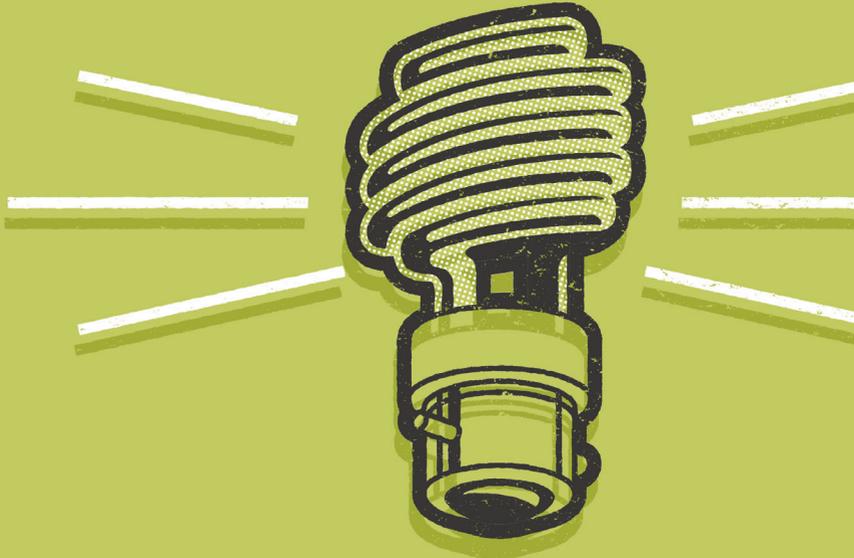


## Save hundreds on your energy bill

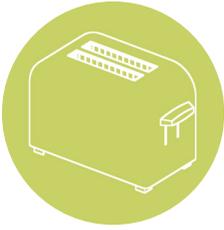


Did you know that by making small changes around your home, you could save hundreds of pounds every year on your energy bill?

With the average annual energy bill in the UK costing roughly £1,400 we're all on the look-out for ways we can save money.

So, we're challenging you to see how much you can save with our energy saving top tips!

Whether you're saving for a holiday, or could just do with the extra cash, why not put our tips to the test and start saving now!



## Tips for the kitchen

- Save £30 a year by using a bowl when washing up.
- Regularly defrost your freezer, ice build-up makes it less efficient.
- Make toast in a toaster, not under the grill...unless you're having cheese on toast!
- Put lids on your pans and you'll be able to turn your hob right down.
- If you've got a dishwasher make sure you fill it up before running – the eco-programme will save you money too!
- Let frozen meals defrost on the side before cooking.
- If you're putting leftovers in the fridge let them cool down first, otherwise your fridge will be working double time.
- Cook larger batches of soups and stews and freeze the extras for a quick easy meal later.
- Only fill the kettle up with the water you need for a cuppa. It costs 3p to boil a full kettle and only ½p for a mug! Save £74 a year.

Did you know that a microwave oven uses 75% less electricity than an electric oven?

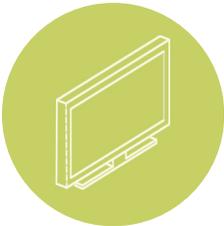


## Tips for the laundry

- When you put a load in the washing machine make sure it is full – it will save you energy, water and time spent doing multiple loads.
- If you need to use your tumble drier, buy some tumble drier balls which cut drying time by about a quarter.

Did you know that dropping the temperature of your washing from 40°C to 30°C cuts energy use by 40%?

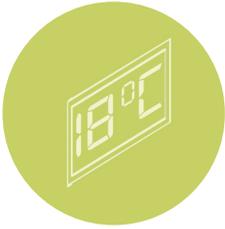
- Don't dry clothes on radiators, it makes them less efficient and causes condensation.
- Dry your clothes on a clothes horse or washing line – using your tumble dryer will cost you 50p an hour!
- If you've only worn it once, use the economy programme.
- Buy a powder/liquid designed to work at 30°C.
- When using a clothes horse, put it in a spare room, turn the radiator off, open the window to let moisture out and shut the door.
- You can save by only ironing the laundry you really need to.



### Tips for using appliances

Did you know that leaving your wireless internet router on overnight costs you £21 a year? Turn it off.

- Always buy the most energy efficient appliances you can afford. You will quickly save back any extra purchasing cost through lower running costs.
- You can save up to £13 a year by making sure that when you leave a room (even if just for a minute) you turn off the lights.
- Choosing to use energy saving or LED light bulbs will save you up to £35 a year.
- Learn to hate the little red light and save up to £30 a year! Turn your appliances like TVs and games consoles off standby, otherwise they are still using energy.
- Unplug phone and laptop chargers when not in use to save money and reduce the risk of causing a house fire.
- Buy 'Power Down' plugs to make turning off TVs, computers etc. easy.
- Use ECO settings on TV and computer screens.
- Get SMART gas / electricity meters to see what energy you are using where and to get accurate bills.



## Tips for staying warm

Did you know in a typical house a drop of 1°C saves £80 a year in heating bills?

- Set your thermostat between 18°C and 21°C – this is the NHS recommended range for healthy living.
- Learn how to use your programmer/timer and don't use it as an on-off switch.
- Use your programmer to switch the heating on 30 minutes before you get up, and off 30 minutes before you go to bed, and turn the heating off when you go out.
- Use your radiator valves to set different temperatures in different rooms. Setting it between 2-3 in bedrooms and 4-5 in living areas should be comfortable.
- Don't cover your radiators with furniture or curtains – it makes them less efficient.
- Fit radiator reflectors behind your radiators to keep more heat in the room.
- Avoid using portable electric heaters, they are expensive to run.
- Shut windows before putting the heating on!
- Block drafts – they steal heat.
- Close curtains at dusk to keep the heat in – it's amazing how big a difference it makes!
- In cold weather, dress warm, drink plenty of hot drinks and keep a blanket to hand on the sofa for those chilly evenings.
- In very cold weather, keep the heating on low to stop pipes freezing.

