

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

