

Energy tips - free year round



ACTION	Typical Cost Saving	Typical CO2 Reduction
Get everyone in the household involved in energy saving whether for environmental or cost reasons. Don't try to do everything, pick what works for you and adapt to your own situation.		
Approach your provider about free installation of a smart electricity/gas meter to monitor your consumption and identify areas of higher energy use in your house.		
Switch off all chargers and standby appliances at the plug when not in use.		
Switch off TVs when not in use. A 42" plasma TV typically uses double the power of a 32"LCD. Switch on the ambient light sensor to adjust brightness and save energy.		
Switch off lights in empty rooms. Use as much natural light as possible (mirrors and clean windows).		
Every drop of water you boil uses energy. Measure the water you want to boil into your kettle. Use the smallest saucepan necessary with the minimum water you need in it, covering with a lid. Pre-boil the water in a kettle. Descale your kettle (it's possible to use vinegar).		
Defrosting in the microwave uses energy. Defrost frozen food naturally ahead of cooking.		
A full oven uses the same energy as an empty one. If using your oven, cook multiple dishes in it, store in re-usable containers and reheat them in the microwave. Minimise opening the oven door to avoid heat loss.		
Use the right size hob for your pan. Turn down to simmer as soon as possible. Use a multi-stacked steamer to cook vegetables if you have one. Slow cookers, pressure cookers and air-fryers can be more energy efficient.		
Defrost fridges/freezers to maximise efficiency. Minimise time the door is open.		
Minimise baths and cut shower durations to the minimum. (Consider a shower timer). Run the shower water slower. Reduce the shower water temperature.		
Run washing your machine/dishwasher full but not over-full Use a 30 deg C with a suitable low temperature detergent. Only particularly dirty clothes may need hotter (or pre-soaking/pre-soaping). Run on the shortest practicable cycle. (Occasionally run hotter to keep the washing machine clean).		
Dry clothes naturally rather than in a tumble drier. If using a tumble drier, run it in a warm place rather than a cold shed, shake out clothes first before using and use any dryness control rather than a fixed time cycle.		
Turn down the hot water temperature on your combi boiler instant water heater to 55 deg and 60 deg for non-combi hot water tank. Turn off "pre-heat" on a combi boiler – it just heats the water in your pipes, wasting energy.		

KEY	Typical Cost Savings	Typical CO2 Reduction
Significant	£10-40/yr	5-20 kg CO2/yr
High	£40-80/yr	20-40 kg CO2/yr
Very High	£100+/yr	40+ kg CO2/yr