

Around the house...



"Replace your light bulbs with energy efficient ones"

"Try not to overheat your home. A 1°C decrease in room temperature can reduce your fuel bill by up to 10%"

"If too warm, turn the heating down rather than opening the windows"



"Close curtains at dusk to keep the heat in"

"Turn off lights when not using them. Turn music and the TV off when you leave a room"

"If you have a leaking tap, arrange to get it fixed. Especially if it's a hot water tap!!"



For more information and advice call the Energy Saving Trust Advice Centre on 0800 512 012



Energy Factsheet 4

Know about...

low or no cost energy saving tips



Straightforward Energy Advice

In the kitchen...



"Only fill the kettle with as much water as you'll use"

"Cook with lids on saucepans. It will make things cook quicker and cause less condensation"



"When boiling food, only just cover the food with water"



"Defrost your freezer regularly and don't leave the door open longer than you need to"

"When cooking vegetables, cut them into smaller pieces and put more than one type into each pan"

"When cooking, try to use the microwave instead of the oven, especially for small meals"

In the living room...

"Always turn the Television, DVD player and satellite receiver 'off' at the set. Do not leave them on standby"

"Wear warm layered clothing as an alternative to turning up the central heating"



When washing...

"Wash clothes only when necessary and select a low temperature if not really dirty"

"Dry clothes outside instead of using a tumble dryer"



"If you have a shower, use it instead of a bath. They typically use a lot less hot water."