

## **Home Energy Costs- Dr Aoife Foley**

### **Showering**

If you're using an electric shower, it's 81 cent for 15 minutes.

If you stand in it for half an hour that's €1.62

A normal hair dryer will cost you 11 cents for 10 minutes.

Faster drying hairdryers use more watts. More air for the faster dry. It is more expensive

### **Kitchen**

*Which is better, the Air Fryer, Slow Cooker or oven?*

The oven is 68 per hour

Slow cooker 31 c for 6 hours

The air fryer is 10 cents for 20 mins

A sandwich maker is a great thing, 2cent for 5 minutes

To grill a sandwich, it may be 20 cents for about 5 minutes

Nespresso machine -Its 3 cent and if you're putting that on 3 or 4 times a day.

What about using the kettle?

A full kettle will cost you 7 cents for 5 minutes. Divide that by half for a half kettle.

### **Laundry**

The iron is 85 cents for an hour.

People are ironing ridiculous things, like bed sheets. People are putting clothes into a tumble dryer, then throwing them into a basket and then ironing them.

Take the sheets out of the tumble dryer give them a good shake, fold them and put them away.

### **Working from home**

Computer 3cent per hour

Work laptop 1c hour

A gaming computer is 7 cents per hour.