

## TOP ENERGY SAVING TIPS THAT WILL SAVE YOU MONEY

- ◆ **Never** leave electrical equipment on standby – standby can use as much as 50% of the full running energy, switch off at the wall
- ◆ Small batches of quickly cooked items like frozen sausage rolls can be cooked at the end of cooking something else, the oven will already be hot
- ◆ Reuse old envelopes by re-addressing with a sticky label
- ◆ Fix any **dripping taps**. This saves water and the energy used to get water to your home
- ◆ **Recycle** everything you can. The Co-op will accept most soft plastic for recycling. Recycling includes making compost. (Not money saving but good for the environment)
- ◆ Save electricity by turning down the contrast and brightness levels on your T.V.
- ◆ If you have a **microwave**, where possible, use it in preference to your cooker, it uses far less energy
- ◆ Fit a toilet Hippo or a water filled plastic bottle in the toilet cistern to save water on each flush
- ◆ Save **cold run-off** from the hot tap and use for washing vegetables and flushing the toilet

Add your own ideas



Each of the suggestions above may seem small, but together they will help to reduce your energy bills and save you money

With energy bills rising, here are some simple ideas to save you energy and save money on your energy bills.

Our Energy Saving drop-in advice service is at the Wellbeing Centre each Thursday, 10.00—12.00. Why not come in for a chat?

You can contact us on  
info@strettonclimatecare.org.uk

✓ Tick each point as you do them

- ◆ Only fill the kettle with the actual amount of water you need to boil
- ◆ Use the smallest size saucepan possible
- ◆ Turn off lights when leaving the room (even low energy ones.)
- ◆ Turn the heating down 1 degree – this saves up to 10% on your heating bill, about £40 per year
- ◆ Consider keeping the room thermostat at 69 degrees (19 degrees Celsius). Can you turn the heat down a bit in rooms you don't use?
- ◆ Close the curtains at dusk to save heat going through the windows and tuck behind radiators if you can
- ◆ Don't brush your teeth or wash hands under running water, use a mug or the plug
- ◆ If you feel chilly towards the end of the evening, put on an extra jumper, your dressing gown etc, rather than put the heating on for a short time
- ◆ Set the time clock to turn off the heating 30 minutes before you go to bed
- ◆ Re-use items as often as you can – plastic carrier bags, refillable ink cartridges, recycled paper product etc. Always have a cloth shopping bag in your pocket and refuse the plastic carrier. Consider buying 2nd hand where you can. These ideas can sometimes save some money
- ◆ If you can, walk to local destinations rather than using the car. (trips under two miles cause the greatest wear on the engine and higher fuel usage.) This also helps your fitness and cuts down on pollution
- ◆ Try to shop only once or twice a week and shop local. Take your own containers where you can
- ◆ If you use a washing machine or dish washer, run them on a full load and if possible set the temperature at 30 degrees or use the economy setting
- ◆ It's more energy efficient to stack up the dish washer and run it full than hand wash several small lots of dishes
- ◆ Dry clothes outside if possible
- ◆ If drying clothes indoors, better to put them on a rack, turn down the heating and open a window rather than drape them over a radiator and turning the heat up
- ◆ Keep the fridge / freezer door closed as much as possible