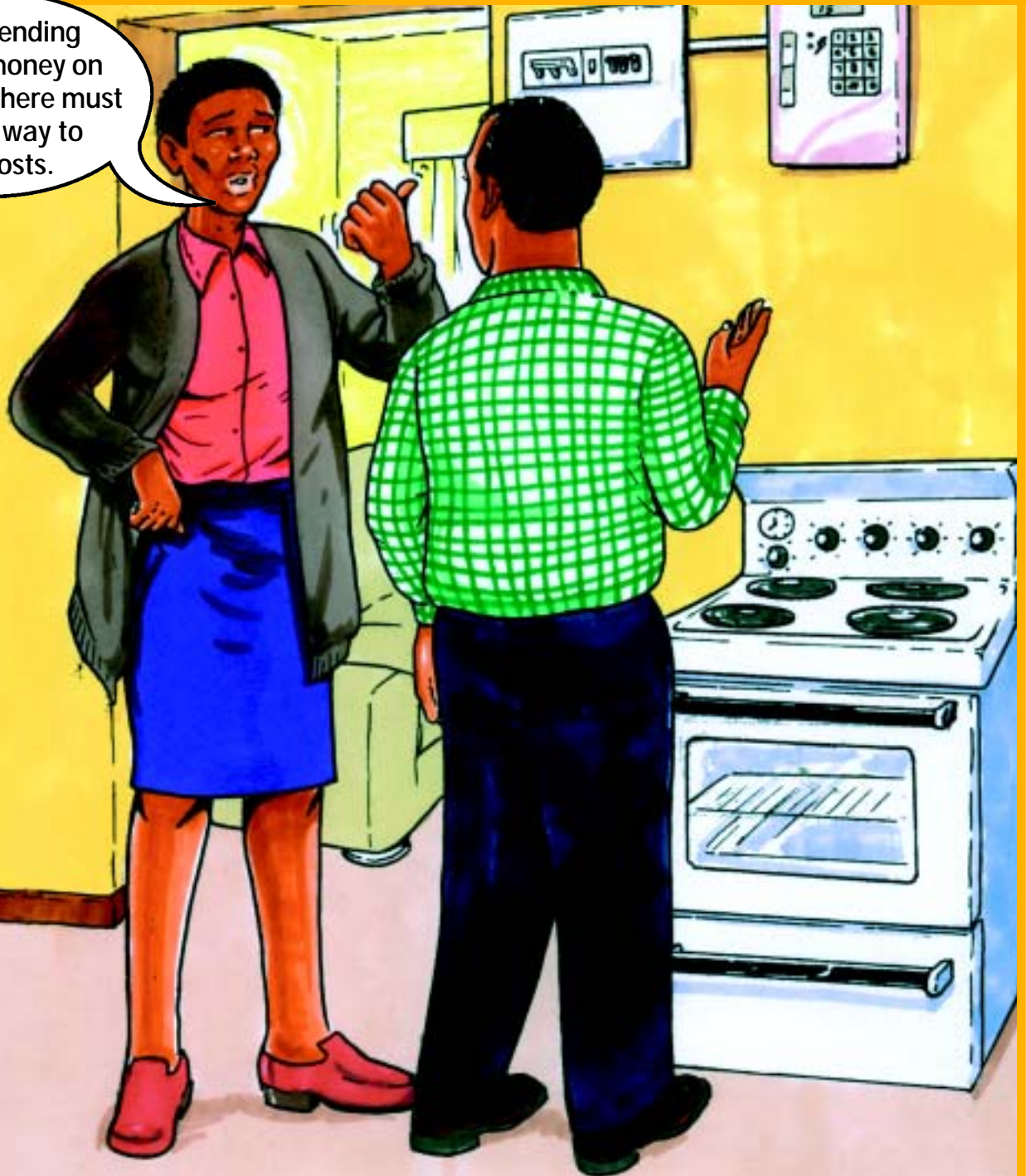


IMPROVING ENERGY USE IN YOUR HOME

We're spending so much money on electricity. There must be some way to save costs.



HOAP

HOME OWNERS' ADVICE PAMPHLETS





WHAT IS ENERGY

Energy is a very important part of daily life in the household. Many households spend almost a third of their income on energy. In South Africa, the most commonly used energy in households is electricity, coal, paraffin and gas.

These are often expensive, and can be unhealthy and unsafe. Using energy better, means using energy in a way that improves your quality of life.

