



1. CHOOSE THE MOST APPROPRIATE ELECTRICITY RATE

The offers of the distributors have greatly expanded their rates with prices that vary.

although it is also important to review the power that is contracted and the one that is needed.







2.TAKE ADVANTAGE OF DAYLIGHT HOURS

It's a recommendation to take advantage of the hours of sunlight for tasks that require lighting since it entails a lower electrical cost.

I seize the light



2 solar energy





3.TURN OFF THE LIGHTS

remember to turn off the light when you are no longer in that room of the house. And above all, remember to turn them all off before leaving home.





4.USE POWER CONSUMING APPS

Having an app that allows you to control your consumption will help you save electricity in your home.

since it allows you to know what you spend on electricity and gas directly in euros, in addition to many other features that will help you make decisions about your energy consumption.







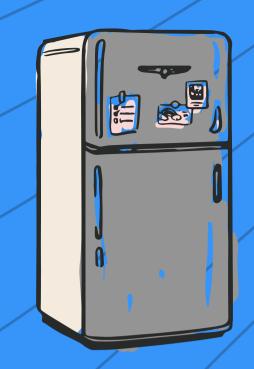
5.INVESTIN MORE ENERGY EFFICIENT APPLIANCES

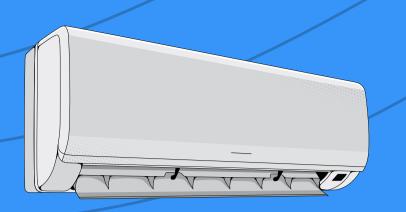
This is one of those cases in which a short-term investment will mean good savings in the medium and long term.

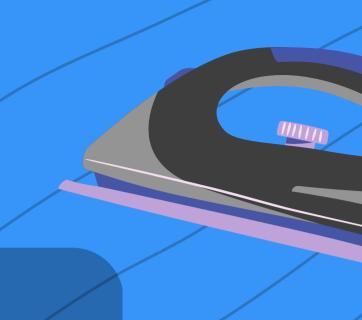


6.COMPARE ELECTRICAL DISTRIBUTORS

Currently there are more electricity distributors than ever, so there are many different offers. Comparing the electricity bill with the market offer is one of the important points of how to save energy.







7.MAKE RATIONAL USE OF HOUSEHOLD

Household appliances account for 55% of electricity consumption in the home according to studies. Therefore, the time of use depends a lot to save on the electricity bill.









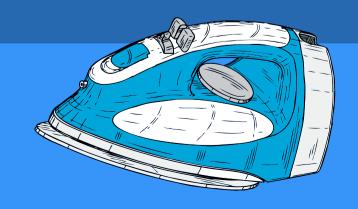


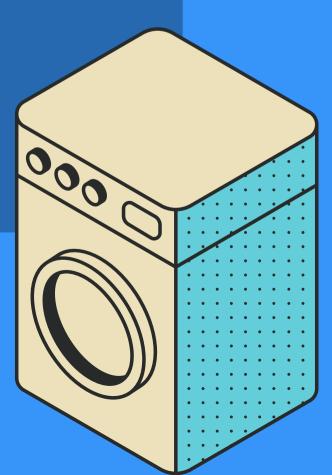
WHAT IT'S FOOD PRINT?



This is a amount of greenhouse gases that its generated by our actions Every time you travel by car, charge your mobile phone, switch on the TV or run the washing machine, and many other thousands of routine activities, you leave a trail of gases in your wake that build up in the atmosphere and contribute to global warming..







AS CLIMATE CHANGE AFFECTS OUR PLANET'S HEALTH AND ECOSYSTEMS, IT'S IMPORTANT TO DO OUR PART TO STAVE OFF OR OFFSET ITS NEGATIVE IMPACTS. AND WE CAN REDUCE THIS BY:



PLANT TREES.

Deforestation is one of the significant causes of carbon emissions. Trees absorb and store the carbon dioxide in the atmosphere

MAKE YOUR DRIVING MORE EFFICIENT.

Make your driving more
efficient. While living a carfree lifestyle may not be
possible for everybody, try
substituting car trips with bike
rides, bus trips, train rides, or
other forms of public
transportation

SWITCH TO CLEAN ENERGY.

Clean energy is another way to help reduce carbon emissions.
Solar wind turbines, and geothermal energy are all energy sources with a higher level of sustainability, produce low carbon emissions

EAT LOCALLY-PRODUCED AND ORGANIC FOOD

Transporting food requires petroleum-based fuels, and many fertilizers are also fossil fuel-based and it makes almost the 13% of the greenhouse gas

REUSE AND RECYCLE

By buying used products and reselling or recyling items you no longer use, you dramatically reduce your carbon footprint from the "provision of goods."

WHAT WILL HAPPEN IF WE DON'T REDUCE EMISSIONS

We are aware that global warming has to be slowed down, and it is proven that the temperature will rise from 2.5C to 4.5C in 2100, and in 2050 it will be 2.5C higher than now. Whe have to this for us and for the animals, this planet it's the place for every one so we have to take care of it

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