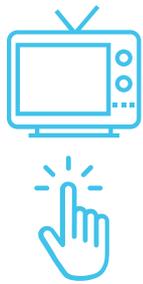


# Energy saving top tips

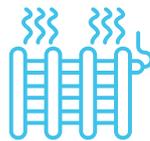


A typical household could save between **£50 and £90** a year just by remembering to turn off appliances left on standby



Turning the thermostat down by one degree can save **10% on your bills**

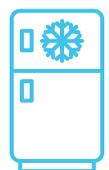
## Heating



- Put on another layer before you turn the heating on. Lots of thinner layers keep you warmer than one big one.
- Make sure your furniture isn't up against your radiators. It will block the heat.
- Open curtains during the day to allow natural light in increasing warmth. Close the curtains when it's getting dark. This keeps heat in the room.
- If there's a room you don't use, turn down the radiators and pull the door up (don't close). This allows for heat and air to flow around the property preventing cold spotting and possible build-up of mould.
- We recommend that you keep the thermostat at 19°C. If you have health concerns, are elderly or have small children in the house, don't go below 19°C.
- Turn the heating down overnight and when no-one is in the house. Allowing for a small

amount of heat means that the property remains warm and the heating doesn't have to work so hard when you return reducing down the amount of time the boiler is on.

## Fridges and freezers



- Keep your fridge temperature between three and five degrees.
- Pull your fridge and freezer away from the wall a bit – there needs to be air flow so that heat can escape from the back of them
- Defrost your freezer regularly to remove the build-up of ice. It'll help it work better.
- When you're defrosting food, leave it in the fridge. This helps cool your fridge for free.
- Don't put hot leftovers in the fridge or freezer, wait for them to cool down first.
- Try to keep your freezer as full as you can – lots of frozen items keep each other cold so your freezer doesn't have to work so hard.



# Energy saving top tips

## Cooking



- Only boil as much water as you need in your kettle. Keep lids on pans to maintain temperature reducing the amount of time for use but also reducing condensation build up.
- If you have an electric hob, boil water for cooking in the kettle first, rather than boiling it on the hob.
- When you're cooking, keep lids on your saucepans. You'll be able to turn the hob down and use less electricity or gas.
- Match the size of the saucepan you're using to the size of the hob it's on. Then you won't waste heat.
- Keep the oven door shut as much as possible when you're cooking - every time you open it, you lose a quarter of the heat.
- Use a microwave for small items of food and reheating things, rather than the oven – it's cheaper and quicker.

## Washing



- If you need to dry clothes inside, don't dry them on radiators. Hang them on a clothes airer in the bathroom with the door shut, open the window to allow for air circulation. (This stops your house increasing condensation levels and mould).
- Only put the washing machine (or dishwasher) on when it's full. Two half loads use more water, detergent and electricity than one full load.
- Wash clothes at 30°C to save electricity.
- Press the "eco" button on your washing machine if you have one. It usually takes longer, but this is because it heats the water more slowly, using less electricity.

## Hot water

- Keep your showers to four minutes (especially if you have an electric shower – they use a lot of electricity).



## Simple lifestyle changes that can make a difference



- Don't leave your mobile phone on charge all night, they only need two or three hours. Why not charge it while you're eating dinner?
- Don't use the remote control to turn things off – this leaves them on standby. Get up and press the button or turn them off at the plug.
- Allow as much natural light into the house as possible to reduce your use of electric lights.
- Get a slow cooker – they are much cheaper to run than an electric oven, and you can leave them cooking overnight.
- Replace old light bulbs with energy efficient ones or LED bulbs, which use much less electricity.
- No carpets? Get some rugs for the winter to keep heat in.
- Get some simple draught-excluders to stop heat escaping under doors.
- Get remote-controlled 'standby plugs' which switch appliances off properly when you press the handset.