HOW YOU CAN SAVE ELECTRICITY

Being informed about energy will help you choose what is best for your needs. Find what is available and affordable; what is safe (*not a danger to health*); what is clean (*does not pollute*). It is best for the environment that renewable energy is used. This is energy used from the sun (solar energy), the wind or water (hydro energy).

MAKING CHOICES TO SAVE ENERGY



MAKING CHOICES ABOUT COOKING

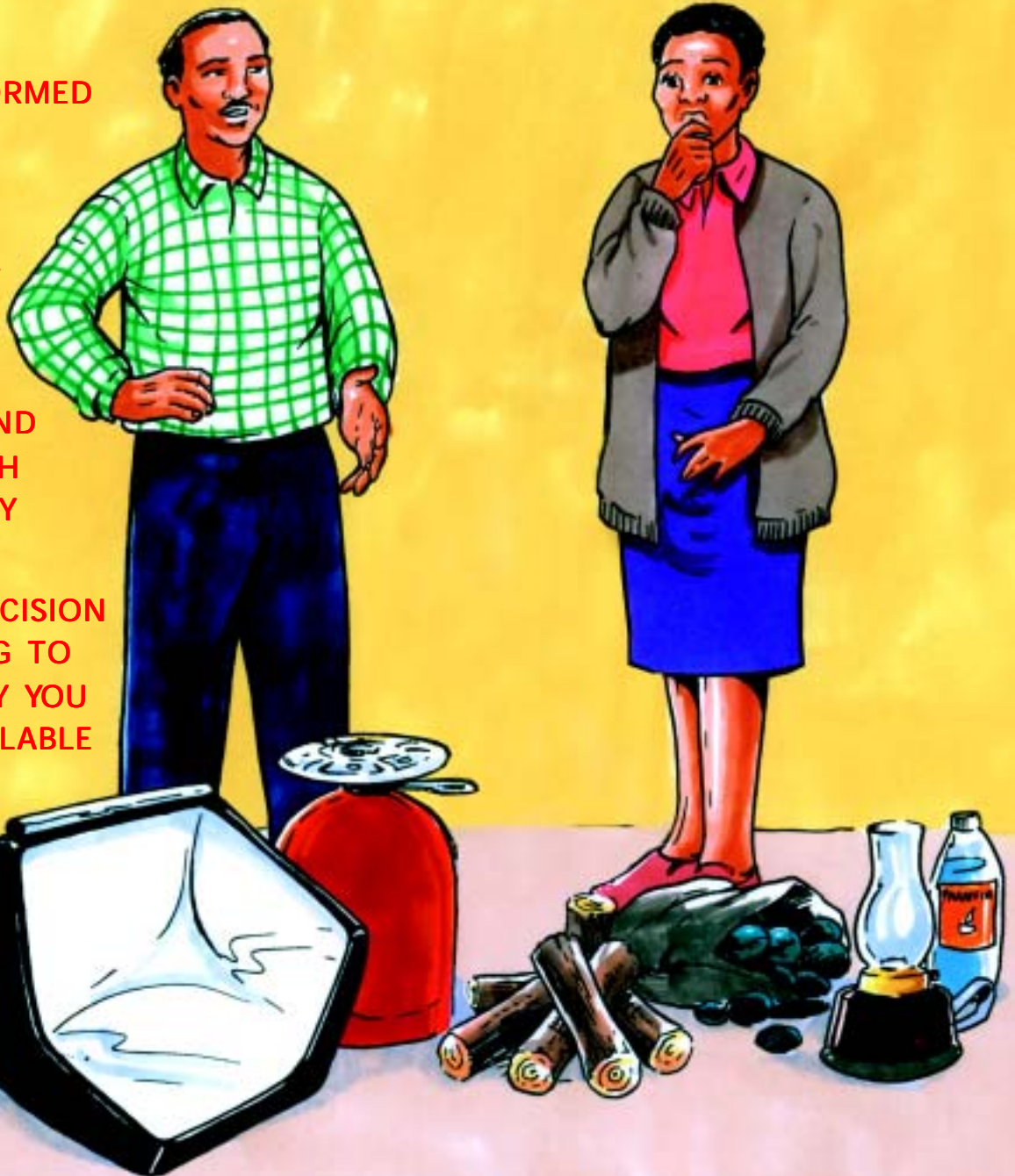
- *Available and affordable.* The cheapest cooking option is a solar cooker, heated by the sun. But it cannot be used alone and cannot cook all kinds of food. Electric stoves are expensive. To use gas you need appliances and gas bottles, which need space.
- *Safe.* Paraffin is not safe and healthy. Cooking with gas and electricity can be safe, but a solar cooker is the safest option.
- *Clean and renewable.* Solar cooking is the cleanest option followed by gas and electricity. Hot boxes (*insulated box*) reduce the amount of energy used to cook. Electricity is commonly used for cooking, but it is often produced from coal, which pollutes the air.
- *Best choice.* It is best to use a combination of cooking appliances like the electric hot plate, and the gas ring. Add a solar cooker or a hot box to save on costs of this combination.

