

First aid if you have a high energy bill



Energy allowance
(010) 246 55 55



Radiator foil



Draught strips



Shorter showers



Turn the heating down



 Scan me

For more information, visit
www.vlaardingen.nl/hulpmetenergie



Municipality of Vlaardingen

Immediate money worries?

If you have debts or financial problems, **Then register with Stroomopwaarts**. You can do so using the contact form on the website or by calling between 8 am and 4.30 pm

www.stroomopwaarts.nl/contact
(010) 246 55 55

Energy allowance

The government is making an **energy allowance** of €1,300 available to households on a tight budget. The municipalities will be handling these allowances.

You can check whether you are eligible on the Stroomopwaarts website.

www.stroomopwaarts.nl

What can you do right now?

You can make a difference by **using energy sparingly**: turn the heating down a degree, keep doors in the house closed to stop draughts, take shorter showers.

What small measures can you take?

Small and cheap modifications to the house, like radiator foil and draught strips, can make a difference. These things are easy enough to do.

What major interventions yield the most?

If you own your house, better insulation can be very effective. You could also consider generating your own energy. If you are a tenant, then you could ask your landlord to take measures.

Waar kan ik meer informatie en hulp vinden?

For **more information**, please visit the following nationwide websites:

- www.verbeterjehuis.nl
- www.energiesubsidiewijzer.nl
- www.milieucentraal.nl/energie-besparen
- www.zetookdeknopom.nl

You can also contact our municipal energy desk, the **WoonWijzerWinkel**, for information.

www.woonwijzerwinkel.nl
(010) 747 0147

For more information, visit
www.vlaardingen.nl/hulpmetenergie



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