

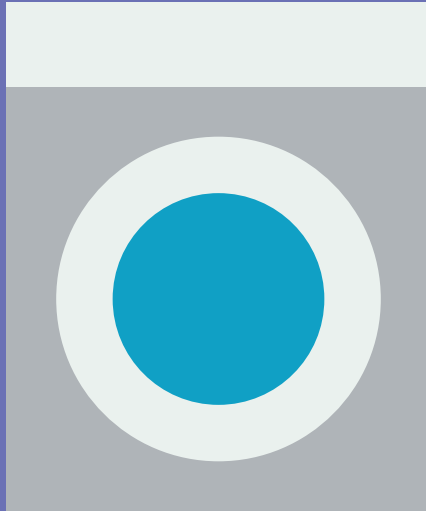
LiveGreen

South Yorkshire
Housing Association



Save money

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 and rapidly rising, we're all on the look-out for ways we can save money.

Tips for the kitchen

- Only fill the kettle up with the water you need for a drink. It costs 3p to boil a full kettle and only ½p for a mug.
- Put lids on your pans and you'll be able to turn your hob right down.
- Using a microwaves uses 75% less electricity than an electric oven.
- If you've got a dishwasher make sure you fill it up before running – the eco-programme will save you money too.
- If you're putting leftovers in the fridge let them cool down first, otherwise your fridge will be working double time.
- Regularly defrost your freezer, ice build-up makes it less efficient.
- When washing up dishes, use a bowl and not a running tap.
- Make toast in a toaster, not under the grill.
- Cook larger batches of soups and stews and freeze the extras for a quick easy meal later.
- Let frozen meals defrost on the side before cooking.

Tips for the laundry

- When you put on a load in the washing machine make sure it is full – it will save you energy, water and time.
- Buy a powder/liquid designed to work at 30°C or colder.

- Dropping the temperature of your washing from 40°C to 30°C cuts energy use by 40%. And now you can often wash at 20°C or cold.
- If you've only worn it once, wear it again or use the economy programme.
- 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 need to use your tumble drier, use drier balls which cut drying time by about a quarter.
- Put your clothes horse, in a spare room, turn the radiator off, open the window to let moisture out and shut the door.
- Only iron the laundry you really need to.

Tips for using appliances

- Turn appliances like TVs and games consoles off standby, otherwise they are still using energy.
- Turn lights off when leaving a room even if just for a minute.
- Buying LED bulbs will save you pennies every time you turn the lights on.
- Always buy the most energy efficient appliances you can afford. You will quickly save back any extra purchasing cost through lower running cost.
- Unplug phone and laptop chargers when not in use to save money and reduce the risk of a house fire.
- Turn off your internet router overnight.
- 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 bill.

Tips for staying warm

- Shut windows before putting the heating on.
- 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.
- Set your thermostat between 18°C and 21°C - the NHS recommended range for healthy living. In a typical house dropping the thermostat by 1°C saves £80 a year in heating bills.
- Learn how to use your programmer/timer and don't use it as an on-off switch.
- Use your programmer to switch the boiler 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.
- 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.
- 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.

For more information on living sustainably visit:

www.syha.co.uk/livegreen