

SIMPLE, EASY TIPS TO SAVE ENERGY AND MONEY



Turn your Thermostat down. Reducing your room temperature by 1°C could cut your heating bills by up to 10%, saving you around £40 per year.



Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C/140°F.



Close your curtains at dusk to stop heat escaping through the windows.



Turn off the lights when you leave a room.



Don't leave appliances on standby. Remember not to leave appliances on charge unnecessarily.



Use half-load or economy programme on the washing machine, dishwasher or tumble dryer if you don't have a full load. Or wait until you do have a full load!



Only boil as much water as you need. No need to fill the kettle to the top every time.



A dripping hot tap wastes energy and in one week wastes enough water to fill half a bath. Fix leaking taps and make sure they are switched off.



Use energy saving light bulbs. Just one can save you £100 over the lifetime of the bulb – and they last up to 12 times longer than ordinary lightbulbs.

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http://www.energysavingtrust.org.uk/what_can_i_do_today/cheap_and_simple_tips



Try a home energy check. Just answer some simple questions about our home and get a free, impartial report telling you how you can save up to £300 a year on your household energy bills.

<http://www.energysavingtrust.org.uk/proxy/view/full/165/homeenergycheck>

EXTRACT FROM THE TIMES NEWSPAPER ARTICLE ON GADGETS ON STANDBY

“Gadgets left unnecessarily on standby or connected to chargers squander electricity worth **£740m each year** and are responsible for 4m tonnes of excess carbon dioxide emissions each year.

The biggest culprits are not televisions but stereo systems, responsible for £290m of wasted energy, followed by video recorders, £175m, televisions, £88m, games consoles, £70m, computer monitors, £41m, DVD players, £19m, and set-top boxes, £11m. Mobile phone chargers left plugged in unnecessarily waste £47m of electricity each year, enough to supply 66,000 homes. “

<http://www.timesonline.co.uk/tol/news/uk/article685096.ece>

OTHER USEFUL TIPS

Think twice before turning on the oven. Heating food in the microwave uses only 20% of the energy required by a full-sized oven.

Keep the fridge/freezer full and only put cold food in them. If you don't have enough food to fill a fridge, put plastic bottles filled with water in it. Every time the door of an upright fridge/freezer is opened, cold air rushes out. Keeping the fridge/freezer full reduces the cold air which can rush out.

Draw the curtains at dusk to prevent heat loss through the windows (even double glazed). If there is a radiator under the window, make sure that the **curtain tucks behind the radiator** to keep the heat in the room.

Fit silver foil behind radiators. A third of heat goes straight through walls! You can glue silver foil to cardboard and place it down of the back of the radiator.

Use an electric toaster rather than an electric grill - it will cook the toast quicker and save electricity.

Move sofas away from radiators, as they can lose half their efficiency when blocked.

Do not place your fridge next to a cooker as it will have to work harder and use more energy.

If you have an extractor fan in the kitchen or bathroom - turn it off as soon as it has done its job. Left running for an hour, it could empty a whole house full of warmed air!

TRY THESE WEBSITES!

http://www.energysavingtrust.org.uk/what_can_i_do_today/how_efficient_is_your_home

http://www.energysavingtrust.org.uk/energy_saving_products

<http://www.nef.org.uk/energyadvice/mythstruths.htm>

<http://www.nef.org.uk/energyadvice/nocost.htm>

and ONE FOR THE CHILDREN ..

<http://www.energyhog.org/childrens.htm>