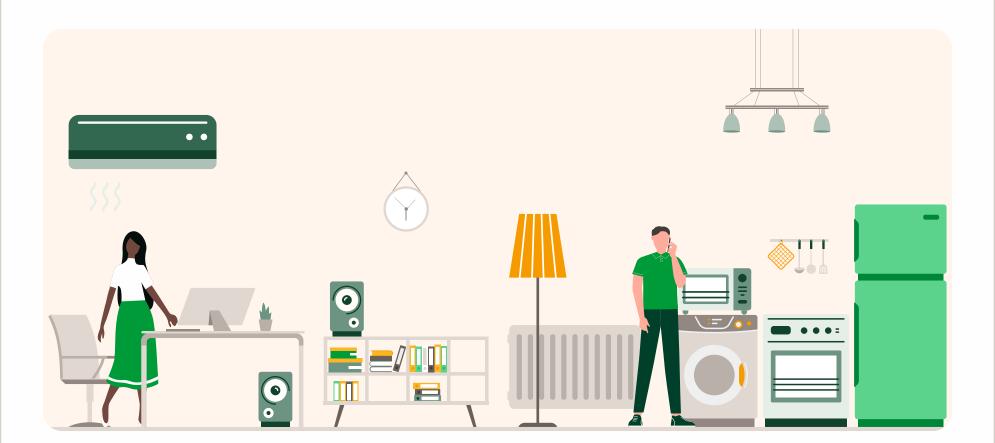
## What is **energy efficiency** and how to achieve it in our daily life?

## What uses the most energy at home?

Heating	
	25.9 %
Household appliances	
	25.9 %
Domestic hot water	
	18.8 %
Cooking	
	8%
Lighting	
	4.9 %
Air conditioning	
	0.9 %



## Household appliances that consume the most

Refrigerator	
	25.9 %
Television	
	12.2 %
Washing machine	11 0 0/
	11.8 %
Standby	10.7 %
Oven	100,70
	8.3 %
Computer	
	<b>7.4</b> %
Freezer	
	6.1%
Dishwasher	
	6.1%
Dryer	3.3 %
	J.J /0

Source: Institute for Energy Diversification and Saving (IDAE, Spain)