

# SAVING



**ENERGY**



**FOOD**



**WATER**

# SAVING ENERGY

We could save energy with:

Energy saving bulbs



Thermostatic heads



Electrical appliances



**SAVE**



Low-consumption

# SAVING WATER

We could save  
water with:

A special shower head



Energy saving WC



Energy saving batteries



# SAVING FOOD



**We must buy only food what we need, not to throw away!!!**

**For example: We buy bread and we don't eat it. And the bread hardens. We don't throw it but we give this bread to our hens, rabbits and horses.**



# SAVING FOOD

We buy and eat LOCAL FOOD = from our garden and local farmers



This fruits or vegetables we preserve, dry or make some jams and juice

