



# Use electricity smartly

## How much do you get for 1 kilowatt?

**1 kWh**  
One kilowatt hour

will get  
you about



16 meals  
microwaved



4 hours\* of  
refrigeration



24 slices  
toasted



1½ laundry loads  
washed



8 rooms  
vacuumed



1 cake  
baked



5 shirts  
ironed



\*That's equivalent to running  
the fridge for about 15 hours