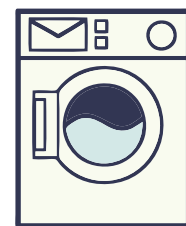


Laundry

- Wash your clothes at a lower temperature. A 30°C wash will use 38% less energy than a 40 °C wash
- Only run your washing machine when it is full and try to do one less wash per week
- Avoid using a tumble dryer and dry your clothes outside or on an airer - this could save £60 per year



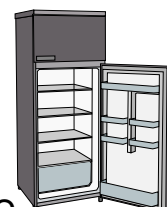
Kitchen

- Put lids on saucepans
- Use a slow cooker - this will use less energy than an oven, even though it is on for much longer
- Batch cook food so you are creating more than one meal in one go
- Don't fill the kettle - only putting the water in that you need could save £10 per year
- Wash up in a bowl rather than under a running tap
- If you have a dishwasher, make sure it is full before running it. Reducing the use by one run per week could save £14 per year



Cooling

- Keep your freezer defrosted
- Freezers work more efficiently when full so if yours has unused spaces you could fill them with screwed up newspaper or bottles of water
- When buying a new fridge or freezer, get the most energy efficient one and buy one that is the right size for your household
- Make sure any leftover food has cooled down before putting it in the fridge or freezer



Appliances and Lighting

- Don't leave anything on standby, this could save up to £55 per year
- Turn lights off in rooms you're not using to save £20 per year
- Replace older style lightbulbs with LED bulbs



Bathroom

- Cut your shower time to 4 minutes - this could save a family £70 per year
- Save £12 per year by swapping one bath a week for a shower
- Order a free water saving kit from your water company



Heating

- Turn your thermostat down by 1 °C (it should be set between 18-21°C unless there are specific health needs in your home)
- Turn down the radiators in rooms you're not using
- Set the timer so your heating goes off 30 minutes before you leave the house and also half an hour before you go to bed
- Don't leave your hot water tank on all the time - set it to come on just for a couple of hours a day
- If you have electric storage heaters, try to use them rather than plug-in electric heaters



Managing Bills

- Give meter readings every month or get a smart meter
- Get a water meter if you have more bedrooms than people in your home
- If you're in debt with your energy or water bills, check if your supplier has hardship grants you could apply to for help
- If you're on a low income, check whether you can get a social tariff for your water or broadband

