

### **Don't use standby mode**

Turn off appliances such as phones and TV's as unless they are switched off at the wall they continue to use energy. **This can save an average home £35 a year!**

### **Keep a lid on**

Keep your saucepan lid on when cooking so the heat remains in the pan and your food cooks more quickly

### **Use the eco-setting**

Eco-settings heats water more slowly and so uses less energy. Use on your washing machine or dishwasher for the same result but just a little longer, it will also reduce energy bills!

### **Switch to a shower**

Switching from a bath to a 4 minute shower uses less energy and can reduce your energy bills. Fitting a water efficient shower head could save a further £45 per year

### **Move furniture away**

from radiators to allow warm air to circulate

### **Defrost freezer to**

make it more energy efficient

### **Do full laundry loads**

Try to reduce the times you use your washing machine by only running it when you have a full load

### **Switch to LED bulbs**

A traditional bulb will use 40 – 60 watts and are very inefficient. LEDs use between 4 and 6 watts and can significantly reduce your electricity bills. **Each bulb can save you up to £35 a year and last for up to 10 years!**

### **Unplug all your chargers**

Make sure to turn off your charger when your phone or laptop is fully charged. This is better for your device and can save you money

### **Dry your laundry outside**

If you have an outside space then try line-drying your laundry. If this isn't an option then consider trying a heated indoor ailer which use much less energy than a dryer and help to reduce the build-up of moisture from clothes drying

### **Turn heating down**

Set you thermostat between 18 and 21 degrees

### **Do a 30 degree wash**

Remember that detergents today can wash at lower temperatures, so use the 30°C setting to reduce costs and keep your clothes clean

# Simple Energy Saving Top Tips!