MAKING CHOICES ABOUT WATER HEATING

- *Available and affordable.* Solar water heating is the lowest cost option but is too expensive. Electric and gas geysers are also expensive. More affordable options, such as paraffin, are expensive over time.
- *Safe.* Most water heating systems are safe to use. Heating water on a paraffin flame or on top of a stove can be dangerous. Many indoor fires cause air pollution. This can cause respiratory diseases such as bronchitis and asthma.
- *Clean and renewable.* The cleanest choice is a solar water system.
- *Best choice.* Solar water heaters are the best way of heating water. Gas and insulated electric geysers or instant heaters are also good choices.

THE MOST IMPORTANT ADVICE IS

- MAKE INFORMED CHOICES
- USING A VARIETY OF ENERGY SOURCES IS GOOD
- UNDERSTAND THE HEALTH AND SAFETY RISKS
- MAKE A DECISION ACCORDING TO THE MONEY YOU HAVE AVAILABLE



MAKING CHOICES ABOUT LIGHTING



- *Available and affordable.* Electricity is the cheapest option. Compact fluorescent lights (CFL) are cheapest *to run* but expensive when you buy them. They last eight times longer than the usual light bulbs.
- *Safe.* Electric lighting is safest. Paraffin lamps are dangerous and unhealthy. Candle and paraffin lights are the most common cause of fire.
- *Clean and renewable.* Solar systems, known as 'photo voltaic' are the cleanest but most expensive. Electric light is the cleanest option.
- *Best choice.* Electric lighting is the best option, using CFLs (compact fluorescent lights).

MAKING CHOICES ABOUT HEATING THE HOME



- *Available and affordable.* Coal and paraffin are the most affordable, and they provide more than one service at the same time. An example is a coal stove that can cook, warm the house and boil water at the same time.
- *Safe.* Coal, wood and paraffin have severe health and safety risks.
- *Clean and renewable.* Electricity and gas do not pollute the house. The best and cleanest is to ensure your house is thermally-efficient. This means using good insulation materials and facing your house towards the sun and away from cold winds.
- *Best choice.* The best option is to build a house that uses the sun and insulation. Otherwise use electric bar heaters and gas heaters in rooms. Use good curtains over windows and fix drafts.

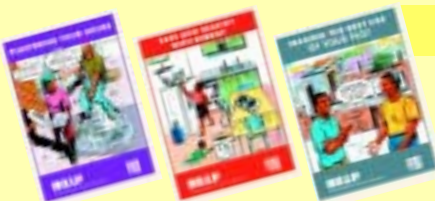
MAKING CHOICES ABOUT FRIDGES



- *Available and affordable.* Electric refrigeration is far cheaper than gas or paraffin. Chest freezers keep the cold in better than those with upright doors.
- *Safe.* Most forms of refrigeration are safe, with the least safe being paraffin.
- *Clean and renewable.* Older fridges used CFC (Chlorofluorocarbon) gases. These gases damage the ozone layer.
- *Best Choice.* Buy a fridge or freezer which is CFC-free.

MAKING CHOICES ABOUT RADIO AND TV

- *Available and affordable.* Appliances that use grid electricity (*overhead power lines*) are cheaper and easily available especially in urban areas. Dry cell batteries are expensive but are suitable for portable radio and television sets.
- *Safe.* Electricity is the safest choice for radio and television sets.
- *Clean and renewable.* Electricity and batteries are clean for use. Photovoltaic systems are renewable but are very expensive to buy. Batteries contain poisonous heavy metals *such as lead* that are a dangerous type of waste. Batteries can be safely disposed of by handing them in to a battery centre.
- *Best Choice.* Grid electricity appliances are the most reliable, most affordable and safest option.



ALSO SEE OTHER PAMPHLETS ABOUT:

- **Plastering your house**
- **Safe and healthy with energy**
- **Making the best use of your plot**



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101 Lower Main Road, Observatory, 7925
Tel: (021) 448-7886 • Fax: (021) 447-1987